



International  
Handball  
Federation

# **IX. Rules of the Game b) Beach Handball**

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*Edition: 3 October 2021*



# Table of contents

<b>I. Playing Rules</b>	<b>3</b>
Rule 1 – Playing Court	4
Rule 2 – Start of the Game, Playing Time, Final Signal, Time-Out and Team Time-Out	8
Rule 3 – Ball	11
Rule 4 – Team, Substitutions, Equipment	11
Rule 5 – Goalkeeper	14
Rule 6 – Goal Area	15
Rule 7 – Playing the Ball, Passive Play	16
Rule 8 – Fouls and Unsportsmanlike Conduct	18
Rule 9 – Scoring and Deciding the Outcome of the Game	20
Rule 10 – Referee Throw	22
Rule 11 – Throw-In	23
Rule 12 – Goalkeeper Throw	23
Rule 13 – Free Throw	24
Rule 14 – 6-Metre Throw	26
Rule 15 – General Instructions for the Execution of the Throws (Throw-In, Goalkeeper Throw, Free Throw and 6-Metre Throw)	27

<b>Rule 16 – Punishments</b>	<b>28</b>
<b>Rule 17 – Referees</b>	<b>31</b>
<b>Rule 18 – Timekeeper and Scorekeeper</b>	<b>33</b>

## **II. Appendices**

<b>Referee Hand Signals</b>	<b>35</b>
<b>Clarifications to the Rules of the Game</b>	<b>45</b>
<b>Substitution Area Regulations</b>	<b>52</b>
<b>Athlete Uniform Regulations</b>	<b>54</b>
<b>Sand Quality and Lighting Regulations</b>	<b>58</b>

## **III. Glossary of Terms**

**60**

**Note:** The provisions related to the uniform for female athletes will come into force on 1 January 2022.

# I. Playing Rules



## Foreword

For the sake of simplicity, this rule book generally uses the male form of words with respect to female and male players, officials, referees and other persons.

However, the rules apply equally to both female and male participants, except Rule [3](#) (size of the ball).

**The Philosophy of Beach Handball is based on the principles of “Fair Play”. Every decision has to be taken in accordance with these principles.**

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.

Promote the spirit of true sportsmanship and pursue the cultural and athletic mission of the event.

According to the Philosophy of Beach Handball (attractiveness of the game – two teams playing as much as possible in full strength), any infringements awarded during play shall be against players as individuals and not team fouls.



# Rule 1

## 1. Playing Court

1. The playing court (Diagram No. [1](#)) is a 27 metres long and 12 metres wide rectangle, consisting of a playing area and two goal areas. Dimensions of the court are measured from the outer edge of the boundary lines.

The playing surface must be composed of levelled sand, as flat and uniform as possible, free of rocks, shells and anything else, which can represent risks of cuts or injuries to the players.

The sand must be of at least 40 centimetres deep and composed of fine loosely compacted grains. The court should run lengthwise north-south.

The characteristics of the playing court must not be altered during the game in such a way that one team gains an advantage.

There should be a safety zone with a width of 3 metres surrounding the playing court.

The weather must not present any danger of injury to the players.

For competitions played during the night, the lighting on the playing area should be 400 lux (minimum).

2. The court is marked with lines (Diagram No. [1a](#)). These lines belong to the areas of which they are boundaries. The two longer boundary lines are called sidelines. The two shorter boundary lines are called goal lines, although there is no line between the goalposts. The goal-area lines are 6 metres from and parallel to the goal line.

The court is divided into two halves by an imaginary halfway line. The middle of this imaginary line is the exact position for the referee throw.

3. All lines are between 5 and 8 centimetres wide and are made of solid colour tape contrasting with the sand (blue, yellow or red). The tape must be flexible and hard-wearing but must not harm the players' and officials' feet, firmly anchored to the sand at each corner and at the intersection of each goal-area line/sideline with buried dead man anchors.

A bungee cord should be attached to each corner and connected to buried wood or a plastic anchor disk (without sharp edges). The bungee will provide the tension necessary to keep the boundaries in place while giving the flexibility to reduce the chances of injury should a player or official catch their foot under the line. The goals are affixed to the lines with rubber rings attached to the posts. The anchors must not create a danger for the players and officials.

## Goal

4.
  - a. A rectangular goal shall be positioned at the middle of each goal line. It must consist of two upright posts equidistant from each corner and joined at the top by a horizontal crossbar.
  - b. The goal posts shall extend vertically and the height shall be 2 metres from the sand surface to the underside of the crossbar, and the internal distance between the vertical goal posts shall be

- 3 metres.
- c. The goal posts and horizontal crossbar that form the tubular aluminium frame shall be of a specified design with an external diameter of 8 centimetres and shall be painted in a solid colour contrasting clearly with the sand and with the background (yellow, blue, or red). The colour of both goals must be the same.
  - d. The goal posts and horizontal crossbar shall be completed by a frame supporting the netting, the deepest point of which shall be 80 centimetres at the top and 1 metre at the bottom.
  - e. Each goal must include a net, made of heavy duty nylon (or other similar synthetic material, knotless, mesh 80 mm x 80 mm or smaller, thickness 6 mm) attached to the back of the goal posts and crossbar. This must be fastened in such a way that a ball thrown into the side of the goal cannot enter the net between the post and the net and be mistaken for a goal, and that a ball thrown into the goal does not leave the goal or pass out between the net and the posts of the goal and be mistaken for a miss, provided as well that it is properly supported and does not interfere with the goalkeeper. The lower part of the net must be attached to curved tubing or another suitable means of support in such a way that a ball entering the goal cannot pass beyond the net. The colour of the net must contrast against the sand and the background and be the same as the goal.
  - f. For the safety of the players and officials, the bottom of each goal must be appropriately anchored beneath the sand. The anchors must not create a danger for the players.
  - g. At 3 metres behind each goal area catch (stopping) nets must be loosely suspended along the entire length of the playing court (12 m x 7 m high). The catch (stopping) nets must adequately reach the sand.

### **Table of Timekeeper and Scorekeeper**

5. The table of the timekeeper and scorekeeper shall have room for 3 to 4 persons and is placed in the middle of a sideline and at least 3 metres outside of it.  
The table of the timekeeper and scorekeeper has to be placed in such a way that the timekeeper/scorekeeper can see the substitution areas.

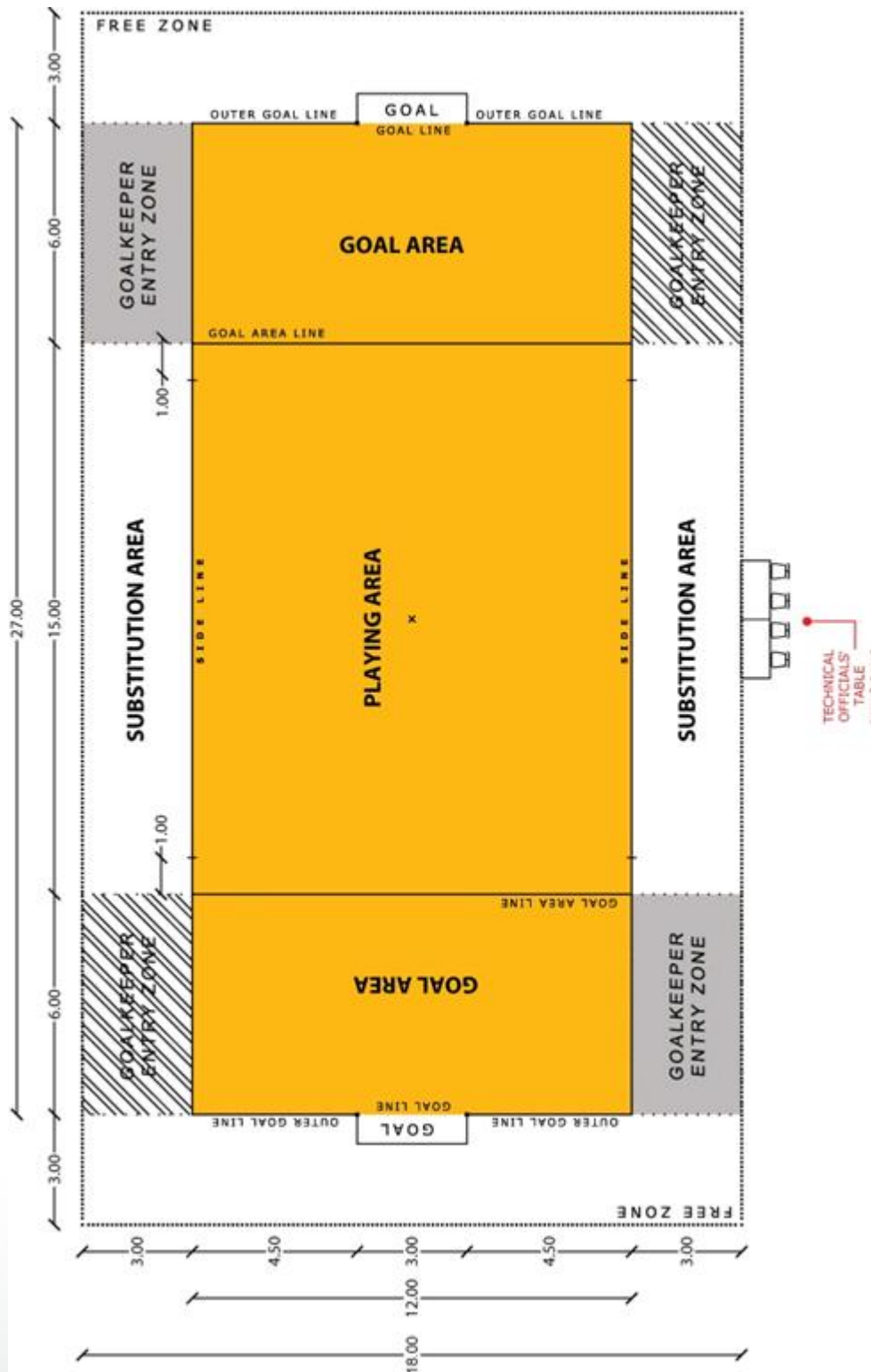
### **Substitution Areas**

6. The substitution area for the court players is 15 metres long and about 3 metres wide. The substitution areas are situated on each side of the playing area outside the sidelines. The court players must enter the court only from this area.
7.
  - a. It is allowed to the goalkeeper and the court players to leave the playing area on the shortest way on the side of their own team's substitution area. This practically means that the players can leave the playing court beyond the whole sideline of the playing area and the goal areas on the side of their own team's substitution area.
  - b. The goalkeepers must enter the court over the sideline of their own team's goal area from the

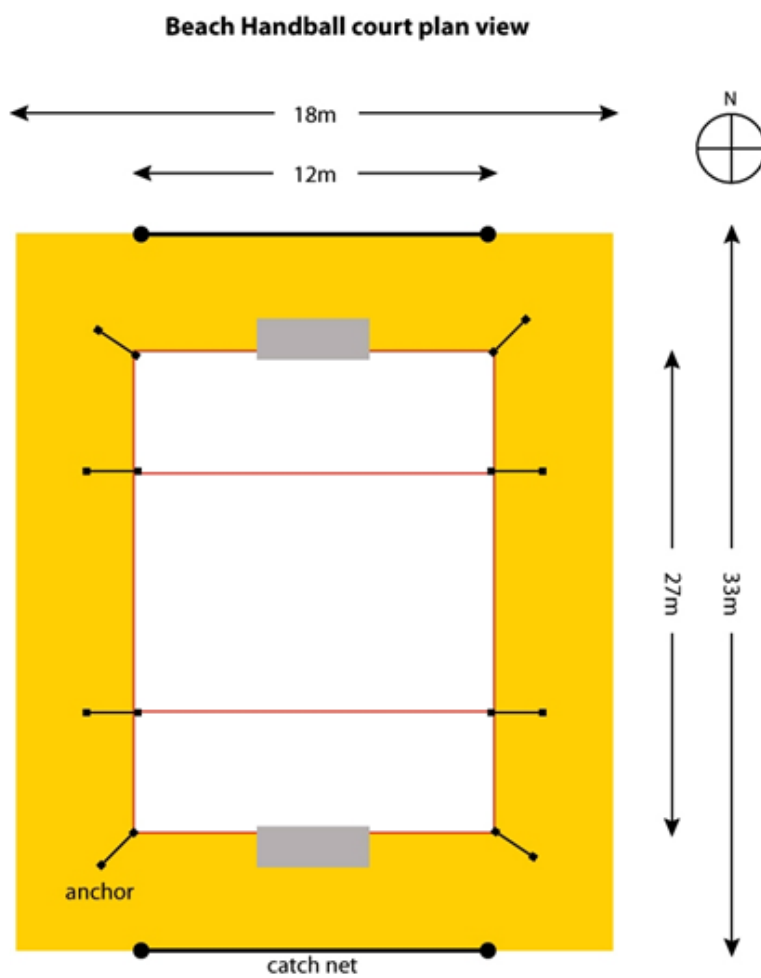
side of their own team's substitution area (Rules [4:13](#), [5:12](#)).

