

# Street Handball Rules

(Extended description - Page 1/5)

The game that can be played by everyone across sexes, ages, and in line with fair-play rules at your square/school/parking lot/ multi court/mini street pitch/grass area/indoor etc.



## How to play: "Keep it simple" - Few rules.

- **Play fair with no physical contact.** (No tackles/touches, players may only block shots and the ball. The ball may only be won from the counterpart when the ball is "free" (i.e. in the air or on the ground.))
- **No dribbling. Max. 3(4) steps.** Important for player to experience Flow / the Aha experience. Let the game "flow", avoid stops in case of minor violations to rules, e.g. slightly overstepping lines, 4 steps, etc.
- **Four-a-side = 4 vs 4 players we recommend.** (Or less or more. Depending on pitch size. Three-a-side. Four-a-side. Five-a-side.)
- **Played against 2 goals\*. With two goal areas zones.** Field 10m(13) wide x 20 m long.(cf. page 3).
- **Goalkeeper takes part in the attack** in order for the attacking team to be in the majority. (This enables more shots at the goals and will prevent many face-to-face encounters.)
- **After a score, the game is set to start from the goal.** (Start from the goal gives a better flow to the play and fewer interruptions from the Match Instructor and more playing time.)
- Each arbitration is made by way of **dialogue between the players**, possibly involving Match Instructor\*\* (page 4)

The next rules are only for inspiration; it is up to you to determine how to play Street Handball in your neighbourhood.

## Defense/attack:

- **All players** from the attacking team must have **crossed the centre line before a throw at goal to be allowed.** (Is effective in getting everyone to be part of the game and come forward, even they may get the pulse of every attack.)
- **Before attempting a throw at the goal, all players** on the attacking team **must have touched the ball or has made 3 touches.** (This way all players will feel they are part of the match and the team.) It also slows down the game and prevents many face-to-face encounters, e.g. in connection with a counter attack.)
- The person throwing at the goal swap with a **substitution player** who becomes defence player or goalkeeper. (In this case, the substitution player is allowed to stand next to the goal ready to step in when the thrower exits the pitch at the centre line.) Remember. There are no fixed line-up roles.
- Street Handball International (SHI) recommends that the **defending team applies a non-aggressive defence.** No 'phishing' for the ball.
- This can be done by the team that has finished an attack/lost the ball to **run back and stay/stand on the goal area line** or touch the line to the goal area before they are allowed to defend.
- By telling the defending team to stand on the line to the goal area, means that they do not run after the ball all over the field. (You may also choose aggressive defending or play freely.)

# Street Handball Rules

(Extended description - Page 2/5)

- After a team has **completed an attack or lost the ball**, it must **run back and stand on the goal area line or touch the line of the goal area** before they are allowed to defend. (
- **A penalty throw is awarded in case of physical contact** with an opponent, or a push, etc., no matter where the violation was committed.
- **It's mandatory, after each game, to shake hands with the opponent and say "Thank you for a good match"**
- **Remember.** There is no problem lining up **mixed teams of girls, boys** and any age groups as no physical contact is allowed.
- If there is a big age difference among the players, **the oldest players** can fine play with their **bad hand**.

Your options:

- **The scoring system.**
  - **For very young children we recommend not to count the goals/points scored. The most important thing is to have fun.** This also means without a scoreboard.  
  
(Quote from a street-handball event in Denmark, "**We were counting goals up to around 3 and it seemed that the Instructor and later the players forgot to keep track of the score, but the match continued, and the kids enjoyed it and had fun. Finally, prizes were awarded by way of a draw.**")
  - For older players you may choose:
    - 1 point = standard goal.
    - 2 points = score behind the back and between the legs, 7-meter throw, score by goalkeeper, spectacular goals such as a twirl/or scoring after receiving the ball in mid-air (instructor's discretion).
- For children's matches, **we recommend making a draw for the available prizes.**
- Duration: 1 x 8 minutes, or 2 x 8 minutes. (Depending on number of teams)
- **All 'balls' / handballs / soft handballs / street-handballs** may be used.
- **Hand out Fair-Play diplomas** to all players.
- **Play and have Fun (girls/boys), Girls goals count double!** perhaps including music / DJ ;D

Play to have fun - Avoid too many interruptions.

