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## Rules of the game: Ultimate-Speed-Handball

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The rules of the game are based on the international rules of the sports games Team-Handball (IHF, 2016) and Beachhandball (IHF, 2010). Some of the rules are based on them, others are adapted/adjusted and will be precisely presented here:

### The Pitch:

- The pitch is a rectangle with two goal-areas.
- The size of the playing should not exceed 12x27m with goal-areas of 6m (in depth). According to the group and the performance level the size of the pitch could be reduced.
- On the opposite side-lines are two changing-zones.
- The goals are normal handball-goals (2x3m). Alternatively smaller goals (e.g. mats) could be used.
- Next to every goal there should be placed a box with three extra balls inside. The box has to be placed in a way that there is no risk of injuries.



### The Ball:

- The game has to be played with a ball fitting to the age group (size) and the performance level. Not only normal handballs must be used. Alternative balls like street- or beachhandballs are also possible.



### **The Teams:**

- There are four players (per team) at the same time on the pitch. One player is marked by a different jersey color. He is labeled as the *Specialist* and he is the only one who can stand in the goal-area of the own team.
- There are four players as well in the changing-zone. One out of these four players is also marked as a specialist.

### **Actions of the team in ball possession:**

- It is only allowed to play the ball with the hands.
- If a ball crosses the side-line, there will be a throw-in for the opponent team. The throw-in can be executed from everywhere behind the side-line. The executing player must not touch the side-line.
- If the ball crosses a side-line in goal area, the game will continue with a throw-on of the specialist out of the goal area, independent on who played the ball over the side-lines.
- Within the goal-area the specialist can use his whole body protecting his goal. Within this area there is no limit of steps for the specialist.
- Within the playing area all players are only allowed to practice three steps with the ball in their hand. After three steps the ball must be passed/thrown. Alternatively a one times bouncing of the ball is allowed. After the bounce further three steps are possible but after that the ball must be passed/thrown.

### **Actions of the team without ball possession:**

- The game should be played with less body contact.
- A defender may use his body/trunk to block movements of the attackers as long as he is positioned between the attacker and his own goal.
- The use of hands and arms for this blocking is prohibited.
- If an attacker is on the same height or nearer to the goal than the defender, it is only allowed to defend without body contact.
- Against the ball a defender may use his arms and hands.

### **Counting and course of play:**

- Every goal counts one point.
- Every goal of the specialist counts two points.
- Spectacular goals count two points. The definition of spectacular goals will be fixed by the teams before the game starts.
- **If a team scores, all players of this team have to interchange.** A player can only go on the pitch if another player is out, namely in the changing zone. The specialist can only change with the specialist in the changing zone.
- After a goal only players who are changing in are allowed to intervene in the game.
- After a goal the game continues with a throw-on of the specialist. The specialist is allowed to throw this ball directly on the opponent's goal.
- For the throw-on, the specialist can use the actual ball, or one ball out of the ball-box. If one ball-box is empty, the referee has to stop the game until there are three balls in every ball-box.
- Every team is allowed to make free changes if they are in the possession of the ball.

### **Rule violations and penalties:**

- If a player of the attacking team with or without the ball touches the goal-area, the ball changes and the game continues with a throw-on of the specialist. A landing in the goal-area after a jump-shot is allowed.
- The prohibition of a clear goal-chance (e.g. inadequate body contact, running through the own goal area) is sanctioned with a 6m-penalty. A 6m-penalty goal counts two points independent of the executing player.
- Excessive body contact against players with and without the ball is sanctioned with a 6m-penalty independent if there was a goal chance or not.
- If an attacker runs into a standing defender, this is sanctioned with an offensive-foul and change of ball possession.
- If an unintentional, not too excessive body contact leads to a loss of the ball, a three-throw will be imposed. The free-throw will be executed as a throw-in from the side-line.



- If there is a changing violation (too much players on the field), this action will be sanctioned with a 6m-penalty.
- If a player interferes actively in the game after a goal of his team, before he changes, this action will be sanctioned with a 6m-penalty.
- An intentional throw on players who are on the way to the changing zone after a goal of their team will be sanctioned with a 6m-penalty.