- c. The substitute goalkeeper is allowed to await his turn to enter the court by seating (or kneeling) at the sideline part between his team's goal line and the goal-area line.

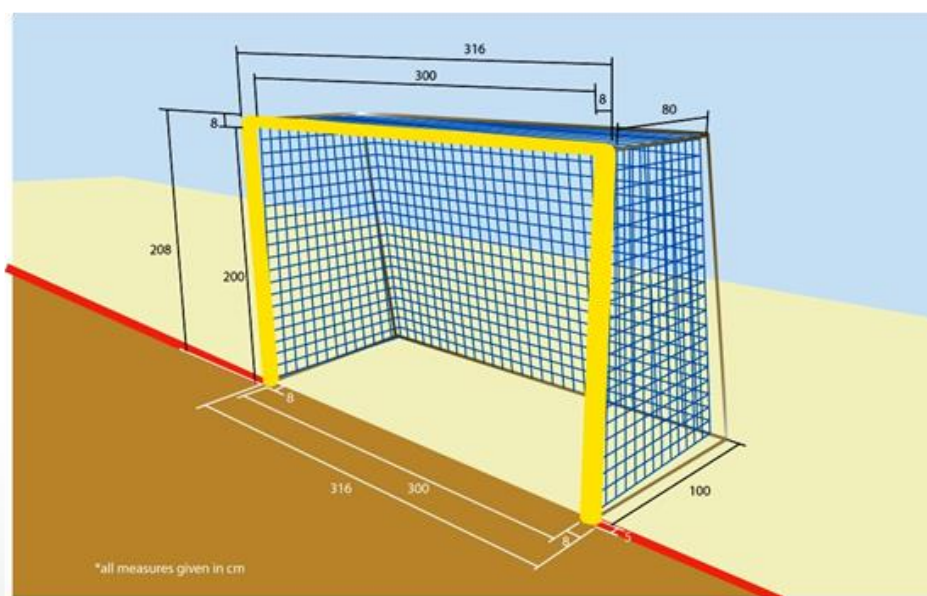
**Diagram 1: Playing Court**



**Diagram 1a: Playing Court**



**Diagram 2: Goal**







## Rule 2

### 2. Start of the Game, Playing Time, Final Signal, Time-out and Team Time-Out

#### Start of the Game

1. Before the match the referees undertake a coin toss in order to determine the choice of ends and substitution areas. The winning team shall then choose either one of the ends of the court or the respective side of the substitution area. The other team makes its choice in accordance with the first team's decision. After the half-time break the teams change ends. They do not change the substitution areas.
2. Each period of the game, and also the "Golden Goal", begins with a referee throw (Rule [10:1-2](#)) after a whistle signal from the referees (Rule [2:5](#)).
3. The court players position themselves anywhere in the playing area.

#### Playing Time

4. The game consists of two periods, which are scored separately. Each period lasts 10 minutes (but see Rules [2:6](#), [2:8](#) and [4:2](#)). The intermission lasts 5 minutes.
5. The playing time (execution of referee throw and start of the clock) begins with a referee's whistle (Rule [2:2](#)).
6. If the score is even at the end of a period, the "Golden Goal" is used, (Rule [9:7](#)). Play restarts with a referee throw (Rule [10](#)). The winner of each period is awarded one point.
7. If both periods are won by the same team, this team is the overall winner, with the score 2-0.
8. If each team wins a period, the result is a tie. As there must always be a winner, the "Shoot-out" is used (Rule [9](#)).

#### Final Signal

9. The playing time ends with the automatic final signal from the public clock or from the timekeeper. If no such signal comes, the referee whistles to indicate that the playing time is over (Rules [17:10](#), [18:1](#), [18:2](#)).

#### Comment:

If a public clock with an automatic signal is not available, the timekeeper shall use a table clock or a stopwatch and end the game with a final signal. (Rule [18:2](#)).

If a public clock is used, it should be set to run from 0 to 10.

10. Infractions and unsportsmanlike conduct that take place before or simultaneously with the final

signal (for half-time or end of game) are to be punished, also if this cannot be done until after the signal. The referees end the game only after the necessary free throw or 6-metre throw has been taken and its immediate result has been established (Clarification No. [3](#)).

11. The throw must be retaken, if the final signal (for half-time or end of the game) sounds precisely when a free throw or a 6-metre throw is being executed or when the ball is already in the air. The immediate result of the retaken throw is to be established before the referees end the game.
12. Players and team officials remain subject to personal punishment for infractions or unsportsmanlike conduct which take place during the execution of a free throw or a 6-metre throw-in the circumstances as described in Rule [2:10-11](#). An infraction during the execution of such a throw cannot, however, lead to a free throw in the opposite direction.
13. If the referees determine that the timekeeper has given the final signal (for half-time or end of game) too early, they must keep the players on the court and play the remaining time. The team that was in possession of the ball at the time of the premature signal will remain in possession when the game resumes. If the ball was out of play, then the game is restarted with a throw that corresponds to the situation. If the ball was in play, then the game is restarted with a free throw in accordance with Rule [13:4a-b](#). If the first period of a game has been terminated too late, the second period must last 10 minutes because each period is scored separately. If the second period of a game has been terminated too late, then the referees are no longer in a position to change anything.

## Time-Out

14. The referees decide when and for how long the playing time is to be interrupted (“time-out”).

In the following situations, a time-out is obligatory:

- a. Suspension or disqualification of a player
- b. 6-metre throws
- c. Team time-out
- d. Whistle signal from the timekeeper or the technical delegate
- e. Consultations between the referees in accordance with Rule [17:9](#)
- f. Suspension or disqualification of team official

Apart from the above-indicated situations, where a time-out is obligatory, the referees are expected to use their judgment regarding the need for time-outs also in other situations.

However, in the case of obligatory time-outs where the game has been interrupted by a whistle signal from the timekeeper or the delegate, the timekeeper is required to stop the official clock immediately, without awaiting a confirmation from the referees.

Some typical situations where time-outs are not obligatory but nevertheless tend to be given in normal circumstances are:

- a. A player seems to be injured.
- b. A team is clearly wasting time, e.g. when the team is delaying the execution of a formal throw, when a player is throwing the ball away or is not releasing it.
- c. External influences, e.g. the court lines must be reattached.

**Comment:**

A whistle signal from the timekeeper/delegate effectively stops the game. Even if the referees (and the players) did not immediately realise that the game has been stopped, any action on the court after whistle signal is invalid.

This means that if a goal was scored after the whistle signal from the table, the “goal” must be disallowed. Similarly, a decision to award a throw to a team (any throw) is also invalid. The game shall instead be restarted in the manner that corresponds to the situation that existed when the timekeeper/delegate whistled.

However, any personal punishment given by the referees between the time of the whistle from the table and the time that the referees stop the action remains valid. This applies regardless of the type of the violation and regardless of the punishment.

15. Infractions during a time-out have the same consequences as infractions during the playing time (Rule [16:12](#), Comment [1](#)).
16. The referees give the timekeeper a signal when the clock is to be stopped in connection with a time-out. The interruption of the playing time is to be indicated to the timekeeper through three short blasts of the whistle and Hand Signal No. [14](#). The whistle must always be blown to indicate the restart of the game after a time-out (Rule [15:3b](#)). With this whistle the timekeeper starts the clock.

**Team Time-Out**

17. Each team has the right to receive a one-minute team time-out in each half of the regular playing time. A team official of the team that wishes to request a team time-out must do so by showing clearly a green card. Therefore he goes to the middle of the sideline and holds up the “green card” in a clearly visible manner, so that it is immediately recognisable for the timekeeper. (The green card shall measure about 30x20 centimetres and must have a large “T” on each side.) A team may request their team time-out only when it has possession of the ball (when the ball is in play or during an interruption). Provided that the team does not lose possession of the ball before the timekeeper has time to whistle (in which case the team time-out will not be allowed), the team will be granted the team time-out immediately. The timekeeper then interrupts the game by blowing the whistle, gives the Hand Signal for Time-out (No. [14](#)) and points with a stretched arm at the team that requested the team time-out. The green card is placed in the sand in the middle of the sideline and about 1 metre outside it by the team official. It remains there during the rest of the playing time of the period concerned. The referees give a time-out and the timekeeper stops the clock. The referees acknowledge the team time-out and the timekeeper starts a separate clock controlling the duration of the team time-out. The scorekeeper enters the time of the team time-out and the period in the score sheet for the team that requested it. During the team time-out, the players and officials remain in their substitution area or on the court. The referees stay in the centre of the court, but one of them may briefly go to the timekeeper’s table for consultation. Infractions during team time-out have the same consequences as infractions during playing time. It is irrelevant in this context whether the players concerned are on or off the court. Under Rules [8:4](#), [16:1d](#) and [16:2c.](#), a suspension may be

given for unsportsmanlike conduct. After 50 seconds the timekeeper gives an acoustic signal indicating that the game is to be continued in 10 seconds. The teams are obliged to be ready to resume play when the team time-out expires. The game is restarted with the throw that corresponds to the situation that existed when the team time-out was granted or, if the ball was in play, with a free throw for the team requesting the team time-out from the place where the ball was at the time of the interruption. When the referee blows the whistle, the timekeeper starts the clock.

**Comment:**

“Possession of the ball” also includes situations where the game has to be continued with a goalkeeper throw, a throw-in, a free throw or a 6-metre throw.

“Ball in play” means that the player has contact with the ball (holding the ball in his hands, shooting, catching or passing the ball to a teammate) or that the team is in possession of the ball.



## Rule 3

### 3. Ball

1. The game is played with a round, non-slippery rubber ball. The men's ball weighs 350 to 370 grams and has a circumference of 54 to 56 centimetres; the women's ball weighs 280 to 300 grams and has a circumference of 50 to 52 centimetres. A smaller ball may be used for children's games.
2. Prior to each game at least 4 regulation balls must be available. The 2 reserve balls should be kept in the middle behind each goal in a designated area and the 3<sup>rd</sup> reserve ball should be kept at the timekeeper's table.
3. In order to minimise any playing time interruptions and avoid time-outs, the goalkeeper indicated by the referee should bring a replacement ball into the play as quickly as possible, when the ball has left the playing court.



## Rule 4

### 4. Team, Substitutions, Equipment

#### Team

1. Beach handball games and tournaments can be organised for male, female and mixed teams.
2. In principle a team consists of up to 10 players. At least 6 players must be present at the beginning of the game. If the number of players eligible to play drops below 4, the game is discontinued and the other team is deemed the winner of the match.
3. A maximum of 4 players per team (3 court players and 1 goalkeeper) may be on the playing court.

The remaining players are substitutes who remain in their own substitution area.