Have a great time, enjoy the team spirit, and observe fair play.

# Street Handball Rules

(Extended description - Page 3/5)



## Street Handball Pitch

- **SH is played against 2 goals** and with 2 goal area zones (marked by a crescent or straight lines (dotted or full), 4 or 6 meters from goal line and 3-4 meters from the post to the side line, depending on age group (children / adults). (SHI recommend size of goal 1.60 x 2.40)
- We recommend pitch size; **10(13) meters wide x 20 meters long is suitable for four-a-side.** (13 meters wide x 20 meters long is an indoor mini court)  
Options depend on the physical environment, street / market place / square / school yard / parking lot / closed-street project / multi court / mini street pitch or your outdoor handball pitch / grass area / indoor handball court.

**A pitch / court with 2 goals** provides **more fun** for everybody and it might even **improve your overall fitness** and let **new handball players** see how much **fun the 'real' game is**. Playing towards 1 goal is "fine", but one might wonder why football has become such a widespread sport? We Do Not think it would have been, had it been played with only 1 goal frame.

- **You may play Street Handball everywhere and anywhere.**

### \*\*Task of Match Instructor:

The Match Instructor may be a coach/parent or any third person:

Together with the team coaches, it is the **task of the Match Instructor to ensure the good experience**, and that all participants feel ownership of the game. The Instructor should remove the players' attention from the result and instead **focus on the good handball experience**, presence in the match, **the flow of the match**, and **avoid too many interruptions of the match**. **So, the Instructor is not the referee; his task is to guide the players** on the rules and make the players focus on **what they did well, etc.**

- It is the task of the Instructor to take note of whether **all children** are actively participating – **and allowed to shoot goals**.
- **A '7-meter (penalty) throw' will be awarded** whenever there is **physical contact, a push, etc.**, on the pitch. **A repeated violation** may be sanctioned by sending the player off and send her/him back in after the opponent **has scored one or two goals**.

The Instructor may **stop the match** temporarily if the competition becomes too challenging for a team; **he may then invite the stronger team to work on:**

