**Handball Rules**

Players: 6 outfield players and 1 goalkeeper. Squad size 10 max

**Attackers**

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| Allowed | Not Allowed | 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 |

**Defenders**

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| --- | --- | --- |
| Allowed | Not Allowed | Consequence |
| 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 thrown | Free throw/progressive punishment |

**Goalkeepers**

|  |  |  |
| --- | --- | --- |
| Allowed | Not Allowed | Consequence |
| 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 |