4. A player or team official is entitled to participate if he is present at the start of the game and is included in the score sheet. Players/team officials who arrive after the game has started must obtain their entitlement to participate from the timekeeper/ scorekeeper and must be entered in the score sheet. A player who is entitled to participate may, in principle, enter the court through the team's own substitution line at any time (see, however, Rule [4:13](#)). The "responsible team official" shall ensure that only players who are entitled to participate enter the court. A violation is to be penalised as unsportsmanlike conduct by the "responsible team official".
5. During the whole match, each team must have one of the players on the court designated as goalkeeper. A player who is designated as goalkeeper may at any time take on the role of court player. Likewise a court player can take over the function of the goalkeeper (see, however, Rule [4:8](#)).
6. A team is allowed to use a maximum of 4 team officials during the game, but only 2 of them may remain in the substitution area. The other 2 shall remain behind the substitution area outside of the safety zone but in case of a player's injury, after the referee's permission, they may proceed to the spot for assistance in accordance with Rule [4:7](#). These team officials may not be replaced during the course of the game. One of them must be designated as the "responsible team official". Only this official is allowed to address the timekeeper/scorekeeper and possibly the referees (except as mentioned in Rule [2:17](#)). A team official is generally not allowed to enter the court during the game. A violation of this rule is to be penalised as unsportsmanlike conduct (Rules [8:4](#), [16:1d](#), [16:2d](#) and [16:6b](#)). The game is restarted with a free throw for the opponents (Rule [13:1a-b](#), Clarification No. [8](#)).
7. In cases of an injury, the referees may give permission (through hand signal No. [15](#)) for two of the persons who are "entitled to participate" (see Rule [4:4](#)) to enter the court during a time-out (Hand Signal No. [14](#)), for the specific purpose of assisting the injured player (Rule [16:2d](#)). If additional persons enter the court after two persons have already entered, this shall be punished as an illegal entry, in the case of a player under Rule [4:14](#) and [16:2a](#), and in the case of a team official under Rule [4](#), [16:2h](#) and [16:6a](#). A person, who has been permitted to enter the court but, instead of assisting the injured player, gives instructions to players, approaches opponents or referees etc., shall be considered guilty of unsportsmanlike conduct.

## Equipment

8. All the court players of a team must wear identical uniforms. The combinations of colours and design for the two teams must be clearly distinguishable from each other. The Beach Handball male player's uniform consists of tank top and shorts and eventual accessories. The Beach Handball female player's uniform consists of a body fit tank top, short tight pants and eventual accessories. Tank tops / body fit tank tops will be of (at least 80% solid) bright and light colours (i.e. red, blue, yellow, green, orange and white) in the attempt to reflect the colours usually used and worn on the beach. A player who is entering the playing court as a goalkeeper must wear identical (in design and player's number) uniform with his teammates but in colours that distinguish him from the court

players of both teams and the goalkeepers of the opposing team (Rule [17:3](#)).

**Comment:**

The team officials must wear identical shirts in different colour than the shirts of their own team players and the players of the opposing team. All 4 team officials present at the court during their team's game must be exactly in the same uniform.

9. The athlete's number (of approx. 12x10 centimetres) must be placed on the front and back of the men's tank tops and the women's body fit tank tops. This information must be printed in a contrasting colour to that of the tank tops / body fit tank tops (i.e. light on a dark tank top / body fit tank top, dark on a light tank top / body fit tank top).
10. All players play barefoot. It is permitted to wear regular (cloth made) sport socks or support bandages. All other types of footwear (synthetic, rubber etc.) are not permitted.
11. It is not permitted to wear objects that could be dangerous to the players. This includes, for instance, head protection, face masks, bracelets, watches, rings, necklaces or chains, ear-rings, glasses without restraining bands or with solid frames, orthopaedic aids with hard plastic or metal parts, or any other objects that could be dangerous (Rule [17:3](#)).

Athletes are authorised to use the following accessories:

Cap or hat (with soft visor or hard visor turned to the back in order to avoid injuries), head band or bandana.

Sunglasses (plastic with restraining bands).

Therapeutic support braces (or bandages) for knee/elbow/foot.

**Comment 1:**

Caps or hats, headbands or bandanas used by a team's athletes should be of the same colour. The same stands for any headgear used by the team's officials.

Athletes are responsible for their own accessories. Players, who do not meet the previous requirements, will not be allowed to take part in the game until they have corrected the problem.

**Comment 2:**

Nose protector: The rule states that it is not permitted to wear a head protection or a face mask. This rule has to be interpreted as follows: A mask covers the major part of the face. A nose protector is much smaller in size and covers only the nose area. Therefore, it is permitted to wear a nose protection.

12. If a player is bleeding or has blood on the body or uniform, the player must leave the court immediately and voluntarily (through a normal substitution) in order to have the bleeding stopped, the wound covered, and the body and the uniform cleaned off. The player must not return to the court until this has been done. A player who does not follow the instructions of the referees in connection with this provision is deemed guilty of unsportsmanlike conduct (Rules [8:4](#), [16:1d](#) and [16:2c](#)).



## Player Substitutions

13. Substitutes may enter the game, at any time and repeatedly, without notifying the timekeeper/scorekeeper, as long as the players they are replacing have already left the court (Rule [16:2a](#)). The players shall always enter the court over their own team's substitution line (Rule [16:2a](#)). These requirements also apply to the substitution of goalkeepers (Rule [5:12](#)). The substitution rules apply also during a time-out (except team time-out). In case of a faulty substitution the game is restarted with a free throw (Rule [13](#)) or a 6-metre throw (Rule [14](#)) for the opponents, if the game has to be interrupted. Otherwise the game is restarted with the throw that corresponds to the situation. The guilty player shall be penalised with a suspension (Rule [16](#)). If more than one player from the same team is guilty of faulty of substitution in the same situation, only the first player committing an infraction is to be penalised.
14. If an additional player enters the court without a substitution, or if a player illegally interferes with the game from the substitution area, there shall be a suspension for the player. Thus the team must be reduced by one player on the court. If a player enters the court while serving a suspension, he shall be given an additional suspension that starts immediately and also causes a disqualification of the player. If the opposing team was in possession of the ball at the time of the entry, then the team is correspondingly further reduced on the court. If the team of the suspended player was in possession of the ball at the time of the entry, then the team must be reduced by one player on the court. The game is in both cases restarted with a free throw for the opponents (Rule [13:1a-b](#); see, however, Clarification No. 8).



## Rule 5

### 5. Goalkeeper

The goalkeeper is **allowed** to:

1. Touch the ball with any part of his body while in the act of defence inside the goal area;
2. Move with the ball inside the goal area, without being subject to the restrictions applying to court players (Rules [7:2-4](#), [7:7](#)). The goalkeeper is not allowed, however, to delay the execution of the goalkeeper throw (Rules [6:5](#), [12:2](#) and [15:3b](#));
3. Leave the goal area without the ball and participate in the game in the playing area; when doing so, the goalkeeper becomes subject to the rules applying to players in the playing area; The goalkeeper is considered to have left the goal area as soon as any part of the body touches the sand outside the goal-area line.
4. Leave the goal area with the ball and play it again in the playing area, if he has not managed to control it.

The goalkeeper is **not allowed** to:

5. Endanger the opponent while in the act of defence (Rules [8:2](#), [8:5](#));
6. Leave the goal area with the ball under control (free throw under [13:1a](#), if the referees have whistled for the execution of the goalkeeper throw; otherwise the goalkeeper throw is simply repeated);
7. Touch the ball again outside the goal area following a goalkeeper throw, until after it has touched another player (Rule [13:1a](#));
8. Touch the ball when it is stationary or rolling on the sand outside the goal area, while he is inside the goal area (Rule [13:1a](#));
9. Take the ball into the goal area when it is stationary or rolling on the sand outside the goal area (Rule [13:1a](#));
10. Re-enter the goal area from the playing area with the ball (Rule [13:1a](#));
11. Touch the ball with the foot or the leg below the knee, when it is stationary on the sand in the goal area or moving out towards the playing area (Rule [13:1a](#)).

### Substitution of the Goalkeeper

12. The goalkeeper is allowed to enter the playing court only over the sideline of his own team's goalkeeper's area and only from the side of his own team's substitution area (Rules 1:8, [4:13](#)). The goalkeeper may leave the playing area over the sideline of his own team's substitution area or the goal area (Rules 1:8, [4:13](#)), but only on the side of his own team's substitution area.



## Rule 6

### 6. Goal Area

1. Only the goalkeeper is allowed to enter the goal area (see, however, Rule [6:3](#)). The goal area, which includes the goal-area line, is considered entered when a court player touches it with any part of the body.
2. When a court player enters the goal area, the decisions shall be as follows:
  - a. Goalkeeper throw when a court player of the opposing team enters the goal area in possession of the ball or enters without the ball but gains an advantage by doing so (Rule [12:1a](#));
  - b. Free throw, when a court player of the team in defence enters the goal area and gains an advantage but without destroying a chance of scoring (Rule [13:1a-b](#));
  - c. 6-metre throw, when a defending player enters the goal area and, because of this, destroys a clear chance of scoring (Rule [14:1a](#)).
3. Entering the goal area is not penalised when:
  - a. A player enters the goal area after playing the ball, 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 for the opponents.
4. The ball belongs to the goalkeeper when it is in the goal area (see, however, Rule [6:5](#)).
5. The ball may always be played when it is at rest or rolling, even in the goal area. However, the court players are not allowed to enter the goal area to do so (free throw). It is allowed to play the ball which is in the air above the goal area, except in case of a goalkeeper throw (Rule [12:2](#)).
6. The goalkeeper shall put the ball back into play through a goalkeeper throw (Rule [12](#)), when it ends up in the goal area.
7. Play shall continue (through a goalkeeper throw under Rule [6:6](#)) if a player of the defending team touches the ball when in the act of defence, and the ball is caught by the goalkeeper or comes to rest in the goal area.
8. If a player plays the ball into his own goal area, the decisions shall be as follows:
  - a. Goal, if the ball enters the goal;
  - b. 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 (Rule [13:1a-b](#));
  - c. Throw-in, if the ball goes out over the outer goal line (Rule [12:1](#));
  - d. Play continues, if the ball passes through the goal area back into the playing area, without being touched by the goalkeeper.
9. A ball that returns from the goal area out into the playing area remains in play.



## Rule 7

### 7. Playing the Ball, Passive Play

#### Playing the Ball

It is **permitted** to:

1. Throw, catch, stop, push or hit the ball, by using hands (open or closed), arms, head, torso, thighs and knees. Diving for the ball when it is lying or rolling on the sand is also permitted.
2. Hold the ball for a maximum of 3 seconds, also when it is lying on the sand (Rule [13:1a](#)). The ball may not remain on the sand longer than 3 seconds and then be picked up again by the same player who last touched it (free throw).
3. Take a maximum of 3 steps with the ball (Rule [13:1a](#)); one step is considered taken when:
  - a. A player who is standing with both feet on the sand lifts one foot and puts it down again, or moves one foot from one place to another;
  - b. A player is touching the sand with one foot only, catches the ball and then touches the sand with the other foot;
  - c. A player after a jump touches the sand with one foot only, and then hops on the same foot or touches the sand with the other foot;
  - d. A player after a jump touches the sand with both feet simultaneously, and then lifts one foot and

puts it down again, or moves one foot from one place to another.

**Comment:**

It counts as only one step, if one foot is moved from one place to another, and then the other foot is dragged next to the first one.

4. While standing or running:
  - a. Bounce the ball once and catch it again with one or both hands;
  - b. Bounce the ball repeatedly with one hand (dribble), or roll the ball on the sand repeatedly with one hand, and then catch it or pick it up again with one or both hands.As soon as the ball thereafter is held in one or both hands, it must be played within 3 seconds or after no more than 3 steps (Rule [13:1a](#)).  
The bouncing or dribbling is considered to have started when the player touches the ball with any part of his body and directs it towards the sand.  
After the ball has touched another player or the goal, the player is allowed to tap the ball or bounce it and catch it again.
5. Move the ball from one hand into the other one.
6. Play the ball while kneeling, sitting or lying on the sand.

It is **not permitted** to:

7. Touch the ball more than once, unless it has touched the sand, another player or the goal in the meantime (Rule [13:1a](#)). Fumbling the ball is not penalised.

**Comment:**

Fumbling means that a player fails to control the ball when trying to catch it or stop it.

If the ball has already been controlled, then the player may not touch it more than once after tapping or bouncing it.

8. Touch the ball with a foot or leg below the knee, except when the ball has been thrown at the player by an opponent (Rule [13:1a-b](#)).
9. Play continues if the ball touches a referee on the court.

