WHAT DO YOU NEED?
- a sand court
- a non-slip rubber ball
- two goalposts
- lines

WHO PLAYS?
- men’s, women’s or mixed teams
- 3 players + 1 goalkeeper
- up to 4 substitutes

EHF BEACH HANDBALL – RULES OF THE GAME

SHORT VERSION

HOW DO YOU PLAY THE BALL?
- using your hands
- even at rest or rolling (within 3 seconds)
- diving for the ball is permitted
- even in goalkeeper’s area

HOW DO YOU PLAY?
- 2 x 10 minutes
- 5 minutes break
- each period needs a winner!

...and if there is a draw?
- use GOLDEN GOAL METHOD
- first team to score wins the period!

...AND THE THROWS?
Throw-in is taken:
- with one foot on the sideline
- also instead of corner throw
Free throw is taken:
- 1m outside opponent’s goal area line
6-metre (penalty) throw is taken:
- when clear scoring chance has been denied (penalty = 2 points)

...AND THE PUNISHMENTS?
- the violating player leaves the court
- player re-enters when ball possession has changed between teams
- second suspension = disqualification

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**How Do You Score?**
- Regular goals = 1 point
- Attractive / spectacular goals = 2 points
- In-flight & spin shot goals
- Goal by goalkeeper
- 6m throw

**Who Plays In A Shootout?**
- Both goalkeepers and one player
- Each team has 5 chances (5 different players)
- Teams take turns

**Who Wins?**
- The team with the most points

**How Do You Win Match Points?**
- Win a half = 1 match point
- Win two halves = 2 match points = Victory!!

**What Are The Options?**
(all within 3 sec.!!)
- Goalkeeper attempts a shot at goal OR
- Goalkeeper passes to player running towards the opponent's goal
- Player attempts a shot at goal

**What Should You Remember?**
- The ball can't touch the ground
- The attackers can't break a rule (Shootout is over!)
- The defending goalkeeper can't break a rule (6m throw & disqualification)

**Who Wins?**
- The team with the most points
- A tie? = sudden death shoot-out (repeat of shoot-out procedure until there is a winner)
- Winner = 1st team with 1 goal difference after both teams have had an equal no. of attempts
- After Shootout result = 2:1

**Who Does It Work?**
- Both goalkeepers stand on their goal line
- Player has one foot on the goal area line
- Player passes to his goalkeeper
- Goalkeepers can then move from their position

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