



HANDBALL IN FIVE



BASIC RULES:

You can take 3 steps & 3 seconds before a bounce or a pass

Only use your hands

Out of bounds: ball to the other team & if ball goes off backline it's back to the goal keeper



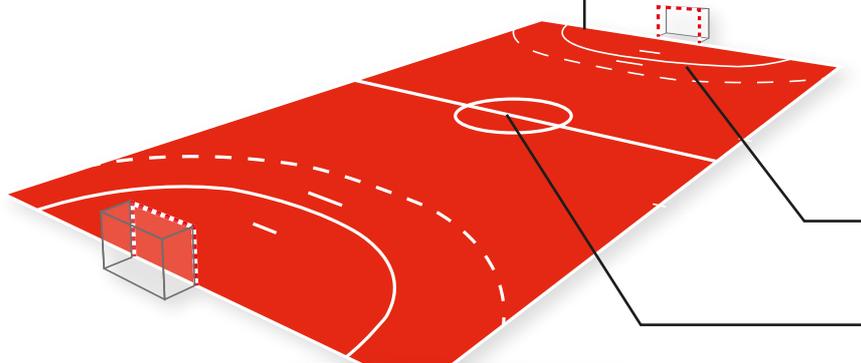
Play on a pitch the same sort of size that you would play football or netball on, with a set of goals at each end

You can't grab or hit the ball out of someone's hands

No contact with others, no snatching the handball

Only the goal keeper is allowed in the goal keeper's area

When a team scores, the other team restart from the centre



If your team breaks a rule then the other team gets a 'Free Throw' and you have to stand 3m away

START THE GAME

Each team has to be in their own half. One team is chosen to start with the ball in the centre and passes to someone on their team

Try to use a ball that's bigger than a tennis ball but smaller than a football