## Passive Play

10. It is not permitted to keep the ball in the team's possession without making any recognisable attempt to attack or to shoot on goal (see Clarification No. [4](#)). This is regarded as passive play, which is to be penalised with a free throw against the team in possession of the ball (Rule [13:1a](#)). The free throw is taken from the spot where the ball was when play was interrupted.
11. When a possible tendency to passive play is recognised, the forewarning signal (Hand Signal No. [16](#)) is shown. This gives the team in possession of the ball the opportunity to change its way of attacking in order to avoid losing possession. If the way of attacking does not change after the

forewarning signal has been shown or no shot on goal is taken, then a free throw is called against the team in possession (see Clarification No. 4). In certain situations the referees can call free throw against the team in possession also without any prior forewarning signal (e.g. when a player intentionally refrains from trying to utilise a clear scoring chance).



## Rule 8

### 8. Fouls and Unsportsmanlike Conduct

It is **permitted** to:

1.
  - a. Use arms and hands to block or gain possession of the ball;
  - b. Use an open hand to play the ball away from the opponent from any direction;
  - c. Use the body to obstruct an opponent, even when the opponent is not in possession of the ball;
  - d. 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.

It is **not permitted** to:

2.
  - a. Pull or hit the ball out of the hands of an opponent;
  - b. Block or force away an opponent with arms, hands or legs;
  - c. Restrain, hold, push, run or jump into an opponent;
  - d. Interfere with, impede or endanger an opponent (with or without the ball) in contravention of the rules.
3. Violations of Rule [8:2](#) where the action is mainly or exclusively directed at the opponent and not at the ball are to be punished progressively. Progressive punishment means that it is not sufficient to penalise a particular foul solely with a free throw or 6-metre throw, because the foul goes beyond the type of infraction which normally occurs in the struggle for the ball. Each infraction that meets the definition for progressive punishment requires a personal punishment.
4. Physical and verbal expressions that are incompatible with the spirit of good sportsmanship are regarded as constituting unsportsmanlike conduct (for examples, see Clarification No. 5). This applies to both players and team officials, on or outside the playing court. Progressive punishment also applies in the case of unsportsmanlike conduct (Rules [16:1d](#), [16:2](#), [16:6](#)).
5. A player who endangers the opponent's health when attacking him, shall be disqualified (Rule [16:6c](#)), particularly if he:
  - a. From the side or from behind, either strikes or pulls back the throwing arm of a player who is in the process of throwing or passing the ball;
  - b. Takes any action resulting in the opponent being struck on the head or neck;
  - c. Deliberately hits the body of an opponent with his foot or knee or in any other way, including tripping;

- d. Pushes an opponent who is running or jumping, or attacks him in such a way that the opponent loses control of his body; this also applies when a goalkeeper leaves his goal area in connection with a counter-attack from the opponents;
- e. Hits a defending player in the head with a free throw taken as a direct shot on goal, assuming that the defending player was not moving; or similarly, hits the goalkeeper in the head with a 6-metre throw, assuming that the goalkeeper was not moving.

**Comment:**

Even a foul with a very small physical impact can be very dangerous and have potentially very serious consequences, if the timing of the foul is such that the opponent is defenceless and caught unaware. It is the risk to the player and not the seemingly minor nature of the body contact that should be guiding in determining the appropriateness of a disqualification.

6. Seriously unsportsmanlike conduct by a player or team official, on or outside the court (for examples, see Clarification No. [6](#)), shall be punished with disqualification (Rule [16:6e](#)).
7. A player who is guilty of “assault” during the playing time shall be disqualified what has also to be reported in writing. Assault outside the playing time leads to a disqualification (Rules [16:6f](#); [16:16b-d](#)). A team official who is guilty of assault shall be disqualified (Rule [16:6g](#)).

**Comment:**

Assault is, for the purposes of this rule, defined as a forceful and deliberate attack against the body of another person (player, referee, timekeeper/scorekeeper, team official, delegate, spectator, etc). In other words, it is not simply a reflex action or the result of careless and excessive methods. Spitting on another person is specifically regarded as assault.

8. Violations against Rules [8:2-7](#) lead to a 6-metre throw for the opponents (Rule [14:1](#)), if the violation directly, or indirectly because of the interruption it causes, destroys a clear chance of scoring for the opponents. Otherwise the violation leads to a free throw for the opponents (Rules [13:1a-b](#), but see also Rules [13:2](#) and [13:3](#)). Disqualification due to a particularly reckless, particularly dangerous, premeditated or malicious action has also to be reported in writing.
9. If the referees find an action to be particularly reckless, particularly dangerous, premeditated or malicious, they must submit a written report after the game, so that the responsible authorities are in a position to take a decision about further measures. Indications and characteristics that could serve as decision-making criteria in addition to those in Rule [8:5](#) are:
  - a. A particularly reckless or particularly dangerous action;
  - b. A premeditated or malicious action, which is not in any way related to the game situation.Disqualification due to extremely unsportsmanlike conduct has also to be reported in writing.
10. If the referees classify a conduct as extremely unsportsmanlike, they must submit a written report after the game, so that the responsible authorities are in a position to take a decision about further measures. The following actions may serve as examples:

- a. Insulting or threatening behaviour directed at another person, e.g., referee, timekeeper/scorekeeper, delegate, team official, player, spectator; the behaviour may be in verbal or non-verbal form (e.g. facial expression, gestures, body language or body contact);
- b. (I) The interference by a team official in the game, on the playing court or from the substitution area, or (II) A player destroying a clear chance of scoring, either through an illegal entry on the court (Rule [4:14](#)) or from the substitution area;
- c. If during the last minute of a game the ball is out of play, and a player or team official prevents or delays the execution of a throw for the opponents, in order to prevent them from being able to take a shot on goal or to obtain a clear scoring chance; this is considered extremely unsportsmanlike, and it applies to any type of interference (e.g., with only limited physical action, intercepting a pass, interference with the reception of the ball, not releasing the ball);
- d. If during the last minute of a game the ball is in play, and the opponents, through an action falling under rule [8:5](#) or [8:6](#), prevent the team in possession from being able to take a shot on goal or to obtain a clear scoring chance; this is not just to be punished with a disqualification under [8:5](#) or [8:6](#); a written report must also be submitted.



## Rule 9

### 9. Scoring and Deciding the Outcome of the Game

#### Scoring

1. A goal is scored when the entire ball has crossed the entire width of the goal line (see Diagram No. [3](#)), provided that no violation of the rules has been committed by the thrower or a teammate before or during the throw.

A goal shall be allowed, if there is a violation of the rules by a defender but the ball still goes into the goal.

A goal cannot be awarded, if a referee or the timekeeper has interrupted the game before the ball has completely crossed the goal line.

A goal shall be awarded to the opponents, if a player plays the ball into his own goal, except in the situation where a goalkeeper is executing a goalkeeper throw and the ball does not cross the goal-area line (Rules [12:2](#), 2<sup>nd</sup> paragraph). An own goal scored by any player is awarded with one point.

#### Comment:

A goal shall be awarded, if the ball is prevented from going into the goal by someone or something not participating in the game (spectators, etc.), and the referees are convinced that the ball would otherwise have entered the goal.

2. Creative or spectacular goals are awarded with two points (see Clarification No. [1](#)).

3. A goal scored by a 6-metre throw is awarded with two points.
4. After a goal is scored, the game is restarted with a goalkeeper throw from the goal area (Rule [12:1](#)).
5. A goal that has been awarded can no longer be disallowed, once the referee has allowed the goal and the goalkeeper throw has been taken.

The referees must make clear (without a goalkeeper throw) that they have allowed a goal, if the signal for the end of a period sounds immediately after a goal is scored and before a goalkeeper throw can be taken.

### **Scoring by the Goalkeeper**

6. Two points are awarded when a goal is scored by the goalkeeper.

### **Deciding the Outcome of the Game**

7. If the score is even at the end of a period, the “Golden Goal” method is used, i.e. the winner is the team that scores the first goal (Rule [2:6](#)).
8. If both teams have won a period, a “Shoot-out” is used.

Five players who are eligible to play take throws alternating with the opposing team. If a goalkeeper is one of the throwers, he counts as a court player when he takes his throw (Rule 4:8 Comment).

The winner is the team that has scored more points after five throws. If the outcome has not been decided after the first round, the “Shoot-out” is continued. For this purpose the ends shall be changed first (without changing the substitution area - see Comment). Again five players who are eligible to play take throws alternatively with the opposing team. Now the other team goes first.

In this round and any subsequent round the match is decided as soon as one team takes the lead once there has been an equal number of attempts by each team.

#### **Comment:**

##### **Deciding the outcome of the game by using the “Shoot-out”:**

In the “Shoot-out” the referees use a coin toss in order to determine the choice of ends and which team starts (see Clarification No. [2](#)).

If a team has won the coin toss and decides to start the “Shoot-out”, then the opponents have the right to choose ends. Alternatively, if the team that wins the coin toss prefers to choose ends, then the opponents have the right to start the “Shoot-out”.

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 on the right or left point where the goal-area line and the sideline cross. When the referee blows the whistle he plays the ball back to his goalkeeper on the goal line. During the pass the ball is not allowed to touch the sand. Once the ball has left the player’s hand both goalkeepers may move forward. The goalkeeper with the ball must remain in his goal area.

Within 3 seconds he must either take a shot at the opposing goal or pass the ball to his teammate, who is running towards the opponent’s goal. Also during this pass, the ball is not allowed to touch the sand. 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, because no player is allowed to throw a second time.

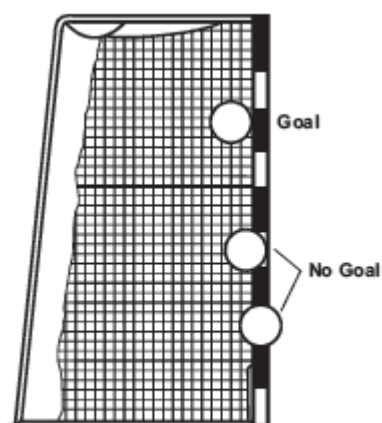
9. If the defending goalkeeper saves a goal in the “Shoot-out” by violating a rule, a 6-metre throw has to be awarded (see Clarification No. [9](#)).

**Comment:**

Every player who is eligible to play is allowed to execute this 6-metre throw.

10. During the “Shoot-out”, all the court players involved must remain in their substitution area. Players who have taken their throw go back to their substitution area.

**Diagram 3: Scoring**



## Rule 10

### 10. Referee Throw

1. Each period, and also the “Golden Goal”, begins with a referee throw (Rule [2:2](#)).
2. The referee throw is taken in the centre of the court. One referee throws the ball vertically following a whistle signal from the second referee.
3. The second referee is positioned outside the sideline opposite the timekeeping desk.
4. With the exception of one player of each team, all players must remain at least three metres away from the referee while the referee throw is being taken, but they are allowed to position themselves

anywhere else on the playing court.

The two players who are jumping for the ball shall stand next to the referee, each on the side nearest to his own goal.

5. The ball may be played only after it has reached its highest point.



## Rule 11

### 11. Throw-In

1. A throw-in is awarded when the ball has completely crossed the sideline or when a court player on the defending team was the last one to touch the ball before it crossed his team's outer goal line.
2. The throw-in is taken without whistle signal from the referees (see, however, Rule [15:3b](#)) by the opponents of the team whose player last touched the ball before it crossed the line.
3. The throw-in is taken from the spot where the ball has crossed the sideline, but at least 1 metre from the point where the goal-area line and the sideline intersect if the ball has crossed the outer goal line or sideline within the goal area.
4. The thrower must stand with a foot on the sideline until the ball has left his hand. The player is not allowed to put the ball down and then pick it up himself, or to bounce the ball and then catch it again himself (Rule [13:1a](#)).
5. The defending players must be at least 1 metre away from the executing player during a throw-in.



## Rule 12

### 12. Goalkeeper Throw

1. A goalkeeper throw is awarded when:
  - a. A player of the opposing team has entered the goal area in violation of Rule [6:2a](#);
  - b. The opposing team has scored a goal;
  - c. The goalkeeper controls the ball in his goal area (Rule [6:6](#));
  - d. The ball crosses the outer goal line, after having been touched last by the goalkeeper or a player of the opposing team.

