



Mini Handball Rules of the Game



1. The Player

- A. 6 players are on the court at once, 5 out players and 1 goalie. Each team can have up to 14 players on a team. (Note: in our Mini handball Festivals and Provincials a girl must be on the court at all times)
- B. Substitutions are done without notifying the referee, but one player must be off the court before the next player enters the court.

2. Goal Area

- A. If an attacker enters the goal area, a Free Throw is given to the defending team.
- B. However, an attacker may Jump, from outside of the goal area, shoot while in the air, and land inside the goal area after having thrown the ball.
- C. If a defender enters the goal area for the clear purpose of defending, the opponents are awarded a Penalty Shot. All other cases of the defender entering the goal area result in a free Throw for the opposing team.
- D. A goalie is NOT allowed to leave the goal area.
- E. If a goalie receives a pass the opposing team is awarded a Free Throw.
- F. If a ball goes over the goal line (outside the goal) it is a Goalie free throw.

3. Playing The Ball

- A. A player may take 3 steps with the ball
- B. No Dribbling is allowed
- C. The ball may only be held for 3 seconds when not moving with the ball

4. Approach to opponents.

- A. It is forbidden to:
 - A. Obstruct an opponent one's arms, hands or legs- 1 min penalty
 - B. Snatch or violently strike the ball from an opponent- Free throw or 1 min Penalty
 - C. Throw the ball intentionally at an opponent- 1 min penalty
 - D. Push or hold an opponent- 1 minute Penalty
 - E. Use aggressive or abusive language- 1 min penalty

5. Violations

- A. 1st Violation- Free Throw and Warning
- B. 2nd Violation- Free Throw and 1 min penalty
- C. 2nd Violation-Free Throw and 1 min penalty
- D. 3rd Violation- Free throw and 1 min penalty

E. 4th Violation- free Throw and disqualification plus 1 min penalty

6. Sanctions

Free Throw

- A. Taken from the place where the infringement occurred
- B. Opponent must be 1 meter from the person taken the Throw
- C. Referee will blow the whistle and indicate clearly what rule was violated.
- D. Main reasons for a Free Throw to be awarded:
 - Violation of the goal area by an attacker
 - Unintentional violations of the goal area
 - Taking too many steps
 - Holding the ball for more than three seconds

Penalty Throw

- A. Taken 6 meters from the Goals
- B. Shooter is the only person confronting the goalie
- C. Main reasons for Penalty Throw to be awarded
 - Intentional violations the goal area by a defender for the purpose of blocking a shot
 - Any illegal action by a defender designed to thwart an attempt to score by an opponent
 - Passing directly to one's goalie who is inside his goal area

Throw in:

- A. Taken from the point where the ball crossed the outside line by the team who did not touch the ball last
- B. Passer must have one foot on the line while throwing the ball in

Throw-on

- A. After goal, goalie passes it out of his/her crease to re-start the game
- B. All player from scoring team must be on own side after goal to re-start the game.

Start of the game

- A. Jump ball to start the game and start the 2nd half



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