



# WHY HANDBALL

## What are the benefits of playing my sport?

Handball is a fast, fun and dynamic team sport. Along with the extensive multi-skill physical benefits, handball develops also encourages decision making and working together to achieve shared goals.

## TOP Tip!

Glenmoor and Winton Academies in Bournemouth. Their competition started at the Level 2 stage of the Dorset School Games, both academies entered every category of the competition (U15 & U13 boys and U15 & U13 girls). Their teachers recognised that handball covers five key areas of physical literacy: running, throwing, catching, hopping and jumping making it a perfect game for engaging a wide group of young people to improve their physical coordination and understanding of a team sport. Due to the size of the squads the schools were able to send two teams in one minibus, allowing more access to the competition for their pupils who usually didn't get to play competitive sports.



# HANDBALL

**Spirit of the Games:**  
**Excellence through competition**  
How does your sport exemplify these values?



Handball is a competitive sport. It's important to be passionate about playing and to channel this passion into performance on the court.



Respect the referee. In handball, talking back to an official or questioning a decision won't be tolerated and will result in time in the sin bin or being sent from the court for the rest of the game.



As a team sport, handball requires you to be honest with your teammates and give your all for the benefit of the whole team.



It's important to always believe in yourself, whether that be while shooting at goal or blocking a shot.



It's important to work together and as a team. Nothing can be achieved in handball with one or two individuals; players must help each other to achieve the shared goal of winning.



Handball can be a physically demanding sport; the determination to continue giving your best for the entire game is important.

## Priority competitions:

- **Name of the competition:** School Games Handball Competition
- **Age group:** Boys and Girls (not mixed)  
Under 13 - (year 7/8)  
Under 15 - (year 9/10)
- **Intra/Inter Competition?**  
Inter School Competition (Level 2) - ideally run in a sports hall or indoor facility (can be run outdoors if required).
- **Who runs it (e.g. SGO, development officer, young leader support etc)**  
SGOs are the primary organiser; young leaders can referee and support or in certain areas NGB development officers and clubs can provide support.
- **How to enter (e.g. via SGO)** Through SGO network
- **When (e.g. preferred time of year to run)**  
Inter School Competition (Level 2) - January/February  
County Final - Inter School Competition (Level 3) - March  
England Handball Led Competitions  
Regional - April/May  
National - June
- **Next steps in competition after this competition e.g. County Final - Inter School Competition (Level 3).**  
Winner of Inter School Competition (Level 2) progresses to the County Final - Inter School Competition (Level 3) in each age group.

## Where do young people go next (from school to club/community)?

Wherever possible the school's competition should be linked and supported by local clubs, with the idea being to transition players into the club setting. A great example of this has been in Dorset where local clubs have been present on the day engaging with those at the competitions and giving out direct information to participants and getting sign-ups from there.

To find clubs in your area, please look on the following link  
[www.EnglandHandball.com/find-a-club?location=](http://www.EnglandHandball.com/find-a-club?location=)

## Young Leader/Officials courses/qualifications available:

Intro to teaching handball course. Gives teachers an introduction to teaching handball for curriculum and after school activities.  
Young Leaders Course. Gives pupils everything they need to know to help develop competitions and organise handball competitions.  
Courses available can be found on below link  
[www.EnglandHandball.com/coach/coaching-awards](http://www.EnglandHandball.com/coach/coaching-awards)

## Embracing the School Games Vision

**Development Competitions** provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

## Signposted competitions:

**Name of the competition:**

Primary School Cluster Competition

**Age group (year group/key stage):**

Years 5 and 6

**Male/female/mixed/both:**

Male competition and female competition

**What level/location:**

Various

**Who can run it?**

Competition is co-ordinated informally by teachers within local school partnerships and networks.

**How to enter it:**

Contact local primary schools or your School Games Organiser.

**When does it take place?**

Competition can take place throughout the year, with finals taking place in the summer term.

