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BEACH HANDBALL RULES OF THE GAME

SUMMARY

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Foreword

The Philosophy of Beach Handball is based on the principles of Fair Play.

Fair Play means:

- Respect the health, integrity and body of the players;
- Respect the spirit and philosophy of the game;
- Respect the flow of the game, but never tolerate an advantage taken by violating the Rules.

In the following text a summary of the Rules is presented. In order to be oriented in every detail one must study the [IHF Beach Handball Rules of the Game \(edition 01 March 2010, http://www.ihf.info/TheGame/BylawsandRegulations/tabid/88/Default.aspx\)](http://www.ihf.info/TheGame/BylawsandRegulations/tabid/88/Default.aspx) closely.

Rule 1 – PLAYING COURT

- The playing court (see diagram) is a rectangle 27m length X 12m width.
- The playing surface must consist of sand at least 40cm deep.
- There is a 3m safety zone surrounding the playing court.
- The playing area is 15m length X 12m width and the goal area 6m length.
- The goals are 2m height X 3m width.
- Ball stopping nets must be placed 3m behind the goal lines.

Substitution areas

- The substitution area for the court players is 15m length X 3m width in each side of the playing area.
- It is allowed to the goalkeeper and court players to leave the playing area on the shortest way over the entire sideline on the side of their team's substitution area.
- The goalkeeper must enter the court through the goalkeeper entry zone from the side of his team's substitution area, while for the court players through their team's substitution area (see diagram).

Rule 2 – START OF THE GAME, PLAYING TIME, FINAL SIGNAL, TIMEOUT AND TEAM TIMEOUT

- The winner of the coin toss chooses either the goal it wishes to defend or the respective side of substitution area.
- After the end of the 1st period, teams change ends but do not change substitution areas.
- The duration of each period is 10' with a 5' intermission in between periods.
- Each period results separately.
- A match is won when a team wins best of three periods.





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- If at the end of a period the score is even, the Golden Goal is used to determine the winner.
- The winner of each period is awarded one point.
- If the result after the 2nd period is tie (1-1), then a Shootout is played.
- The referees decide when and for how long will use the timeout.
- Each team has the right to request a 1' team timeout during each period of the regular playing time, only when in possession of the ball and by raising a green card.

Rule 3 – BALL

- The game is played with a non-slippery rubber ball (different size for men and women).
- At least 4 balls must be available for a match. If there are no stopping nets, more balls are needed in order to preserve the pace of the game.
- The reserve balls must be kept one behind each goal and one at the Table.

Rule 4 – SUBSTITUTIONS – EQUIPMENT

- A team consists of up to 8 players.
- At least 6 players must be present at the beginning of the match. If the number of a team's players eligible to play drops below 4 (at any given time of the match), then the opposing team wins the match.
- 4 players per team (3 court players + 1 goalkeeper) may compete on the playing court.
- During any given moment of the match each team must have a goalkeeper on the court. This player can play as court player too in any time.
- A maximum of 4 officials per team are allowed, but only 2 of them may remain in the substitution area.
- The male athletes' uniform consists of tank top and shorts. The female athletes' uniform consists of tops and bikini bottoms. The athlete uniforms must have numbers on them. The goalkeeper uniform colors must be contrasting to those of their teammates and opponents.
- All players play barefoot. Cloth socks or medical bandages are permitted.
- Substitutes may enter the match at any moment, always over their team's substitution line.
- In case of a faulty substitution, the guilty player must be penalized with a suspension.



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Rule 5 – GOALKEEPER

The goalkeeper is allowed to leave his goal area without the ball and participate in the game in the playing area; when doing so he is subject to the rules applying to players in the playing area.

Rule 6 – GOAL AREA

- Only the goalkeeper is allowed to enter the goal area. The ball belongs to the goalkeeper when it is in the goal area. The court players are allowed to play the ball which is stationary or rolling in the goal area.
- When a court player enters the goal area, the call shall be as follows:
 - a) A goalkeeper-throw, when an attacking team's court player enters the goal area in possession of the ball or when enters the goal area without the ball in his possession but gains an advantage by doing so;
 - b) A 6-meter throw (penalty throw), when a defending player enters the goal area and because of this destroys an opponent's clear chance of scoring.
- Entering the goal area is not penalized when:
 - a) A player enters the goal area after playing the ball in his possession, as long as this does not create a disadvantage for the opponents;
 - b) A player enters the goal area without the ball and does not gain an advantage by doing so;
 - c) A defending player enters the goal area during or after an attempt to defend, without causing a disadvantage to the opponents.
- If a player plays the ball in his team's goal area, the call shall be as follows:
 - a) Goal, if the ball enters the goal;
 - b) A free throw, if the ball comes to a rest in the goal area, or if the goalkeeper touches the ball and it does not enter the goal;
 - c) A throw-in, if the ball goes out over the outer goal line;
 - d) Play continues, if the ball passes through the goal area back into the playing area, without being touched by the goalkeeper.