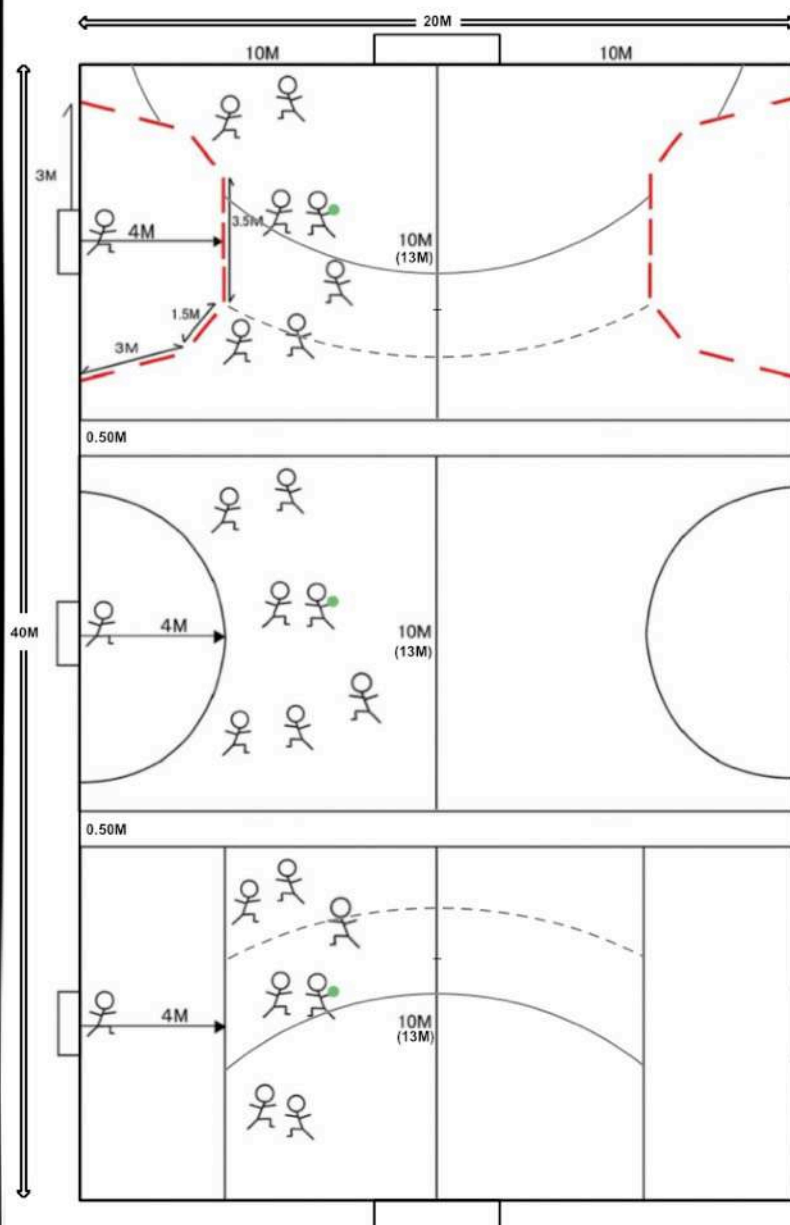
- **Technical challenges** for players (**A feint, or a crossing before allowed to score a goal, etc.**)
- **Attack without an empty goal for the strongest teams (the strongest team attacks with 3 against 3)**
- If a team is more than **3 goals behind**, you may consider letting that **team add an extra player, or remove one of the other team's players**.
- **Play and learning, rather than results, should always be the priority. Focus on the fun of the match.**

# Street Handball Rules

(Extended description - Page 4/5)

## Ideas for Street Handball field / court / pitch

(Maybe on your indoor field / outdoor multi court / mini street pitch)



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(SHI recommend size of goal 1.60 x 2.40)

You decide pitch size yourselves; **10(13) meters wide x 20 meters long is suitable for four-a-side.**

(13 meters wide x 20 meters long is an indoor mini court) Options depend on the physical environment, street / market place / square / school yard / parking lot / closed-street project / multi court / mini street pitch or your outdoor handball pitch / grass area / indoor handball court.

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Play fair with no physical contact.

No dribbling. Max. 3(4) steps.

Goalkeeper takes part in the attack.

**You may play Street Handball everywhere and anywhere.**

See more fair play rules  
[www.streethandball.com](http://www.streethandball.com)



