

## NORTHAMPTONSHIRE SCHOOL GAMES RULES 2019 / 2020

# YEAR 9/10 GIRLS: Handball – Competition rules & guidelines

### Competition Qualification

School Games County Finals:	<b>Winter – February 2020</b>
Regional Finals?	<b>Yes – Regional date TBC</b>

### Competition Format & Representation

**Performance Competition** – Sports and events that are defined as Performance Competition will be competitive. The competitions aimed at children and young people in school who will most likely already play the sport in which they are to compete – or are sporty children who take part in a number of different sports. Participants are permitted to be members of a community sports club and/or receive coaching outside of school in this sport. The winner of the district competitions will then compete at County Finals. A school may enter any number of Performance Competitions.

### Squad Information

Minimum Squad Size:	7 (although bringing at least one sub is highly recommended)
Maximum Squad Size:	14

### Year Groups

**Year 9 / Year 10**

### Gender

**Girls**

### Equipment (Schools need to provide/take to competition)

### Competition Rules

#### Squad Size:

- Teams consist of 7 players (6 outfield plus 1 goalkeeper) Squads can consist of up to 14 players. Rolling subs are allowed – you must sub off before you sub on.

#### Equipment:

- Ball Size: U15 Boys = Size 2 / U15 Girls = Size 1
- Team Kit: All players must have numbers on the front and back of their shirts, which are clearly visible. Numbered bibs are acceptable. Outfield players = Uniform Colours across team. Goalkeepers must be in a separate colour to outfield players.
- Handball is a contact sport, involving tackling and body contact, regular glasses are not permitted players must wear sports specific glasses E.g. soft frame with band holding/fixing glasses to player's head. If this is not in place the player will not be allowed to play with regular unsecured glasses.

#### Rules & Regulations:

Matches should be min 10 minutes straight through with a 5-minute break between matches.

- Where more than one court is running matches can be run on central time.
- One referee is required on court - this can be a teacher/leader or qualified handball referee. Where possible 2 referees should be used.
- The referee is responsible for scorekeeping and the ultimate running of the game, the table officials are the ones who show the score and keep time.
- **INDIVIDUAL MARKING** - Teams are not allowed to individually mark a single opposition player. If one player man marks then the rest of the team must implement a man to-man defence.
- **DEFENSIVE FORMATION** - Teams must defend in 2 lines: Clarification – Teams are not allowed all their players around the goalkeeper area in a 6:0 defence.

• **Allowed**

- Throw and catch the ball using hands and arms
- Pass the ball to a team mate
- Bounce the ball with one hand and catch it again
- Take a maximum of 3 steps before having to dribble or pass
- Move outside of the goal areas
- Break through the defence
- Pass the ball in order to create a scoring chance

**Not Allowed**

- Block or kick the ball using the feet
- Hold the ball for more than 3 seconds
- Bounce the ball, catch it and bounce it again
- Take more than 3 steps with the ball
- Enter the goal areas
- Charge the opponent or run into a defender
- Keep possession of the ball without creating a scoring chance

**Consequence**

- Free throw to the defending team
- Free throw to the defending team
- Free throw to the defending team
- Free throw to the defending team
- Goalkeeper throw
- Free throw to the defending team
- Free throw to the defending team

## Defenders

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 throw	Free throw/progressive punishment

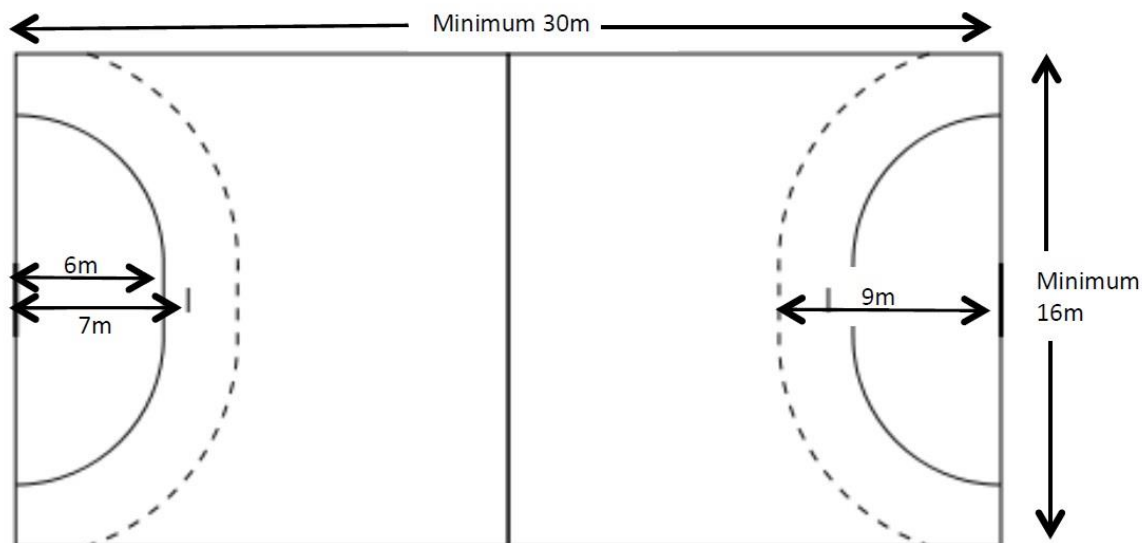
## Goalkeepers

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

### Playing area:

Minimum 30m x 16m (Max 40m by 20m) court (with markings as shown below)

- 3m x 2m goal at each end.
- Court can be temporarily marked using throw down markers or tape.
- Matches can be played indoors or outdoors.



## Scoring

**League /Tournament Competition:** Win = 5 points  
 Draw = 3 points  
 Loss = 1 point  
 Loss but score 50% of the total score = 1 'Bonus' point

**In the event of a tie in any league table positions winners will be decided by**

1. Head to Head result
2. Goal Difference
3. Goals Scored

**In any play-off games/final a tie at full-time will result 5 minutes of extra time**

**If the game is still tied after extra-time, a change of ends is mandatory followed by:**

- 5 minutes of extra time, If after this period the result is still tied, the game will go to penalties,
- Each team will take five penalties, after five attempts with the score, penalties will go to sudden death
- Every player must take a penalty only once, the whole team must shoot before a player who has already taken a penalty may shoot again, this includes the goalkeeper.

### Penalties

- Players start at the half way line, and have 7 seconds to shoot from the whistle: 1 v 1 against the goalkeeper.
- Normal rules apply, players may dribble, however there are no rebounds or 2<sup>nd</sup> attempts.

## First Aid & Emergency Procedures

Schools are responsible for the provision and administration of their own First Aid.

The Competition Organiser will brief all School Staff prior to the start of the competition, and will provide information about emergency procedures.

## Withdrawing from a Competition

In the event your school has to withdraw from the Competition, a minimum of 48 hour's notice is required. Please inform your School Sport Manager as soon as possible as significant time is spent planning the competition and the withdrawal of teams requires amendments to the competition programme. Head Teachers will be notified of schools withdrawing from the competition.

## Cancellation of a Competition

In the unlikely event the competition has to be cancelled the Competition Organiser will contact schools at the earliest opportunity. If you are not contacted assume the competition is taking place.