**NHSSP Mixed Handball Competition**



Age groups / categories

Year 5/6



Team

Maximum squad – Squad of 9

5 players on pitch – including a GK

Must be 2 girls on court during the match

Format

Each match will be timed – no half time

3 points for a win, 2 for a draw, 1 for a loss

If teams are tied, group winners are decided on goal difference, goals for, goals against and then the result between the teams.

Rules

Played indoors

Size 1 or 2 handball

1 GK and 4 court players

Roll on, roll off substitutes

Contact is not allowed

Players shouldn’t take more than 3 steps while moving with the ball (free throw to opposition)

Players shouldn’t be stationary for more than 3 seconds while in possession of the ball (free throw to opposition)

Only GK allowed in the D (if opposition enters, play resumes from the GK. If defender enters, penalty from 7m for opposition)

Once a goal is scored, play restarts at the centre line

Progression

There is no progression from this event.