Rule 7 – PLAYING THE BALL – PASSIVE PLAY

Players are permitted to:

- Dive for the ball when it is laying or rolling on the sand;
- Hold the ball for a maximum of 3", when it is also laying on the sand. If the ball remains on the sand longer than 3" any other player can pick it up, except the player who last touched it;
- Take a maximum of 3 steps with the ball in their hands.





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Passive play

If the team in ball possession is not making any recognizable attempt to attack and try to score this is regarded as passive play and the forewarning signal is shown by the referees (free throw awarded to the other team).

Rule 8 – FOULS AND UNSPORTSMANLIKE CONDUCT

Players are permitted to:

- Use their arms and hands in order to block or gain possession of the ball;
- Use an open hand to play the ball away from the opponent from any direction;
- Use their body to obstruct an opponent, even when the opponent is not in possession of the ball (screen);
- Make body contact with an opponent when facing him and with bent arms and maintain this contact in order to monitor and follow the opponent (body check).

Players are not permitted to:

- Pull or hit the ball out of the hands of an opponent;
- Block or force away an opponent with arms, hands or legs;
- Restrain, hold, push, run or jump into an opponent;
- Interfere with, impede or endanger an opponent (with or without the ball in his possession) in contravention of the rules.

Rule 9 – SCORING AND DECIDING THE FINAL OUTCOME OF THE GAME

- When a goal is scored, 1 point is awarded to the scoring team.
- 2 points are awarded when a goal is scored:
 - By a 6m-throw (penalty throw);
 - By the goalkeeper;
 - In a creative and/or spectacular way.
- If the score is even at the end of a period, then the Golden Goal method is used. In such a case, play continues without a specific amount of time being required and the next score wins.

Shootout

- If each team has won a period (score 1-1), then the Shootout method is used.
- Each team is given the opportunity to convert on 5 throws taken by 5 different players (eligible to play). Teams alternate throwing, and the team with the most number of points scored is declared the winner.
- If the goalkeeper is one of the throwers he is considered as a regular court player when taking this throw.





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- A coin toss is used to decide which team has the pick of going first or second in the Shootout or choice of ends.
- If the result is still tied, the Shootout continues on a "goal-for-goal" basis, with the teams taking shots alternately, the winner being the one to score a goal that is unmatched by the other team. Teams change ends and, now, the other team goes first. This may continue until every player (eligible to play) has taken a shot and the result is decided ("sudden death").

How to play the Shootout

- Both goalkeepers start off standing on the goal line (at least with one foot). The court player must stand in the playing area with one foot where the goal-area line and the sideline cross. When the referee whistles he plays the ball back to his goalkeeper on the goal line. During the pass the ball must not touch the ground. Once the ball has left the player's hand both goalkeepers may move. The goalkeeper with the ball must remain in his goal area. Within 3" he must either take a shot at the opposing goal or pass the ball to his teammate, who is running towards the opponents' goal. Also, during this pass, the ball must not touch the ground.
- The player must catch the ball and try to score a goal, without any rule violation. If the attacking goalkeeper or the court player commits a rule violation, the attack is over. If the defending goalkeeper leaves his goal area, then he is allowed to go back into his goal area at any time.
- If the number of players drops below 5 in one round, the team in question will have correspondingly fewer throwing opportunities.
- If the defending goalkeeper saves a goal in the Shootout by violating a rule, a 6-meter throw (penalty throw) is called. Every player eligible to play is allowed to execute this throw. Furthermore, the goalkeeper is to be disqualified if, in his effort, leaves his goal area and causes collision with the opponent.

Special conditions

When external conditions (wind, position of the sun, etc.) require so, the referees may decide to use only one of the goals for the Shootout.

Rule 10 - REFEREE THROW

- A referee throw initiates play in each period and also the Golden Goal.
- The ball may be played only after it has reached its highest point.





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Rule 11 – THROW-IN

- When a throw-in is awarded this is taken without a whistle signal from the spot where the ball has crossed the sideline, but at least 1m from the point where the goal area line and the sideline intersect, if the ball has crossed the outer goal line or the sideline within the goal area.
- The defending players must stand at least 1m away from the thrower.

