**Handball rules**

**Simple Rules**

1. 5 a side
2. At least 2 girls on the pitch. Up to 2 reserves
3. Matches to be played on the netball court
4. Players throw and catch the ball and are allowed to take 3 steps No dribbling allowed.
5. Players may shoot from outside of a semi circle area into goals (size of 5 a side football goals)
6. Each team has a goalkeeper who is the only player allowed in the semi circle area
7. There are no corners and the ball is passed in from the side of the court when it goes off
8. After a goal the ball is taken back to the centre
9. Free pass after a general infringement
10. Penalty throw after deliberately stopping a goal with contact or a defender in the circle

Relevant web links [How To Play Mini Handball](https://www.minihandball.co.uk/about/how-to-play-handball)