This means that in all these situations the ball is considered out of play and the game is resumed with a goalkeeper throw (Rule [13:3](#)) if there is a violation after a goalkeeper throw has been awarded and before it has been executed.

Rule [13:3](#) applies if there is a violation of the rules on the part of the goalkeeper's team after a goalkeeper throw has been awarded and before it has been executed.

2. The goalkeeper throw is taken by the goalkeeper, without whistle signal from the referee (see,



however, Rule [15:3b](#)), from the goal area out over the goal-area line.

The goalkeeper throw is considered to have been taken when the ball thrown by the goalkeeper has crossed the goal-area line.

The players of the other team are allowed to be immediately outside the goal-area line, but they are not allowed to touch the ball until it has crossed the line (Rule [15:7](#), 3<sup>rd</sup> paragraph).

**Comment:**

Goalkeeper throw during a goalkeeper's substitution: The goalkeeper throw has to be always carried out by the leaving goalkeeper.

He is only allowed to leave the court after carrying out the goalkeeper throw.

3. The goalkeeper must not touch the ball again after a goalkeeper throw, until it has touched another player (Rules [5:7](#), [13:1a](#)).



## Rule 13

### 13. Free Throw

#### Free-Throw Decision

1. In principle, the referees interrupt the game and have it restarted with a free throw for the opponents when:
  - a. The team in possession of the ball commits a violation of the rules that must lead to a loss of possession (see Rules [4:4](#), [4:6](#), [4:13](#), [4:14](#), [5:6-11](#), [6:2b](#), [6:4](#), [6:8b](#), [7:2-4](#), [7:7-8](#), [7:10](#), [8:8](#), [11:4](#), [12:3](#), [13:9](#), [14:5-7](#) and [15:2-5](#)).
  - b. The defending team commits a violation of the rules that causes the team in possession of the ball to lose it (see Rules [4:4](#), [4:6](#), [4:13](#), [4:14](#), [6:2b](#), [6:4](#), [6:8b](#), [7:8](#), [8:8](#), [13:7](#)).
2. The referees should allow continuity in the game by refraining from interrupting the game prematurely with a free-throw decision.

This means that, under Rule [13:1a](#), the referees should not call a free throw if the defending team gains possession of the ball immediately after the violation committed by the attacking team.

Similarly, under Rule [13:1b](#), the referees should not intervene until and unless it is clear that the attacking team has lost possession of the ball or is unable to continue their attack, due to the violation committed by the defending team.

If a personal punishment is to be given because of the rules violation, then the referees may decide to interrupt the game immediately, if this does not cause a disadvantage for the opponents of the team committing the violation. Otherwise the punishment should be delayed until the existing situation is over.

Rule 13:2 does not apply in the case of infringements against Rules [4:3](#), [4:4](#), [4:6](#), [4:13](#), [4:14](#) where

the game shall be interrupted immediately, through the intervention of the timekeeper.

3. If a violation that would normally lead to a free throw under Rule [13:1](#) takes place when the ball is out of play, then the game is restarted with the throw that corresponds to the reason for the existing interruption.
4. In addition to the situations indicated in Rule [13:1a-b](#), a free throw is also used as the way of restarting the game in certain situations where the game is interrupted (i.e. when the ball is in play), even though no violation of the rules has occurred:
  - a. If one team is in possession of the ball at the time of the interruption, this team shall retain possession;
  - b. If neither team is in possession of the ball, then the team that last had possession shall be given possession again;
  - c. When the game is interrupted because the ball touched a fixture above the court, the team which did not last touch the ball shall be given possession.

The “Advantage Rule” according to Rule [13:2](#) does not apply in situations indicated in Rule 13:4.

5. If there is a free-throw decision against the team that is in possession of the ball when the referee whistles, then the player who has the ball at that moment must immediately drop it or put it down at the spot where he is (Rule [16:2d](#)).

## Free-Throw Execution

6. When a free throw is taken, the players of the attacking team are not allowed to position themselves closer than 1 metre from the goal-area line of the opponents before the free throw has been taken (Rule [15:1](#)).
7. When the free throw is being taken, the opponents must remain at a distance of at least 1 metre from the thrower.
8. The free throw is normally taken without any whistle signal from the referee (see, however, Rule [15:3b](#)) and, in principle, from the place where the infraction occurred. The following are exceptions to this principle:

In the situations described under Rule [13:4a-b](#), the free throw is taken, after whistle signal, in principle from the place where the ball was at the time of the interruption. In case of Rule [13:4c](#), the free throw is taken, also after whistle signal, in principle from the place below where the ball touched the fixture.

If a referee or technical delegate (from IHF or Continental/National Federation) interrupts the game because of an infringement on the part of a player or team official of the defending team, and this results in a verbal warning or a personal punishment, then the free throw should be taken from the place where the ball was when the game was interrupted, if this is a more favourable location than the position where the infringement took place.

The same exception as in the previous paragraph applies if a timekeeper interrupts the game because of a faulty substitution or illegal entry under Rules [4:3-4](#), [4:6](#), [4:13-14](#).

As indicated in Rule [7:10](#), free throws called because of passive play shall be taken from the place where the ball was when the game was interrupted.

Notwithstanding the basic principles and procedures stated in the preceding paragraphs, a free throw can never be taken inside the throwing team's own goal area. In any situation where the location indicated is inside the goal area, the location for the execution must be moved to the nearest spot immediately outside the goal area.

If the correct position of the free throw is nearer than one metre from the defending team goal-area line, then the execution must take place at least one metre away from the goal-area line.

9. Once a player from the team that received the free throw is in the correct position for taking the throw, with the ball in hand, he must not put it down on the sand and pick it up again, or bounce it and catch it again (Rule [13:1a](#)).



## Rule 14

### 14. 6-Metre Throw

#### 6-Metre Decision

1. A 6-metre throw is awarded when:
  - a. A clear chance of scoring is destroyed anywhere on the court by a player or a team official of the opposing team;
  - b. There is an unwarranted whistle signal at the time of a clear chance of scoring;
  - c. A clear chance of scoring is destroyed through the interference of someone not participating in the game (except when Rule [9:1 Comment](#), applies).

For the definition of “clear chance of scoring” see Clarification No.[7](#).

2. If an attacking player retains full control of ball and body despite a violation as in [14:1a](#), there is no reason to give a 6-metre throw, even if thereafter the player fails to utilise the clear scoring chance. Whenever there is a potential 6-metre decision, the referees should always hold off on intervening until they can clearly determine if a 6-metre decision is indeed justified and necessary. If the attacking player proceeds to score a goal despite the illegal interference from the defenders, then there is obviously no reason to give a 6-metre throw. Conversely, if it becomes apparent that the player really has lost ball or body control because of the violation, so that a clear chance no longer exists, then a 6-metre throw is to be given.
3. When awarding a 6-metre throw, the referees must give a time-out (Rule [2:14b](#)).
4. If a goal is scored by a 6-metre throw, 2 points are awarded (Rule [9:3](#)).

#### 6-Metre Execution

5. The 6-metre throw is to be taken as a shot on goal, within 3 seconds after a whistle signal from the court referee (Rule [13:1a](#)).
6. The player who is taking the 6-metre throw must not touch or cross the 6-metre line before the ball

has left his hand (Rule [6:2a](#)).

7. The ball must not be played again by the thrower or a teammate following the execution of a 6-metre throw, until it has touched an opponent or the goal (Rule [13:1a](#)).
8. When a 6-metre throw is being executed, the goalkeeper and the other opponents of the thrower must remain at least 1 metre from the thrower until the ball has left the thrower's hand. If they do not so, the 6-metre throw will be retaken if it does not result in a goal.
9. It is not permitted to change goalkeepers once the thrower is ready to take the 6-metre throw, standing in the correct position with the ball hand. Any attempt to make a substitution in this situation is to be penalised as unsportsmanlike conduct (Rules [8:4](#), [16:1d](#) and [16:2c](#)).
10. For the sake of Fair Play, no kind of throwers' obstruction (with arm movements, sounds etc.) is allowed to the players standing next or near to the thrower.



## Rule 15

### 15. General Instructions for the Execution of the Throws (Throw-In, Goalkeeper Throw, Free Throw and 6-Metre Throw)

1. The ball must be in the hand of the thrower before a throw is executed.  
All players must be in the positions prescribed for the throw in question. The players must remain in their correct positions until the ball has left the hand of the thrower.  
An incorrect initial position is to be corrected (see, however, Rule [15:7](#)).
2. Except in the case of the goalkeeper throw, the thrower must have one part of a foot in constant contact with the sand when a throw is taken (Rule [13:1a](#)). The other foot may be lifted and put down repeatedly.
3. The referee must blow the whistle for the restart:
  - a. Always in the case of 6-metre throw;
  - b. In the case of a throw-in, goalkeeper throw or free throw:
    - For a restart after a time-out;
    - For a restart with a free throw under Rule [13:4](#);
    - When there has been a delay in the execution;
    - After a correction of the player positions;
    - After a verbal warning.

After the whistle signal, the thrower must play the ball within 3 seconds (Rule [13:1a](#)).

4. A throw is considered taken when the ball has left the hand of the thrower (see, however, Rule [12:2](#)). The ball may not be handed over to or touched by a teammate of the thrower when the throw is being taken (Rule [13:1a](#)).
5. The thrower must not touch the ball again until it has touched another player or the goal (Rule [13:1a](#)) (except for goalkeeper throw, see Rule [12:3](#)).
6. A goal may be scored directly from any throw, except in the case of a goalkeeper throw, where an

“own goal” is not possible (Rule [12:2](#), however, see Rule [6:2](#)), and a referee throw (because it is executed by the referee).

7. Incorrect positions on the part of the defending players in connection with the execution of throw-in or free throw must not be corrected by the referees, unless the attacking players are put at a disadvantage by taking the throw immediately. If there is a disadvantage, then the positions are to be corrected (Rule [15:3b](#)).

If the referee blows his whistle for a throw to be taken, despite incorrect positions on the part of defending players, then those players are fully entitled to intervene.

A player is to be suspended if he delays or interferes with the execution of a throw by the opponents by standing too close or through other infractions (Rule [16:2e](#)).



## Rule 16

### 16. Punishments

#### Suspension

1. A suspension **can** be given for:
  - a. Fouls and similar infractions against an opponent (Rules [5:5](#) and [8:2](#)), which do not fall under the category of “punished progressively” according to Rule [8:3](#);
  - b. Fouls which are to be punished progressively (Rule [8:3](#));
  - c. Infractions when the opponents are executing a formal throw (Rule [15:7](#));
  - d. Unsportsmanlike conduct by a player or team official (Rule [8:4](#)).
2. A suspension **must** be given:
  - a. For a faulty substitution or illegal entering of the court (Rules [4:13-14](#));
  - b. For repeated fouls of the type that they are to be punished progressively (Rule [8:3](#));
  - c. For repeated unsportsmanlike conduct by a player, on the court or outside the court (Rule [8:4](#));
  - d. For failure to drop or put the ball down when a free-throw decision is taken against the team which is in possession of the ball (Rule [13:5](#));
  - e. For repeated infractions when the opponents are executing a formal throw (Rule [15:7](#));
  - f. As a consequence of a disqualification of a player or team official during the playing time (Rule [16:8](#), 2<sup>nd</sup> paragraph);
  - g. To the “responsible team official” if a player who is not entitled to participate enters the court or more than the registered team officials and players are present in the substitution area after the start of the game;
  - h. If a team official enters the court as an additional person in case of a player's injury;
  - i. If a team official enters the court in case of a player's injury and instead of assisting the injured player, gives instructions to players, approaches opponents or referees.

### Comment:

It is not possible to give the officials of a team more than one suspension in total. When a suspension is called against a team official, he is allowed to remain in the substitution area and carry out his functions. However the team's strength on court is reduced until the next turnover between the two teams.

3. The referee shall clearly indicate the suspension to the guilty player and to the timekeeper/scorekeeper through the prescribed hand signal (Hand Signal No. [12](#)).

4. The suspended player is not allowed to participate in the game during his suspension, and the team is not allowed to replace him on the court.

