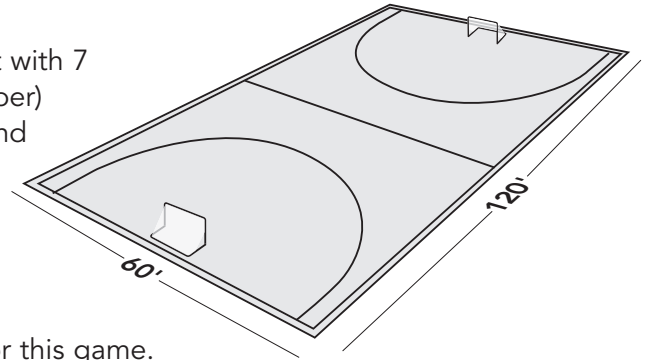


Most handball courts have bright white lights and stark white ceilings closing you in. Your court is simply filled with fresh air and sunlight. Now with your Sport Court® set up, you can show off your handball tan.

Court: Typically played on a 65 x 130' court with 7 players per team (including goalkeeper) although a version with less space and fewer players will help develop skills and coordination while being a fun and challenging team game.



Equipment: Use an official team handball, futsal ball, dodgeball or volleyball for this game. An official handball goal opening is 2 x 3 meters, about 6' 7" high and 9' 10" wide. You can agree to use your Sport Court hockey goal or any other goal.

Game Rules:

- Use the basketball 3-point line as your goal zone line – only the goalkeeper is allowed inside the goal zone. The goal is located at the center of the back line inside the zone.



- Players are only allowed to take 3 steps or hold the ball for 3 seconds without bouncing the ball or having to pass it. A holding or traveling violation results in having to give the ball to the other team from that spot.
- The defensive team typically spreads itself out along the outside of the goal zone line and the offensive team moves and passes the ball back and forth in an attempt to get an open shot at the goal. Defensive players move to block the shots and keep the offensive players from having an easy shot at the goal.
- At the beginning of each half and after each goal, teams both start on their respective sides of the centerline.
- The goalkeeper is allowed to use any part of his body to keep the ball out of the goal. Other players are not allowed to kick the ball at any time. The Goalkeeper does not need to bounce the ball if running or moving with the ball in his possession inside the goal zone. The goalkeeper can leave the zone, but then has to follow the same possession rules as the rest of the players.
- It is not permitted to pull the ball out of the hands of the opposition, nor to block, push or hit them.



- A ball going out of bounds results in a throw-in to the opposing team. A player standing out of bounds initiates play by throwing the ball in to a teammate. Balls going over the end line are thrown in from the corner if the defensive team touched it last, or anywhere in the goal zone by the goalkeeper if the offensive team was the last to touch the ball.
- The team with most goals at the end of the agreed-on time limit is the winner.

