



## HANDBALL – Open

1. Six (6) players per team (5 players and 1 Goalkeeper).
2. Playing the ball: players are allowed to:
  - Throw, catch, stop, push or hit the ball, by using hands (open or closed), arms, head, torso, thighs and knees.
  - Hold the ball for a maximum of 3 seconds.
  - Take a maximum of 3 steps with the ball.
  - Bounce the ball to reset the 3 second count.

### Players cannot:

- Touch the ball more than once, unless it has touched the floor, another player, or the goal in the meantime. Fumbling the ball is not penalized.
  - Touch the ball with a foot or leg below the knee, except when the ball has been thrown at the player by an opponent.
  - Play the ball intentionally out over the side line or the team's own outer goal line.
3. The Goalkeeper can touch the ball with any part of their body while in the act of defense inside the goal area.
  4. When defending players cannot pull or hit the ball out of the hand of an opponent; block or force away an opponent with arms, hands or legs; restrain, hold, push, run or jump into an opponent; otherwise impede, obstruct or endanger an opponent.

### EQUIPMENT AND SAFETY

- SYG will supply all equipment.
- **It is strongly recommended that mouth guards are worn during play.**