



SCOTTISH HANDBALL
ASSOCIATION

SCHOOLS



National School Championships

Rules of Competition - Finals



International
Handball
Federation

LOTTERY
FUNDED



sport
scotland

ScottishHandball.com

Rules of Play

Version: 1

Adopted on: 05.07.21

Last reviewed on: 05.07.21

Next review date: 05.07.22

All schools represented will comply with the rules of the game as governed by the [International Handball Federation](#) and will conform to [SHA Code of Conduct](#).

All matches are played and refereed in accordance with [IHF rules](#).

The key points are listed below:

- 3 steps with the ball.
- 3 seconds when static with the ball.
- Only the goalkeeper allowed to stand within the goalkeeper's area.
- 7 players per team (with rolling subs).
- Any 2-minute suspensions will be served as 1 minute due to the length of games.
- Contact is permitted as long as it falls within the rules of the game (see appendix 1 for guidelines)
- Winner will be awarded 3 points, 2 points for a draw, 1 point for a loss.
- After the completion of the matches, if there are 2 or more teams with the same points - the results of their direct matches will determine who finishes above the other.
- If there are still teams level, placement will be decided on the following:
 - The team(s) with the highest goal difference in direct matches will be ranked higher
 - If the goal difference is the same then the team(s) with the most goals in the direct matches between the teams will be ranked higher
 - If the number of goals scored in direct matches is the same between 2 or more teams, then the overall goal difference will determine ranking
 - If the overall goal difference is the same, then the team who has scored the most goals overall will be ranked higher
 - If the teams cannot be separated, then lots will be drawn
- On completion of the group fixtures there will be play-off matches to decide final positions
- If teams finish level at the play-off stage, the winners will be decided by straight 7-meter shootout (please see appendix 2 for guidelines for 7-meter shootout)

Appendix 1:

Guidelines for contact (Secondary School Only)

Below are guidelines with regards to the contact which is permitted/not permitted in the game of handball.

What is permitted?

In handball it is permitted to use contact in the following situation

- When you are face to face with the player with the ball
- Make an attempt to play the ball and not just the body
- Use bent arms to guide the opponent with the ball
- To take the ball from the opponent (as long as no contact is made)

When successfully tackling the player, then the referee will award a free throw to the attacking team, this is known as a good foul as it prevents the team from creating a chance to score, allowing the defence to reset and force the attacking team to rethink the attack.

What is not permitted?

In handball it is not permitted to use contact in the following ways

- To push or pull an opponent from the side or behind
- To attack an opponent in the neck or face (any contact)
- To push someone over (even from the front)
- To push someone who is in the air (even from the front)

When contact is used in the above way, a foul will be given (or 7-meter throw if there is a clear chance of scoring), in addition to this the following sanctions may be applied

- Yellow card (this is a warning): each team can have 3 of these but no more than 1 to any one player
- 2-minute suspension (team is reduced on court for this time): 3x2minutes = red card for the player who cannot return to the game, but can be replaced by another player after their suspension time
- Direct red card: issued for serious fouls the player must take no further part in the game but can be replaced after the suspension time has been served – this player will automatically miss the next game in the tournament

Please note that dissent in handball is not permitted and players can receive the same sanctions as above for dissent toward the referee, depending on what and how it has been said.

Appendix 2:

Guidelines for 7-meter throws to decide a match

If a play-off match ends in a draw, the match will be decided by 7-meter shootout. Below is clarification and guidelines to taking 7-meter shootouts. A Scottish Handball Association official will be there to help and support schools if this situation occurs.

Who can take part?

Any player can take part in the shootout provided they are not serving an active suspension at the end of the game.

Round 1: Teams must nominate five players who stand at the halfway line (all other players must stand by the team bench). Both team goalkeepers must be down by the goal line.

- 7-meter throws are taken alternatively by each team (the team to throw first is decided by a coin toss)
- After five 7-meter throws have been taken the team that scores the most goals wins
- If after all five have been taken and it is still a draw, round 2 commences.

Round 2: As Round 1, teams must nominate five players (this can be the same players or some different players).

- 7-meter throws are taken alternatively by each team
- The winning team is decided as soon as one team has scored and the other has missed at any point in the shootout
- If after all five have been taken and it is still a draw, then the process of round 2 is repeated

The taking of a 7-meter throw

When taking a 7-meter throw (including during normal match play) players must abide by the following guidelines:

- The player must keep both feet behind the 7-meter line, until the ball has left their hand
- The player must stand still. It is not permitted to take a run up to the throw
- The player can only take the throw once the whistle signal has been given by the referee
- After the whistle the player has 3 seconds to take the throw
- The goalkeeper must stay behind the 4-meter line, within the goalkeeper's area at all times
- During the penalty shootout all other players must remain at the halfway line.
- During normal match play the players must remain 3 meters away from the ball and outside the 9-meter line (dotted line)