The suspension begins, when the play is restarted with a whistle signal.

The suspended player can be replaced or is allowed to enter the playing court as soon as there has been a turnover between the two teams (see Rule [16](#), [Comment 2](#)).

5. The second suspension of a player results in disqualification.

In principle, disqualification resulting from two suspensions is only effective for the remainder of the playing time (Rule [16](#), [Comment 3](#)) and it has to be regarded as a referee decision based on facts (such disqualifications shall not be mentioned in the score sheet).

### Disqualification

6. A disqualification **must** be given for:

a. Seriously unsportsmanlike conduct;

b. The second (or subsequent) occasion of unsportsmanlike conduct by any one of the players or officials of a team (Rule [8:4](#));

c. Fouls which endanger the opponent's health (Rule [8:5](#));

d. Fouls of the goalkeeper, leaving his goal area during a "Shoot-out" and endangering the health of the opponent (Rule [8:5](#): Actions which are clearly directed at the body of the opponent and are not aimed at playing the ball);

e. Seriously unsportsmanlike conduct by a player or a team official, on or outside the court (Rule [8:6](#));

f. An assault by a player outside the playing time, i.e. before the game or during an intermission (Rules [8:7](#), [16:12b, d](#));

g. An assault by a team official (Rule [8:7](#));

h. A second suspension to the same player (Rule [16:5](#));

i. Repeated unsportsmanlike conduct by a player or team official during an intermission (Rule [16:12d](#)).

7. After calling a time-out, the referees shall clearly indicate the disqualification to the guilty player or official and to the timekeeper/scorekeeper by holding up a red card. (Hand Signal No. [13](#); the red card should measure about 9x12 centimetres).

8. A disqualification of a player or team official is always for the entire remainder of the 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 the team.

A disqualification of a player or a team official always reduces the number of players or officials which is available to the team (except as mentioned in Rule [16.12 b](#)).

The team, however, is allowed to increase the number of players on the court again after a turnover between the teams (see Rule [16, Comment 2](#)).

9. A disqualification (except because of the second suspension - Rule [16:6h](#)) must be explained by the referees in the score sheet to the relevant authorities and leads to a (minimum) one match suspension for the guilty player/team official.
10. If a goalkeeper or court player during the “Shoot-out” is punished because of unsportsmanlike or seriously unsportsmanlike conduct, this leads to a disqualification of the player.

### **More than one violation in the same situation**

11. If a player or team official is guilty of more than one violation, simultaneously or in direct sequence, before the game has been restarted, and these violations warrant different punishments, then in principle, only the most severe one of these punishments shall be given.

This is always the case when one of the violations is an assault.

### **Infractions outside the playing time**

12. Unsportsmanlike conduct, seriously unsportsmanlike conduct or an assault on the part of a player or team official taking place on the premises where a game is played but outside the playing time, shall be punished as follows:

#### **Before the game:**

- a. A verbal warning shall be given in the case of unsportsmanlike conduct (Rule [16:1d](#));
- b. A disqualification shall be given in the case of seriously unsportsmanlike conduct or assault (Rule [16:6](#)), but the team is allowed to start with 10 players and 4 officials.

#### **During an intermission:**

- c. A verbal warning shall be given in the case of unsportsmanlike conduct (Rule [16:1d](#));
- d. A disqualification shall be given in the case of repeated or seriously unsportsmanlike conduct or in the case of an assault (Rule [16:6](#)). Rule [16:2c-d](#) applicable during the playing time shall not apply in the case of repeated unsportsmanlike conduct.

After a disqualification during an intermission the team is allowed to continue on the court in full strength.

#### **After the game:**

- e. A written report.

### **Comment 1: The playing time**

The situations described in Rules [16:1](#), [16:2](#) and [16:6](#) generally include the infractions caused during the playing time.

The playing time includes the “time-outs”, the “Golden Goal” and the “Shoot-out” but not the breaks.

### **Comment 2: The turnover**

The term “turnover” is to be used to signify that possession of the ball has passed from one team to the other.

Exceptions and clarifications:

- a. At the beginning of the second period, a “Golden Goal” and the “Shoot-out”, suspended players may be substituted or allowed to re-enter the playing court.
- b. If there is a delayed suspension in an advantage situation:  
The suspension starts at the moment the sanction is imposed, i.e. as soon as the advantage situation has ended and the corresponding decision has been taken.

### **Comment 3:**

“Effective until the end of the match” (Rule [16:5](#)) includes the “Golden Goal” and the “Shoot-out”.

### **Comment 4: The goalkeeper’s behaviour outside the goal area**

The goalkeeper is fully responsible for any contact with an opponent outside his goal area. That practically means that during any contact where the attacking player has no chance to see (or avoid) the goalkeeper, a respective throw (6-metre throw if there is a lost clear chance of scoring) and progressive punishment will be called. If the incident occurred during the Shoot-out, a 6-metre throw and a disqualification of the goalkeeper will be called.

On the contrary (if the attacking player has sufficient time and space to see and avoid the goalkeeper) a free throw (offensive foul) in favour of the goalkeeper’s team will be awarded.

### **Comment 5: The goalkeeper’s behaviour inside the goal area**

If a goalkeeper “jumps” against an opponent who is trying to score not vertically, even for scaring the opponent, both a 6-metre-throw and a suspension must be awarded. If the goalkeeper is causing a physical contact against the opponent, both, a 6-metre throw and a disqualification must be awarded. The defending goalkeeper always bears the responsibility of this kind of action.



## **Rule 17**

### **17. Referees**

1. Two referees with equal authority shall be in charge of each game. They are assisted by a timekeeper and a scorekeeper.
2. The referees monitor the conduct of the players and team officials from the moment they enter the premises until they leave.
3. The referees are responsible for inspecting the playing court, the goals and the balls before the game starts; they decide which balls will be used (Rules [1](#), [3:1](#)).



The referees also establish the presence of both teams in proper uniforms. They check the score sheet and the equipment of the players. They ensure that the number of players and officials in the substitution area is within the limits, and they establish the presence and identity of the “responsible team official” for each team. Any discrepancies must be corrected (Rules [4:2-3](#), [4:8-10](#)).

4. The coin toss is undertaken by one of the referees in the presence of the second referee and the “responsible team official” for each team, or a team official or player on behalf of the “responsible team official”.

5. At the start of the game, one referee positions himself outside the sideline on the opposite side of the timekeeper table. The official clock starts on his whistle signal (Rule [2:5](#)).

The second referee positions himself in the centre of the playing court. After the whistle signal, he starts the game with a referee throw (Rules [2:2](#), [10:1-2](#)).

The referees must change ends with each other from time to time during the game.

6. The referees position themselves in a way they can overview the substitution areas of both teams (Rules [17:11](#), [18:1](#)).

7. In principle, the entire game shall be conducted by the same referees.

It is their responsibility to ensure that the game is played in accordance with the rules, and they must penalise any infractions (see, however, Rules [13:2](#), [14:2](#)).

If one of the referees becomes unable to finish the game, the second referee will continue the game alone. (For IHF and Continental Events, this situation is handled in accordance with the applicable regulations.)

8. If both referees whistle for an infraction and agree about which team should be penalised but have different opinions as to the severity of the punishment, then the most severe punishment shall be given.

- 9.

- a. If both referees have different opinions on the awarding of points after a team has scored, a joint decision will apply (see [Comment](#)).

- b. If both referees whistle for an infraction or the ball has left the court and the two referees show different opinions as to which team should have possession, then the joint decision will apply (see [Comment](#)).

A time-out is obligatory. Following the consultation between the referees, they give clear hand signals and the game is restarted after a whistle signal (Rules [2:8f](#), [15:3b](#)).

**Comment:**

The referees reach a joint decision by consulting each other briefly. If they do not manage to reach a joint decision then the opinion of the court referee will prevail.

10. Both referees observe and control the score, the playing time and the result of the game. They are responsible for controlling the playing time. If there is any doubt about the accuracy of timekeeping, the referees reach a joint decision (see also Rule [17:9](#), [Comment](#)).

11. The referees control, with support of the timekeeper/scorekeeper, the entry and the exit of the

substitutes (Rules [17:6](#), [18:1](#)).

12. The referees are responsible for ensuring after the game that the score sheet is completed in a correct way.

Disqualifications of the type indicated in Rule [16:8](#) must be explained in the score sheet.

13. Decisions made by the referees, including those based on delegates' recommendations, on the basis of their observations of facts or their judgments are final.

Appeals can be lodged only against decisions that are not in conformity with the rules.

During the game, only the respective "responsible team officials" are entitled to address the referees.

14. The referees have the right to suspend a game temporarily or permanently.

Every effort must be made to continue the game, before a decision is taken to suspend it permanently.



## Rule 18

### 18. Timekeeper and Scorekeeper

1. In principle, the timekeeper controls the playing time and the time-outs.

Generally, only the timekeeper (and, when applicable, one or two delegates) should interrupt the game when this becomes necessary.

Simultaneously, the scorekeeper has the main responsibility for keeping the score, the team rosters, the score sheet, the entering of players who arrive after the game has started and the entering of players who are not entitled to participate.

Other tasks, such as the control of the number of players and team officials in the substitution area, are regarded as joint responsibilities.

Both support the referees in controlling the substitutions (Rules [17:6](#), [17:11](#)).

See also Clarification No. [8](#) regarding proper procedures for the interventions of the timekeeper/scorekeeper when fulfilling some of the responsibilities indicated above.

#### Comment:

During IHF, Continental or National Championships the task distribution can be organised in another way.

2. If there is no public scoreboard clock available, then the timekeeper must keep the "responsible team official" for each team informed about how much time has been played or how much time is left, especially following time-outs.

If there is no scoreboard clock with automatic signal available, the timekeeper assumes the responsibility for giving the final signal at half-time and at the end of the game (see Rule [2:9](#), [Comment](#)).

When a player is suspended, the scorekeeper confirms this to the player and the referees by holding

up a card. The card shows “1” for a player’s first suspension and “2” for the second suspension.

## II. Appendices



### Referee Hand Signals

# Table of contents

	Page
Guidelines	<a href="#">36</a>
1. Advantage	<a href="#">36</a>
2. Double dribble	<a href="#">37</a>
3. Traveling or holding the ball more than three seconds	<a href="#">37</a>
4. Restraining, holding or pushing	<a href="#">38</a>
5. Hitting	<a href="#">38</a>
6. Offensive foul	<a href="#">39</a>
7. Throw-in direction	<a href="#">39</a>
8. Goalkeeper throw	<a href="#">40</a>
9. Free throw direction	<a href="#">40</a>
10. Keep the distance of 1 metre	<a href="#">41</a>
11.1 Gaining 1 point	<a href="#">41</a>
11.2 Gaining 2 points	<a href="#">42</a>
12. Suspension	<a href="#">42</a>
13. Disqualification	<a href="#">43</a>
14. Time-out	<a href="#">43</a>
15. Permission for two persons who are entitled to participate to enter the court during time-out	<a href="#">44</a>
16. Forewarning signal for passive play	<a href="#">44</a>

## Guidelines

1. If 1 or 2 points are credited when a goal is scored (Rules [9](#), [14:4](#), Clarification No. [1](#)), then the court referee must indicate this by displaying 1 or 2 fingers. When 2 points are awarded, the goal referee does a full vertical arm swing additionally.
2. Hand Signal [12](#): The referee indicates the rule violation and points to the offending player. A bent arm, grabbed at the wrist by the other arm, indicates a suspension.
3. The referee uses a red card to indicate an “immediate” disqualification.
4. Disqualifications must be clearly confirmed by a red card being held in the air by the scorekeeper.
5. When a free throw or throw-in is called, the referees must show **immediately** the direction for the throw that is to follow (Hand Signal [7](#) or [9](#)).  
Thereafter, as applicable, the appropriate obligatory Hand Signal(s) should be given to indicate any personal punishment (Hand Signals [12-13](#)).  
If it seems that it would also be useful to explain the reason for a free throw or 6-metre throw decision, then the applicable one of Hand Signals [1-6](#) could be given for the sake of information.
6. Hand Signals [11](#), [14](#) and [15](#) are mandatory in those situations where they apply.
7. Hand Signals [8](#), [10](#) and [16](#) are used as deemed necessary by the referees.