Rule 12 – GOALKEEPER THROW

- When a goalkeeper throw is awarded this is taken by the goalkeeper and the ball is considered in play as soon as it has crossed the goal area line.
- The opponents are allowed to stand immediately outside the goal area but are not allowed to touch the ball until it has crossed the line.

Rule 13 – FREE THROW

- When a free throw is awarded for any reason the players of the attacking team are not allowed to stand closer than 1m to the goal area line.
- The opponents must stand at least 1m away from the thrower.

Rule 14 – THE 6-METER THROW (penalty throw)

6-meter throw decision

- A 6-meter throw is awarded when:
 - A clear chance of scoring is destroyed anywhere on the court by a player or a team official of the opposing team;
 - There is an unwarranted whistle signal at the time of a clear chance of scoring;
 - A clear chance of scoring is destroyed through the interference of someone not participating in the game.
- When awarding a 6-meter throw, the referees must call a timeout.
- If a goal is scored by a 6-meter throw, 2 points are awarded.

Rule 15 – GENERAL INSTRUCTIONS FOR THE EXECUTION OF THE THROWS (throw-in, goalkeeper throw, free throw, 6-meter throw)

- Except in the case of the goalkeeper throw, the thrower must have one part of his foot in constant contact with the ground when taking the throw. The other foot may be lifted and put down repeatedly.





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- The referee shall blow a whistle to restart play:
 - Always in the case of 6-meter throw;
 - After a timeout;
 - In the case of a throw-in, goalkeeper throw or free throw:
 - When there is a delay in the execution;
 - After a correction for the players position.
 - After a verbal caution.
- A goal may be scored directly from any throw, except an own goal as a consequence of a goalkeeper throw, and the referee throw.

Rule 16 – PUNISHMENTS

Suspension

- A suspension **can** be given for:
 - a) Fouls and similar infractions against an opponent;
 - b) Fouls which are to be punished progressively;
 - c) Infractions when the opponents are executing a formal throw;
 - d) Unsportsmanlike conduct by a player or team official.
- A suspension **must** be given for:
 - a) A faulty substitution or illegal entering on the court;
 - b) Repeated fouls of the type that they are to be punished progressively;
 - c) Repeated unsportsmanlike conduct by a player, on the court or outside the court;
 - d) Failure to drop or put the ball down when there is a free throw decision against the team which is in possession of the ball;
 - e) Repeated infractions when the opponents are executing a formal throw;
 - f) As a consequence of a disqualification of a player or team official during the playing time;
- The second suspension of a player results in a disqualification.
- The suspended player may re-enter the court as soon as there is a turnover (change of ball possession between the two teams).

Disqualification

- A disqualification **must** be given for:
 - a) Unsportsmanlike contact by any one of a team's officials after they have already received a suspension;
 - b) The second occasion of unsportsmanlike conduct by any one of the players;
 - c) Fouls endangering an opponent's health;
 - d) Fouls of the goalkeeper leaving his goal area and endangering an opponent's health;



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- e) Seriously unsportsmanlike conduct by a player or a team official, on or outside the court;
 - f) An assault by a player outside the playing time (i.e. before the game or during the intermission);
 - g) For an assault by a team official;
 - h) Because of a second suspension to the same player;
 - i) For repeated unsportsmanlike conduct by a player or team official during the intermission.
- The disqualification of a player or team official applies for the remaining playing time. The player or official must leave the court and the substitution area immediately. After leaving, the player or official is not allowed to have any form of contact with his team.
 - The disqualification of a player or team official reduces the number of players or officials available to the team. The team, however, is allowed to increase the number of players on the court again after a change of ball possession between the teams.
 - In case that a goalkeeper or court player is punished during the Shootout because of an unsportsmanlike or seriously unsportsmanlike conduct, this leads to the disqualification of the player.

Exclusion

- Exclusion **must** be given to a player guilty of an assault during the playing time on or outside the playing court.
- The exclusion applies for the remaining playing time and the team shall continue with one player less on the court.

Exception and clarification

At the beginning of the second period, during the Golden Goal and the Shootout, the suspended players may be substituted or allowed to re-enter the playing court.

Rule 17 – REFEREES

- Both referees observe and control the score, the playing time and the result of the game. If there is any doubt about the accuracy of the timekeeping, the referees shall reach a joint decision.
- The referees control with support of the delegate and the timekeeper/scorekeeper the entry and exit of the substitutes.
- Decisions made by the referees on the basis of their observations of facts or their judgment are final.





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Diagram: Playing court