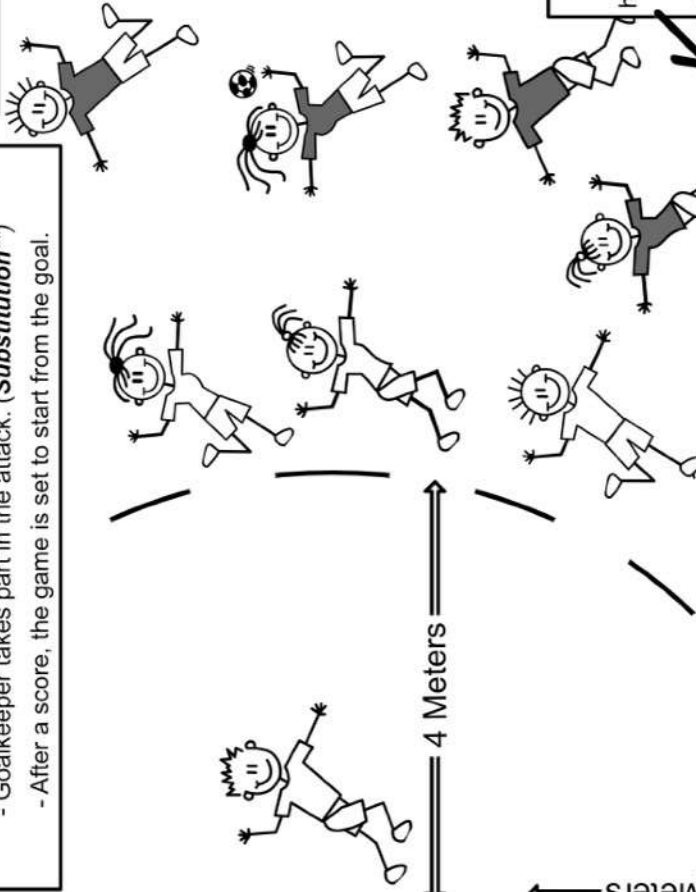


# Street Handball Rules (Short description)

The game that can be played by everyone across sexes, ages, and in line with fair-play rules.

**"Keep it simple"** - Few rules.

- Play fair with no physical contact.
- No dribbling. Max. 3(4) steps.
- 4 vs. 4 persons = Four-a-side or less or more.
- Field 10m(13) wide x 20m long or less or more.
- Played against 2 goals\*. With two goal area zones.
- Goalkeeper takes part in the attack. (**Substitution\*\***)
- After a score, the game is set to start from the goal.



- Mini goal, 2,4 meters wide x 1,6 meters high.

The next rules are only for inspiration; it is up to you to determine how to play Street Handball in your neighbourhood, market place, school yard, parking lot, outdoor/indoor handball field, grass area, street pitch or mini pitch.

- Non-aggressive defence is recommended.
- After an attack, the team must return home and touch or stand on the line of the goal area before they can defend.
- You cannot make an attempt on goal until your teammates have touched the ball.

- Let the game **"flow"**, avoid too many stops, e.g. in case of slightly overstepping lines, 4 steps, etc.
- A 7-meter (penalty) throw is awarded in case of physical contact with an opponent, or a push, etc.
- After the match, shake hands with the opponent and say, "Thank you for a good match".
- Any handballs may be used, especially soft and street handballs.
- **The scoring system\*\*\***: For very young children we recommend not to count the goals/points scored.

- Rules / arbitrations are settled through dialogue among the players or through a **Match Instructor\*\*\*\***.

The most important thing is to have fun.

- Play and have Fun (Mix girls and boys) - Perhaps with music / DJ ; D

- Have a great time, enjoy the team spirit, and observe fair play.

**\*\*\*The scoring system:**  
Quote from a street-handball event in Denmark:  
"We were counting goals up to around 3 and it seemed that the Instructor and later the players forgot to keep track of the score, but the match continued, and the kids enjoyed it and had fun. Finally, prizes were awarded by way of a draw."

**\*\*Substitution:**  
The person throwing at the goal has to swap with a substitution player who must then become defence or goalkeeper. (In this case, the substitution player is allowed to stand next to the goal ready to step in when the thrower exits the pitch at the centre line.) Remember. There are no fixed line-up roles.

**\*A pitch / court with 2 goals**  
provides more fun for everybody and it might even improve your overall fitness and let new handball players see how much fun the 'real' game is. Playing towards 1 goal is "fine", but one might wonder why football has become such a widespread sport? We Do Not think it would have been, had it been played with only 1 goal frame.

20 Meters long [www.streethandball.com](http://www.streethandball.com)

# Street Handball Rules

(Extended description - Page 6/5)

## Street Handball Goal Pro



Figure 1.

The goal - seen from the front.

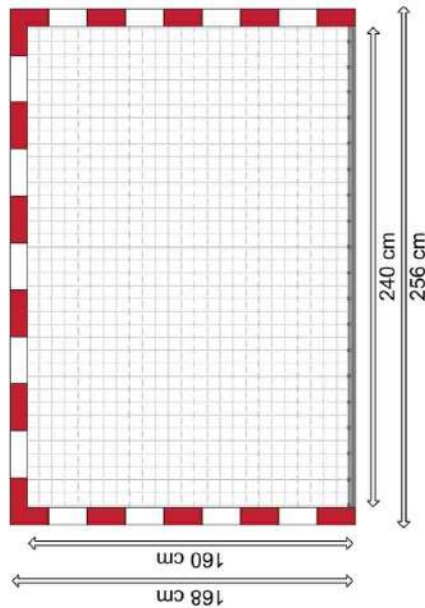


Figure 2.