## Referee Hand Signals

### 1. Advantage, play on



## 2. Double dribble



## 3. Traveling or holding the ball more than 3 seconds





#### 4. Restraining, holding or pushing



#### 5. Hitting



## 6. Offensive foul



## 7. Throw-in direction





## 8. Goalkeeper throw



## 9. Free throw direction



## 10. Keep the distance of 1 metre



## 11. 1. Gaining 1 point



## 11.2. Gaining 2 points



## 12. Suspension



### 13. Disqualification (red card)



### 14. Time-out



**15. Permission for two persons (who are entitled to participate) to enter the court during time-out**



**16. Forewarning signal for passive play**







# Table of contents

1. Awarding of points (Rule 9)	<a href="#">46</a>
2. Special circumstances	<a href="#">46</a>
3. Free-throw execution after the final signal (Rule 2:10-12)	<a href="#">46</a>
4. Passive Play (7:10-11)	<a href="#">47</a>
5. Unsportsmanlike conduct (Rules 8:4, 16:1-d, 16:6b)	<a href="#">49</a>
6. Seriously unsportsmanlike conduct (Rules 8:6, 16:6-e)	<a href="#">49</a>
7. Definition of a “clear chance of scoring” (Rule 14:1)	<a href="#">50</a>
8. Interruption by the timekeeper (Rule 18:1)	<a href="#">50</a>
9. Shoot-out and fast break	<a href="#">51</a>



## 1. Awarding of points (Rule 9)

**Also in the following scoring situation two points are awarded:**

A goal scored in "in-flight" (Rule [9:2](#)).

Two points are awarded only if the player who is in-flight controls the ball and shots on goal while in the air ("slap" the ball or just "push" the ball into the goal is worth of a one-point goal).

### **Comment:**

Both the spirit of the game of Beach Handball and its specific philosophy have to be respected.

There has to be space for "creative or spectacular goals", which will be awarded 2 points.

A goal is spectacular if it is of high technical standard and it is evidently not a "1-point goal", which is based on fundamental technical skills.

A remarkable and dramatic final action may lead to a creative goal.

Remark: If such goals clearly aim at "ridiculing" the opposing players, it shall be considered as unsportsmanlike conduct and shall never lead to a "2-point goal" (Fair Play).

## 2. Special circumstances

When external circumstances (wind, position of the sun, etc.) so require, the referees may decide to use only one of the goals for the "Shoot-out".

## 3. Free-throw execution after the final signal (Rule [2:10-12](#))

In many cases, the team that has the opportunity to execute a free throw after the playing time has expired is not really interested in trying to score a goal either because the outcome of the game is already clear or because the position for the free throw is too far away from the goal of the opponents. Although technically the rules require that the free throw should be executed, the referees should show good judgment and consider the free throw taken if a player who is in the approximately correct position simply lets the ball drop or hands it to the referees.

In those cases where it is clear that the team wants to try to score a goal, the referees must try to find a balance between allowing this opportunity (even though it is a very small one) and ensuring that the situation does not deteriorate into a time-consuming and frustrating "theatre". This means that the referees should get the players from both teams into correct positions firmly and quickly, so that the free throw can be executed without delay. The players of the executing team must be admonished and monitored so that only one player holds the ball. If players want to leave the court to be substituted, they must do so at their own risk. The referees have no obligation to wait for their execution signal until the substitutes are in their correct positions.

The referees must also be very alert to punishable violations by both teams. Persistent encroachment

by the defenders must be punished (Rules [15:7](#), [16:1c](#), [16:2f](#)). Moreover, the attacking players often violate the rules during the execution. It is very important not to allow any goals scored illegally.

## 4. Passive Play (Rule [7:10-11](#))

### General Guidelines

The application of the rules regarding passive play has the objective of preventing unattractive methods of play and intentional delays in the game. This requires that the referees throughout the game recognise and judge passive methods in a consistent manner.

Passive methods of play may arise in all phases of a team's attack, i.e. when the ball is moved down the court, during the build-up phase or during the finishing phase.

Passive ways of playing may be used relatively more frequently in the following situations:

- A team is narrowly in the lead towards the end of the game;
- A team has a player suspended;
- Numerical superiority of a team, especially in defence.

### The utilisation of the forewarning signal

The forewarning signal should be shown particularly in the following situations:

#### 1. When substitutions are made slowly or when the ball is moved slowly down the court.

Typical indications are:

- Players are standing around in the middle of the court waiting for substitutions to be completed;
- The player is standing still bouncing the ball;
- The ball is played back into the team's own half of the court, even though the opponents are not putting on any pressure;
- Delays in the execution of the goalkeeper throw or any other throw.

#### 2. In connection with a late substitution after the build-up phase has already started.

Typical indications are:

- All players have already taken up their attacking positions;
- The team starts the build-up phase with a preparatory passing play;
- Not until this stage does the team undertake a substitution.

### Comment:

The team which has attempted a rapid counter-attack from its own half of the court, but has failed to get to an immediate scoring opportunity after reaching the opponents' half of the court, must be allowed to undertake a quick substitution of players at that stage.

#### 3. During an excessively long build-up phase.

In principle, the team must always be allowed a build-up phase with a preparatory passing play before

they can be expected to start a targeted attacking situation.

Typical indications of an excessively long build-up phase are:

- The team's attack does not lead to any targeted attacking action.

**Comment:**

“Targeted attacking action” exists particularly when the attacking team uses tactical methods to move in such way that it gains spatial advantage over the defenders, or when they increase the pace of the attack in comparison with the build-up phase.

- Players are repeatedly receiving the ball while standing still or moving away from the goal;
- Repeated bouncing of the ball while standing still;
- When confronted by an opponent, the attacking player turns away prematurely, waits for the referees to interrupt the game or gains no spatial advantage over the defender;
- Active defensive actions: Active defensive methods preventing the attackers from increasing the pace because the defenders block the intended ball movements and running paths;
- The attacking team achieves no clear increase in pace from the build-up phase to the finishing phase.

#### **4. After showing the forewarning signal**

After showing the forewarning signal, the referees should allow the team in possession of the ball some time to change their action. (The referees should recognise and allow that younger players and teams at lower levels may require more time.) If after this build-up phase there is no clear increase in pace and no targeted attacking action can be recognised, then the referees must conclude that the team in possession of the ball is guilty of passive play.

**Comment:**

The referees must be careful not to take action against passive play precisely at the moment when the attacking team is actually trying to shoot or undertake a move against the goal of the opponents.

### **How the forewarning signal should be shown**

If a referee (either the court referee or the goal-line referee) recognises the emergence of passive play, he lifts the arm (Hand Signal No. [16](#)) to indicate the judgment that the team is not trying to get into a position to take a shot on goal. The second referee should also give the forewarning signal.

The forewarning signal conveys that the team in possession is not making any attempt to create a scoring opportunity, or that it is repeatedly delaying the restart of the game.

The hand signal is maintained until:

- The attack is over; or
- The forewarning signal is no longer valid (see advice below).

An attack begins when the team gets into possession of the ball, and is considered over when the team scores a goal or loses possession.

The forewarning signal normally applies to the entire remainder of the attack. However, during the course of an attack, there are two situations where the judgment of passive play is no longer valid and the forewarning signal is to be stopped:

- a. The team in possession takes a shot on goal and the ball rebounds to the team from the goal or the goalkeeper (directly or in the form of a throw-in);
- b. A player or team official of the defending team is given a personal punishment under Rule [16](#) due to a foul or unsportsmanlike conduct.

In these two situations, the team in possession must be allowed a new build-up phase.

If the attacking team were to request a team time-out after the forewarning signal has been shown, then the forewarning signal should be shown again when the game is being restarted after the team time-out in order to emphasise that the warning is still in effect.

## **5. Unsportsmanlike conduct (Rules [8:4](#), [16:1d](#), [16:6b](#))**

Examples of unsportsmanlike conduct are:

- a. Shouting at the player who is taking a 6-metre throw;
- b. Kicking the ball away during a stoppage so that the opponent cannot immediately execute the throw that has been awarded;
- c. Verbally abusing an opponent or a teammate;
- d. When a player or team official does not give up the ball when it has ended up outside the sideline;
- e. Delaying the execution of a formal throw;
- f. Holding on to an opponent by grabbing the uniform;
- g. If a goalkeeper does not give up the ball when a 6-metre throw has been awarded to the opponent;
- h. If a court player is repeatedly blocking shots with a foot or lower leg;
- i. If defending players repeatedly enter their goal area;
- j. If a player tries to create the (incorrect) impression that an opponent committed an infraction.

## **6. Seriously unsportsmanlike conduct (Rules [8:6](#), [16:6e](#))**

Examples of seriously unsportsmanlike conduct are:

- a. Insulting behaviour (through speech, facial expressions, gestures or body contact) directed at another person (referee, timekeeper/ scorekeeper, delegate, team official, player, spectator etc.);
- b. Throwing or pushing the ball away after a decision by the referees if the ball goes so far that the action cannot be seen as just unsportsmanlike conduct;
- c. If the goalkeeper demonstrates such a passive attitude when a 6-metre throw has been awarded to the opponent that the referee must assume that he is not trying to stop the shot;

- d. Taking revenge after having been fouled (hitting back in a reflex action);
- e. Deliberately throwing the ball at an opponent during a stoppage in the game unless it is done in such a way that it must be regarded as an assault.

## **7. Definition of a “clear chance of scoring” (Rule [14:1](#))**

For the purposes of Rule [14:1](#), a “clear chance of scoring” exists when:

- a. A player who already has ball and body control of the opponents at the goal-area line has the opportunity to shoot on goal, without any opponent being able to prevent the shot with legal methods;
- b. A player who has ball and body control is running (or dribbling) alone towards the goalkeeper in a counter-attack, without any other opponent being able to come in front of him and stop the counter-attack;
- c. A player is in a situation which corresponds to (a) or (b) above, except that the player does not yet control the ball but is ready for an immediate reception of the ball; the referees must be convinced that no opponent will be able to prevent the reception of the ball with legal methods;
- d. A goalkeeper has left his goal area and an opponent with ball and body control has a clear and unimpeded opportunity to throw the ball into the empty goal. (This applies also if defenders are in positions between the throwing player and the goal, but the referees must then take into account the possibility for these players to intervene in a legal manner.)

## **8. Interruption by the timekeeper (Rule [18:1](#))**

If a timekeeper interrupts the game due to a faulty substitution or illegal entry under Rules [4:4](#), [4:6](#), [4:13](#), [4:14](#) the game is restarted with a free throw for the opponents, normally at the place of the infringement. If, however, the ball was at a more favourable position for the opponents at the time of the interruption, then the free throw should be taken from that place (see Rule [13:8](#), 3<sup>rd</sup> and 4<sup>th</sup> paragraphs).

In the case of such infringements, the timekeeper shall interrupt the game immediately, without regard to the general “advantage rules” in Rules [13:2](#) and [14:2](#). If a clear scoring chance is destroyed because of such an interruption, when it is caused by an infringement on the part of the defending team, then a 6-metre throw shall be awarded in accordance with Rule [14:1a](#).

In the event of other types of infringements that need to be reported to the referees, the timekeeper should generally wait until the next interruption of the game.

If the timekeeper nevertheless interrupts the game, such an intervention cannot lead to a loss of possession. The game will be restarted with a free throw for the team which had possession at the time of the interruption. If, however, the interruption was caused by an infringement on the part of the defending team, and the referees judge that the premature interruption destroyed a clear chance of scoring for the opponents, then a 6-metre throw shall be awarded in analogy with Rule [14:1b](#). As a general principle, infringements observed and reported by the timekeeper/scorekeeper (except as

mentioned under Rules [4:4](#), [4:6](#), [4:13](#), [4:14](#)) do not lead to personal punishments.

The provision for awarding a 6-metre throw in accordance with Rule [14:1a](#), as indicated in the second paragraph above, applies also if a referee or technical delegate (from the IHF or a Continental/National Federation) interrupts the game for an infringement leading to a verbal warning or a punishment against a player or an official of the defending team, at a moment when the team in possession has a clear chance of scoring.