**Next steps after this competition?**

Integration of these pupils into under 13 National Schools Competition after their transition to secondary school.

## Relevant web links:

[www.EnglandHandball.com](http://www.EnglandHandball.com)

# HANDBALL

## Competition Card

### Primary or Secondary:

Secondary

### Name of competition:

National Schools Competition

### Age group:

Under 13 and Under 15

### How to enter:

Via your local SGO

### Tournament format:

It is normally recommended to operate a round robin format for the tournament, with the top two teams then playing a final to see who progresses to the next round.

### Relevant web links:

[www.Englandhandball.com](http://www.Englandhandball.com)  
[www.ehashop.co.uk](http://www.ehashop.co.uk)



### Simple rules:

#### Information on team/squad sizes

- Two teams of seven compete (six court players and one goalkeeper).
- Preferred/enforced gender splits.
- Boys or girls (not mixed).
- Only the goalkeeper is allowed in the 'D'.
- If an attacker enters the D, the goalkeeper restarts play. If a defender enters the D, a penalty is awarded to the attacking team.
- A player shouldn't take more than three steps while in possession of the ball.
- A player shouldn't stand still with the ball for more than three seconds.
- Once a goal is scored, play restarts with the conceding team from the centre line.
- Contact is allowed.

#### Kit and/or equipment requirements (inc. safety considerations)

- Two goals (3m by 2m) at either end of the court.
- One ball.
- (U13 Boys size 1 – U13 Girls size 0 – U15 Boys size 2 – U15 Girls size 2)

#### Safety – generic sports safety concerns

- Ensure area is clear of obstacles and suitable to play on, no slip hazards etc.

#### Scoring process

- If you score it's 1 goal. Team with the highest number of goals win.

#### Area/pitch/court sizes and surface recommendations

- 6m D (goalkeeper's area around goal).
- A handball court is 40m by 20m. However, for schools competition, a netball court can be used with an adjusted D where needed.
- Ideally played indoors on sports hall floor (can be played outdoors if good weather).

### Roles for young people:

Young people can take the lead as scorers, and if competent enough older leaders are able to referee the younger age groups.

### How can depth in competition through extra teams be achieved?

With teams of only 7-a-side, a school can have B, C and D teams competing. One school minibus, for example, could take two teams to the competition or to a fixture, creating more opportunities for young people. The Round Robin format of the competition allows multiple matches. The sport is brand new to pupils in a lot of cases, allowing those who have become disengaged with traditional sports to be engaged by something new.

### Think inclusively!

Zone handball is the inclusive School Games version of handball and enables SEN/disabled and non SEN/disabled players to compete together in the same team.

For more specific information refer to the primary handball competition card. This format can be played alongside a mainstream Inter School Competition (Level 2) using a round robin format.

Key features of the game:

- The handball court is divided into three equal zones.
- Teams consist of 4,5 or 6 players including a goalkeeper.
- Contact is NOT allowed.
- Each team should include a minimum of two SEN/disabled players. SEN/disabled players are defined as those SEN/disabled players who cannot easily access traditional handball.
- Two non SEN/disabled players play in each of the outside zones.
- Two SEN/disabled players play in the middle zone.

If you want to pilot this format please contact

[handball@englandhandball.com](mailto:handball@englandhandball.com)

### TRY HANDBALL

The format is exceptionally simple, allowing anyone to pick up the ball and play.

For inclusive events, away from Inter School Competition (Level 2) and County Final - Inter School Competition (Level 3) format, Try Handball is an excellent way of engaging multiple audiences in a social format.

[www.Englandhandball.com/uploads/TryHandballHowtoplay.pdf](http://www.Englandhandball.com/uploads/TryHandballHowtoplay.pdf)

### The route from here to County Final – Inter School Competition (Level 3)

Winners from the Inter School Competition (Level 2) progress on to the County Final - Inter School Competition (Level 3) finals. This tournament should be a similar round robin tournament.