

BEACH HANDBALL – The game of Fair Play

Philosophy of the game

The philosophy of Beach Handball is based on the principles of “Fair Play” – every decision has to be taken in accordance with these principles.

Who can play the game?

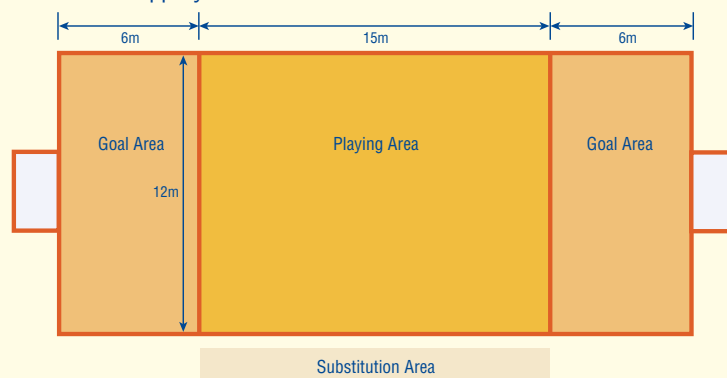
Men’s, women’s or mixed teams are made up of 4 players plus a maximum of 4 substitutes. Players must play barefoot or in socks (to avoid any injuries). It can even be played with mixed teams on a recreational level.

What do you need to play?

The court: Beach Handball is played on a sandy base, preferably on the beach, but on any other sand-filled place as well.

It is very simple and quick to set up a beach handball court by drawing lines into the sand or by a special kit of lines made of resistant cord. They are kept towed by a brace which in turn is connected to a disk buried under the sand. The goals come with a base which is inserted into the sand to guarantee stability.

The ball: The game is played with a non-slippery rubber ball.



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How to play? Basic rules of the game

Playing the Ball: The ball can always be played with your hands when at rest or rolling inside the court, even inside the goalkeeper area. Dribbling is allowed - the ball may remain on the sand no longer than 3 seconds, and then be picked up again. Diving on the ball is allowed.

Throws: Each half of the game begins with a referee’s throw. After each goal the goalkeeper restarts the game from the goalkeeper’s area. Free throws after technical faults or fouls are taken at least 1 metre from the opponent. Penalty throws are taken from the 6 metre line.

Punishments: A suspended player may re-enter the court or be replaced, as soon as there has been a turnover between the two teams (i.e. ball possession has changed teams). A second suspension will result in disqualification - player can be replaced.

Substitutions: Court player must substitute in the substitution area. Goalkeepers must only enter along the sideline in their own goal area but may also leave the court in the substitution area.

Who’s the winner?

Score / Deciding the Outcome of a Game: If the score is even at the end of a half the ‘Golden Goal’ is used with the next goal deciding the winner. The winner of each half is awarded a point. If both teams win a half, then the result is a tie. There must always be a winner and so the “shoot-out” method is used. Here five players are nominated from each team to take on the goalkeeper one at a time in a fast break situation to decide the game by scoring out of this situation.

If the goalkeeper scores directly into the opponent’s goal then one extra point is awarded (2 points). If the defending goalkeeper saves the ball by violating a rule, then a penalty is awarded.

Scoring Extra Points: Extra points can be scored in a number of different game situations in Beach Handball. Attractive and spectacular game situations are awarded with one additional point, hence:

- an ‘in-flight’ (also known as “Kempa”) goal (2 points)
- a goal scored by the goalkeeper / specialist (2 points)
- attractive / spectacular goal (2 points)
- a goal scored by a penalty throw (2 points)