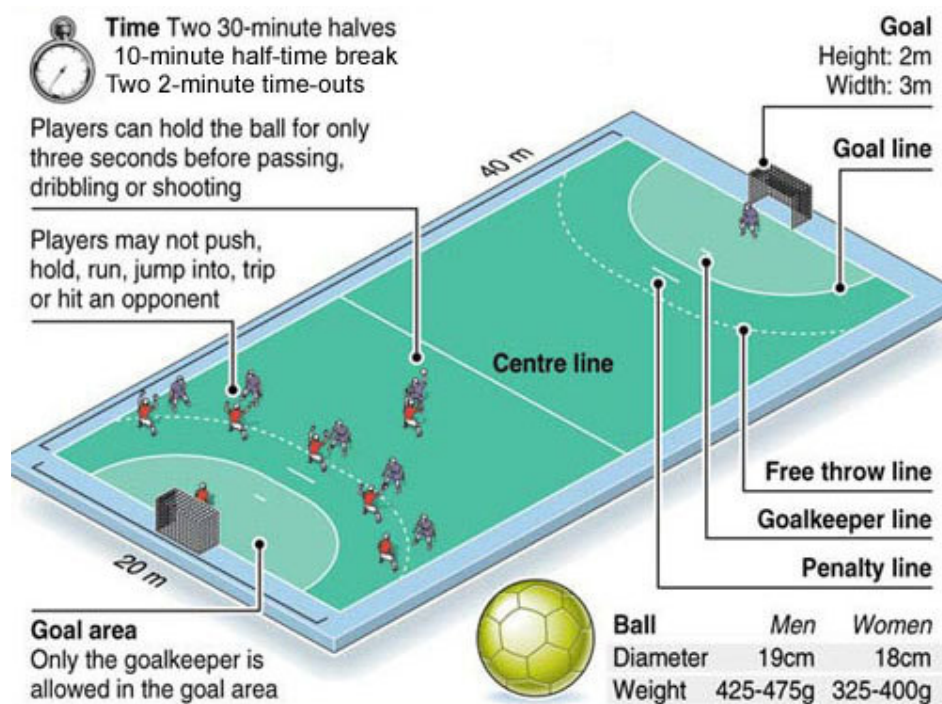


## Social Handball League – Information Sheet

### INTRODUCTION

Handball is an Olympic sport played on a 20m x 40m indoor court with goals at each end. The ball is passed between team mates at high speed and attacking players use fast counter attacks and clever moves to overcome the defence and create opportunities to score. Only the goalkeeper is allowed in the 6m semicircle surrounding the goal.



Handball is reputed to be the fastest team ball sport. There is a great deal of physical contact and end-to-end action involving high jumps, powerful throws and spectacular agility.

#### Basic Rules:

- Proper Court size is 40 metres long, 20 metres wide, with a goal at either end.
- Teams comprise of 12 players, 10 court players & 2 goalies.
- Two referees control the game at all times.
- Object of the game is to get the ball into the opposing teams goal for 1 point.
- Team formation: 1x Goalie, 2x Wings, 2x Backs, 1x Centre/Playmaker, 1x Pivot.
- Players can take 3 steps with the ball in hand, and can hold the ball for 3 seconds.
- Players can be cautioned, firstly warned with Yellow Card, given a 2 minute suspension, another 2 minute suspension – a third 2 minute suspension is a 'Red Card' and this means expulsion from the rest of the game.

- For serious infractions, players can be sent off immediately, sometimes out of the stadium.
- 1 point for every goal scored.
- A normal Handball game consists of 2 x 30 minutes halves, 10 minute halftime break.

#### **Rules for Social League:**

- No more than 3 male 'court players' playing at one time, playing teams must consist of 3 men & 3 women – there can be more than 3 women on at any given time. This does not affect the goalie.
- Duration of games may be altered depending on number of teams in the league.
- The court measurements have been adjusted to accommodate for 2 playing courts (they are not the proper full size courts).

#### **Rules and Registration for Social League:**

- Games start 1st April, ends 13th May – duration 7 weeks total.
- Team Fee is \$40 per team, per week – (x 7 weeks = \$280). Team can pay this in full, or may pay this weekly to the League Organiser. All payments will be receipted.
- All teams will be required to nominate one main Team Contact person responsible for that team – that person will be responsible for keeping their team informed on all updates regarding the competition, and the League Organiser will communicate with that person primarily.
- All teams that register **MUST** ensure that they have enough numbers to compete in every week of the Social League. Failure to produce a team (at least 7 players) and pay the required weekly game fee (\$40) will result in the Team Contact person being responsible for making payment on behalf of the team.
- All teams must complete a team registration form before **8th April 2007**.
- All players must be paid registered member to Handball New Zealand by 8<sup>th</sup> April 2007. Annual Fee: \$10 per adult, \$5 (16 years under).
- Registration forms will be available at the hall, and can be paid and completed there, or if people wish to obtain copies of this form then they can contact the League Organiser.

#### **Social League Organiser:**

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