



Mini-Handball: Rules and Regulations

Teams

- The teams must be composed of a minimum of five girls and five boys
- There's no maximum limit to the number of players per team

Games

- The games are 10 minutes, divided in two halves of five minutes controlled with a central buzzer
- The games are played on half a netball court
- Games are played using size "0" soft balls
- Games are played using mini-handball goals (1.7m x 2.4m)
- The games will be played five-a-side (One goalkeeper and four court players)
- In the first half both teams must play with girls only
- In the second half both teams must play with boys only
- If a team has less than five girls (or boys), they can top up the numbers with boys (or girls). However, players who are 'topping up' cannot play in goal or score
- There is no limit to the number of players per team as there is no limit to the number of substitutions
- The results of both halves will be added to find the final result of the match

Points System

- The point system will be as follows:
 - Win: 3 points
 - Draw: 1 Point
- In case of a tie at the end of the Round Robin, the classification criteria will be as follows:

- Goals Scored
- Goal Average (goals scored – goals against)
- Goals Against (the team with less goals conceded)
- Result between the two teams.

Throws to (re) start the games

- In handball there are four different throws, defined by the rules to restart the game, which are the throw-off, free throw, goalkeeper throw and 7-metre throw (penalty).
- A 7-metre throw is given when a clear strong chance has been destroyed
- A free throws is taken where the infringement occurred. Defending team must be at least three metres away from player with ball.
- Throw-off is at the start of the first and second half
- After a goal has been scored the game restarts with a goalkeeper throw

Contact

- No contact is allowed
- Behaviour deemed to be dangerous or offensive will not be tolerated and the referee will ask the team responsible to substitute the player to avoid exclusions.

Other Rules

- Dribbling is not allowed. In the case of dribbling the other team will receive a free throw.
- Travelling (taking more than three steps with the ball in hand) is not allowed. In the case of travelling the other team will receive a free throw.
- Foot faults (a court player standing in the goalkeeping area) will result in a free throw for the other team.
- If a ball hits the foot of a court player the other team will receive a free throw.
- A court player cannot pass to their goalkeeper when the goalkeeper is inside the area
- The goalkeeper is allowed outside of D area
- If a goalkeeper's save goes behind the goalkeeper touchline a goalkeeper throw is awarded.
- If a goalkeeper's save goes off the side-line the opposition get a throw-in from the side-line.

- There are no limits to the number of substitutions that can happen at any moment during the game.

Observations

This format of handball has been adopted taking into account the specificities of the sport and impacts of the maturational stages in question - as well as best practice examples from other sports and nations.

It has been successfully tested over the last three years with a noticeable impact on both the quantity and quality of Primary School handball.

England Handball accepts that other formats (mixed teams) are being used successfully as well, and is happy to support them. However, we strongly advise against changing the structure and rules of the game (including contact, dribble, increasing numbers, space).

The above-mentioned rules and format are the ones which will be used in any regional/national England Handball promoted competition for Primary Schools. The rules are subject to cyclical review.