The goal - seen from the side.

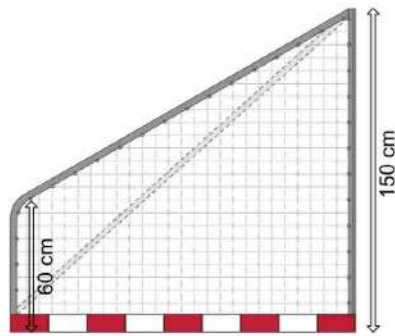
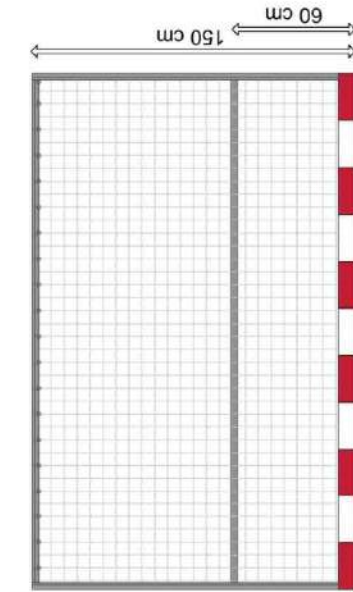


Figure 3.

The goal - seen from above.



### DESCRIPTION SPECIFICATIONS:

Dimension:

Front frame: 240x160 cm

Depth: 60/150 cm

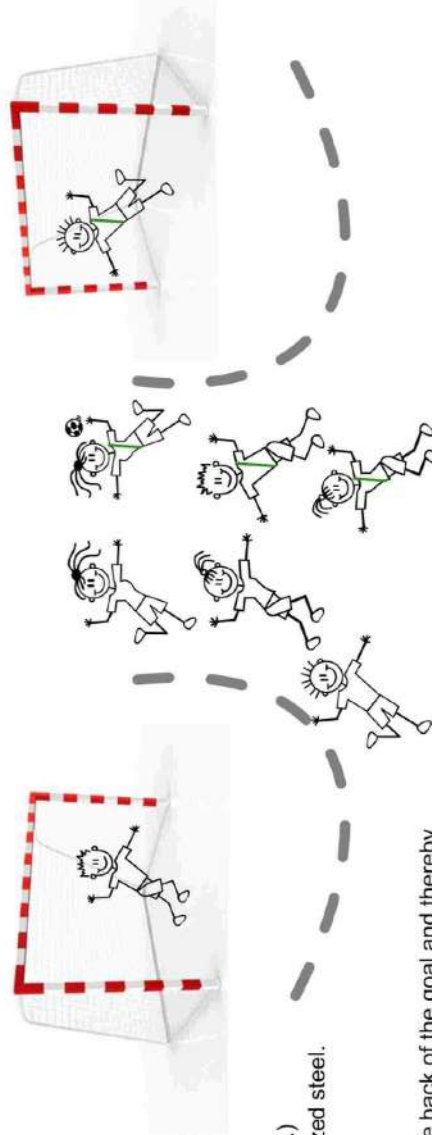
Goal post frame: Aluminum 80x40 mm or  
(Wood 80x80 mm)

Bottom frame in 60 x 30 mm. (Wood 45x95 mm.)

Net braces and bottom frame in hot-dip galvanized steel.

Net hooks: Around 25 pieces.

The weight of the Goal should be primarily at the back of the goal and thereby increases stability and reduces the possibility of the goal tipping over.



Street Handball International - With fun, music and fair play rules! Played against 2 goals - [www.streethandball.com](http://www.streethandball.com)