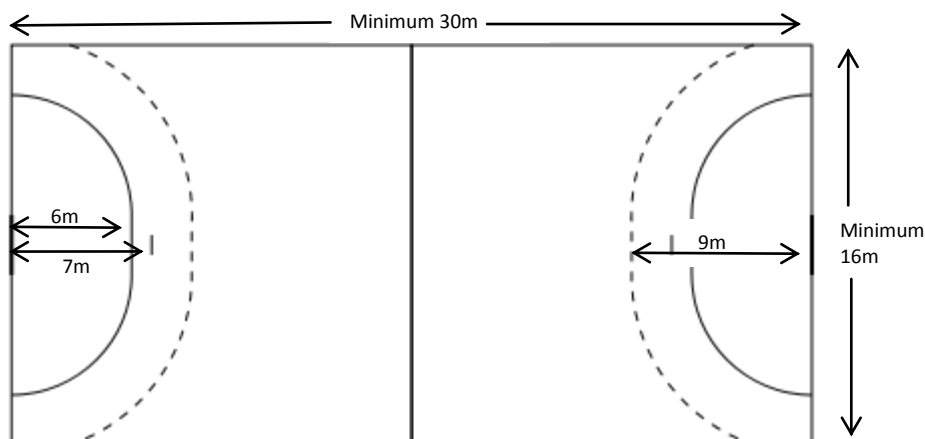




Handball School Games Level 2 and 3 competition guide

Age groups: Under 13s Girls (years 7 & 8) Under 13s Boys (years 7 & 8)
Under 15s Girls (years 9 & 10) Under 15s Boys (years 9 & 10)

Minimum playing area/markings



- Minimum 30m x 16m court with markings as above.
- 3m x 2m goal at each end.
- Technical/sub area to be marked on courtside. Coaches/subs must remain within the technical areas
- Courts can be temporarily marked using throw down markers or tape.
- Matches can be played indoors or outdoors.

Regulations

- Teams consist of 7 players (six outfield plus one GK). Squads can consist of up to 14 players.
- Players should wear numbered team kit with GK's clearly identifiable either in a different colour shirt or bibbed
- Players are interchangeable at any time during the game.
- Size 1 handballs should be used for U13s competition.
- Size 2 handballs should be used for U15s competition.
- No Tack/Harpix to be used
- Matches should be 10 minutes straight through, with a 5 minute break between matches.
- One referee is required on court - this can be a teacher/leader or qualified handball referee
- The referee or, preferably, table officials will be responsible for scorekeeping and timekeeping.
- Progressive punishment will result in a 1 minute sin bin where appropriate
- 3 points will be awarded for a win, 2 points for a draw and 1 point for a loss.
- In the event of a tie in any league table positions winners will be decided, in this order, on goal difference, goals scored, the result of matches between tied teams, goals against and, ultimately, a penalty shoot-out.



- In any play-off games a tie at full-time will result in two minutes of extra-time.
- If the game is still tied after extra-time:
 - U15 competition- each team will nominate 5 players to take a penalty throw from the 7m penalty spot. If it remains a tie after five attempts, there will be sudden-death penalties.
 - U13 competition- each team will nominate 5 players to dribble from the half way line and shoot from outside the GK area. If it remains a tie after five attempts, there will be sudden-death penalties.
- Schools are responsible for bringing their own first aid provision

Resources for teachers

England Handball delivers a number of CPD courses for teachers. You can find more details here <http://www.Englandhandball.com/wp-content/uploads/2012/07/England-Handball-Course-Menu-15-16.pdf>

There are number of videos available on our youtube channel to support your coaching <https://www.youtube.com/user/HandballCoachDevelop>

You can download free coaching resources from the EHA shop <http://www.ehashop.co.uk/coaching.html>

There is also a vast amount of information in our handball coaching magazine which can be found [here](#)



Basic Rules

Allowed	Attacking players	Consequence
Throw and catch the ball using hands and arms	Block or kick the ball using the feet	Free throw to the defending team
Pass the ball to a team mate	Hold the ball for more than 3 seconds	Free throw to the defending team
Bounce the ball with one hand and catch it again	Bounce the ball, catch it and bounce it again	Free throw to the defending team
Take a maximum of 3 steps before having to dribble or pass	Take more than 3 steps with the ball	Free throw to the defending team
Move outside of the goal areas	Enter the goal areas	Goalkeeper throw
Break through the defence	Charge the opponent or run into a defender	Free throw to the defending team
Pass the ball in order to create a scoring chance	Keep possession of the ball without creating a scoring chance	Free throw to the defending team
	Defenders	
Use hands and arms to block the ball	Pull or hit the ball out of the hands of the attacking player	Free throw to the attacking team
Make frontal body contact with the attacking player	Hold the attacking player's body/shirt. Push, run or jump into them	Free throw/progressive punishment
Stay outside the goal area	Use the goal area as a defensive position	7m throw
Stay at least 3m from attacking player at a restart throw	Interfere with an attacking player during a restart throw	Free throw/progressive punishment
	Goalkeepers	
Touch the ball with any part of the body inside the goal area	Take the ball into the goal area from outside the 6m line	Free throw to the attacking team
Leave the goal without the ball and play as an outfield player	Leave the goal area with the ball	Free throw to the attacking team



Progression routes