## **9. Shoot-out and fast break**

If during a Shoot-out or fast break the defending goalkeeper or player obstructs the running path of the attacking player, causing a physical contact, both a 6-metre throw and a suspension or a disqualification shall be awarded.

The defending goalkeeper or player always bears the responsibility of this kind of action.





# Substitution Area Regulations

## Substitution Area Regulations

1. Each team has a substitution area for court players that is 15 metres long and 3 metres wide. These areas are positioned on both sides of the playing court outside the sideline (Rule [1:7](#)).
2. No objects of any kind may be placed in the substitution areas. Water bottles and towels may be kept in a device (e.g. branded box) provided by the event management.
3. Only the players and team officials entered in the score sheet are allowed to be in the substitution area (Rules [4:2](#), [4:6](#)).
4. Both teams are in the substitution area on their respective sides (Rules [1:7](#), [2:1](#)).
5. The team officials in the substitution area must be fully dressed in sportswear (Rule [4:8, Comment](#)).
6. If an interpreter is needed, he must take up a position behind the substitution area.
7. The timekeeper and scorekeeper as well as delegates shall support the referees in monitoring the occupancy of the substitution area before and during the game.

If before the game there are any infringements of the rules regarding the substitution area, the game may not start until the infringements have been remedied. If these rules are infringed during the game, the game may not be continued after the next interruption until the matter has been resolved.

8.
  - a. The team officials have the right and duty to guide and manage their team also during the game, in a fair and sporting spirit within the framework of the rules. In principle, they should sit or kneel in their substitution area.

However, one of the officials is **permitted** to move around within the substitution area, specifically in order to:

- Manage the substitution of players;
- Give tactical advice to players on the court and in the substitution area;
- Give medical care;
- Request a team time-out;
- Communicate with the timekeeper/scorekeeper; this applies only to the "responsible team official" and only in unusual situations (Rule [4:6](#)).

At any given point in time, the permission to move around applies to only one official per team. Moreover, the team official who is moving must respect the limits of the substitution area as defined in point no. 1 above.

Similarly, the team official must also respect the need for unrestricted vision on the part of the timekeeper/scorekeeper/delegate.

- b. In principle, players in the substitution area should sit or kneel. The substitute players are, however, permitted to move around in the substitution area when they are soon going to enter the court, as long as it is not done in a disturbing manner.
  - c. It is **not permitted** for team officials or players to:

- Interfere with or insult referees, delegates, timekeeper/ scorekeeper, players, team officials or spectators by behaving in a provocative, protesting or otherwise unsportsmanlike manner (speech, facial expression or gestures);
- Leave the substitution area in order to influence the game;
- Stand or move along the sideline while warming up.

Team officials and players are generally expected to remain in the substitution area of their team. If a team official nevertheless leaves the substitution area for another position, he loses the right to guide and manage his team and must return to the substitution area to regain his right.

More generally, players and team officials remain under the jurisdiction of the referees/delegates throughout the game, and the normal rules for personal punishments apply also if a player or official decides to take up a position away from the court and the substitution area. Therefore, unsportsmanlike conduct, seriously unsportsmanlike conduct and extremely unsportsmanlike conduct are to be punished in the same manner as if the violation had taken place on the court or in the substitution area.

9. If the Substitution Area Regulations are infringed, the referees are obliged to act in accordance with Rules [16:1d](#), [16:2c-d](#) or [16:6b,e,h](#) (verbal warning, suspension, disqualification).
10. If the referees fail to notice an infringement of the Substitution Area Regulations, they must be informed accordingly by the timekeeper/ scorekeeper/delegate during the next interruption of the game.
11. Intervention by the delegate(-s):

Delegates from the IHF, a Continental or National Federation, who are on duty in a game, have the right to inform the referees about a possible decision in violation of the Rules (except in the case of a referee decision on the basis of an observation of facts) or about a violation of the Substitution Area Regulations.

The delegate may interrupt the game immediately. In this case, the game is restarted with a free throw for the team that did not commit the violation that led to the interruption.

If the interruption is caused by a violation committed by the defending team and the interruption causes a clear scoring chance to be destroyed, then a 6-metre throw in accordance with Rule [14:1a](#) must be awarded.

The referees are obligated to give out personal punishments in accordance with the instructions of the delegate.

The facts related to a disqualification are to be reported in writing (Rule [16:9](#)).



# Athlete Uniform Regulations

## Athlete Uniform Regulations

Athletes' uniforms and accessories contribute to helping athletes increase their performance as well as remain coherent with the sportive and attractive image of the sport.

This part of the rules provides all the details concerning uniform and accessory specifications with regards to colour, style, quantity, fabric and brandings, which all teams and organisers are expected to utilise.

The Competition Management (CM) must check each participating team's athletic uniforms during the Technical Meeting (TM) and during the event. All men's and women's athletic uniforms must correspond to the standards indicated hereunder. According to the Olympic Charter, religious, political and racial messages are strictly forbidden on athletic uniforms.

### 1. Men's tank top / Women's body fit tank top style

The style of the tank tops / body fit tank tops must be in accordance with the graphics on p. 56/57. The men's tank tops and the women's body fit tank tops must be sleeveless and close fitting, and respect the space for the required brandings. T-shirts that are worn under the team's official tank top are not allowed.

#### Colour

Tank tops / body fit tank tops will be of bright and light colours (i.e. red, blue, yellow, green, orange and white) in the attempt to reflect the colours usually used and worn on the beach.

#### Brandings

- Promoter's / sponsor logos:  
The promoter's/sponsor logos can be printed on the front and back of the men's tank tops and the women's body fit tank tops.
- Manufacturer's logo:  
The manufacturer's logo is printed on the front of the tank tops / body fit tank tops and must not exceed 20 cm<sup>2</sup>.

#### Athlete's number

The athlete's number (of approx. 12x10 centimetres) must be placed on the front and back of the men's tank tops and the women's body fit tank tops. This information must be printed in a contrasting colour to that of the tank top / body fit tank top (i.e. light on a dark tank top / body fit tank top, dark on a light tank top / body fit tank top).

## 2. Men's and women's shorts style

Team members must wear identical shorts. Male athletes must wear shorts as per the graphics on p. 56. The players' shorts, if not too baggy, can be longer but **must remain 10 centimetres above the kneecap**. Female athletes must wear short tight pants with a close fit that are in accordance with the graphics on p. 57.

Teams are authorised to have sponsor logos (including manufacturer) on their shorts, located in any position and of any size.

There is no limitation in the number of the sponsors to be displayed on the shorts. Athletes are required to print their name and nickname on their shorts.

The respective team officials must submit their own team's uniforms for approval during the pre-competition TM.

### Uniform for cold weather

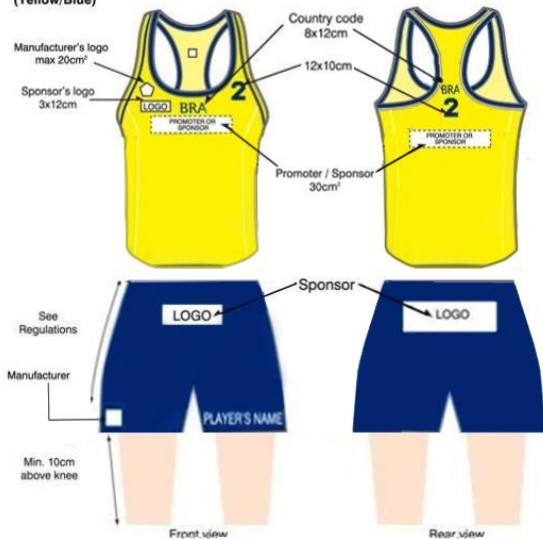
During severe weather conditions, players will be allowed to use uniforms composed of tight shirt, long tight pants (down to the ankle and not to the knees). These must be consistent in style and colour following the same marketing rules as for the players' shorts, regardless of size and position. The CM will be ultimately responsible to allow players to wear such a special uniform whenever will be required, after having consulted with the official medical staff.

For the cold weather tank tops / body fit tank tops, sponsor logos are allowed for both men and women. For cold weather pants, sponsor logos are allowed both for men and women according to the general ruling, as stated above.

## Men's uniform

### Men's Uniform

**Men's Game Uniform (Yellow/Blue)**



**Men's Game Tank (Light Blue/White)**



**Men's Game Tank (Red/Yellow)**



**Men's Game Tank (Green/Yellow)**



**Men's Game Tank (Orange/White)**



## Women's uniform

### Women's Uniform







# Sand Quality and Lighting Regulations

## Sand Quality Requirements in Beach Handball

Sand selection is probably the most important factor in court construction. The sand should be sifted to an acceptable size and has to be not too coarse, free of stones and dangerous particles. It should not be too fine to cause dust and stick to the skin.

Any sand that is used should incorporate the following specifications:

- Washed: The sand should be double washed and free of silt and clay in order to prevent compaction.
- Particle size: The size of the sand particles should be between 0.5 and 1 millimetre to allow for proper drainage and maximum safety.
- Particle shape: A sub angular shape will resist compaction and assist the drainage.
- Colour: Tan coloured sand absorbs less heat with minimal glare.
- Source: A granite-based sand (non-calcareous - no calcium or limestone) remains stable under all weather conditions and is unaffected by acid rain.

For high-quality Beach Handball sand the following formula should be followed:

Name	Particle diameter	Specifications (% retention in sieves)
Fine gravel	2.0mm	0%
Very coarse sand	1.0mm - 2.0mm	0% - 6%
Coarse sand	0.5mm - 1.0mm	min. 80%
Medium sand	0.25mm - 0.5mm	max. 92%
Fine sand	0.15mm - 0.25mm	7% - 18%
Very fine sand	0.05mm - 0.15mm	not greater than 2.0%
Silt and clay	below 0.05mm	not greater than 0.15%

## Lighting Requirements in Beach Handball

If play is to take place at night, the court area should be illuminated to allow players, officials and those watching both at the grounds and at home on television to see the action clearly. This means the levels of brightness, contrast and glare must be correctly designed over the entire playing area. Lighting levels depend also on the size of the venue.

In case of international night competition, artificial lighting of 1 000 to 1 500 lux (minimum) measured at 1 metre above the playing surface must be available. Artificial light may also be operating during daytime - upon television request - in order to reduce the impact of the shadow.

Indicative minimum lighting (lux) levels:

Training	120 lux;
Local competition	up to 400 lux;
International competition	1 000 to 1 500 lux.

## III. Glossary of Terms

### Glossary of Terms

<b>Advantage (Rule of)</b>	A clause in the Rules of the Game that gives the referees the discretion to allow play to continue even after a foul has been committed if stopping play would unfairly punish the fouled team.
<b>Counter-attack</b>	A return attack.
<b>Creative(shot, action)</b>	Characterised by originality and expressiveness; imaginative.
<b>Fair Play</b>	Conformance to the rules, spirit and etiquette of sport; the ethos of sport.
<b>Golden Goal</b>	Rule that allows the team that scores the first goal to be declared the winner.
<b>In-flight</b>	Flying through the air.
<b>Own goal</b>	Player scores a goal registered against his own team.
<b>Shoot-out</b>	A means of resolving a tie, in which an equal number of players from each side alternately take shots on the goal defended by the goalkeeper.
<b>Travelling</b>	Violation of the rules that occurs when a player takes too many steps without dribbling the ball.
<b>Turnover</b>	Occurs when a team gives possession to the opposing team by losing the ball by any means (pass intercepted, missed shot, infraction of the rules).
<b>Fast break</b>	A team attempt to move the ball up court and into scoring position as quickly as possible, so that the defence is outnumbered and does not have time to set up.
<b>Fumbling</b>	Occurs when a player, who has possession of the ball, drops or mishandles the ball that is in play.
<b>Spectacular (goal)</b>	Of the nature of a spectacle; impressive or sensational; thrilling in effect; a lavishly produced performance (a spectacular goal is awarded 2 pts.).
<b>Spin shot</b>	A shot taken with full turn of the body in the air.
<b>Stealing, Interception</b>	Taking the ball away from an opponent who is in possession of the ball or intercepting a pass.