

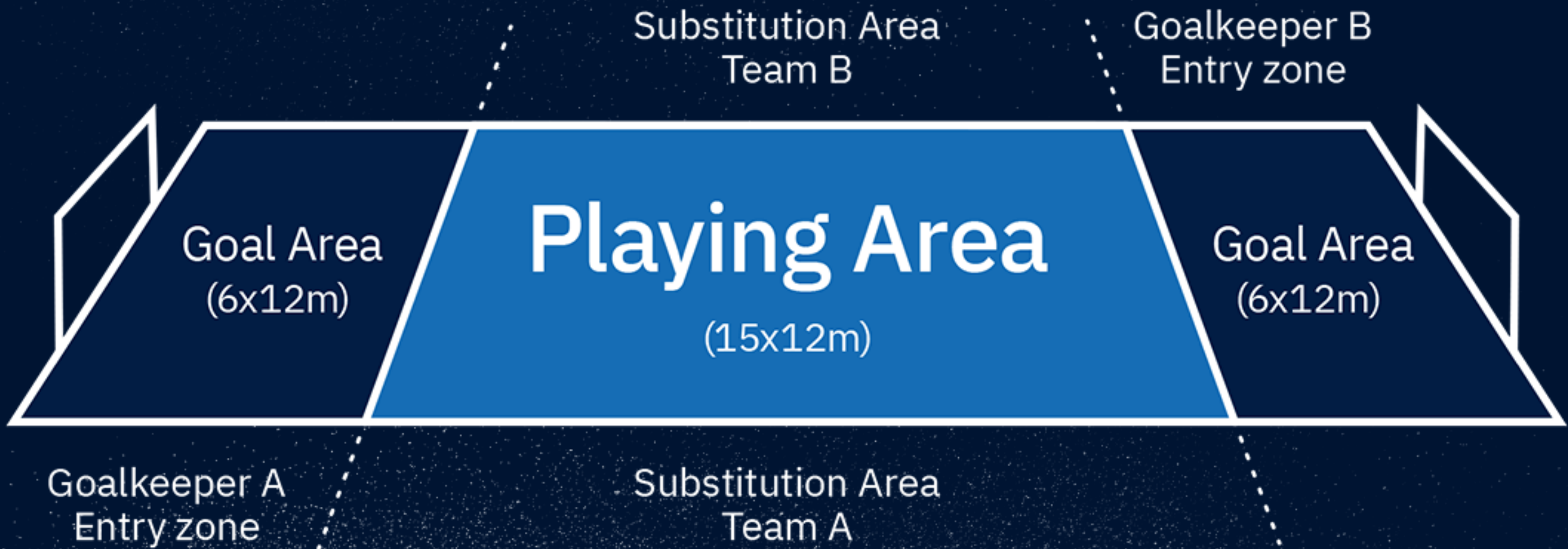
PLAYERS



Men, women or mixed teams
3 players + 1 goalkeeper

Beach handball is played with 3 players,
1 goalkeeper and up to 6 substitutes.

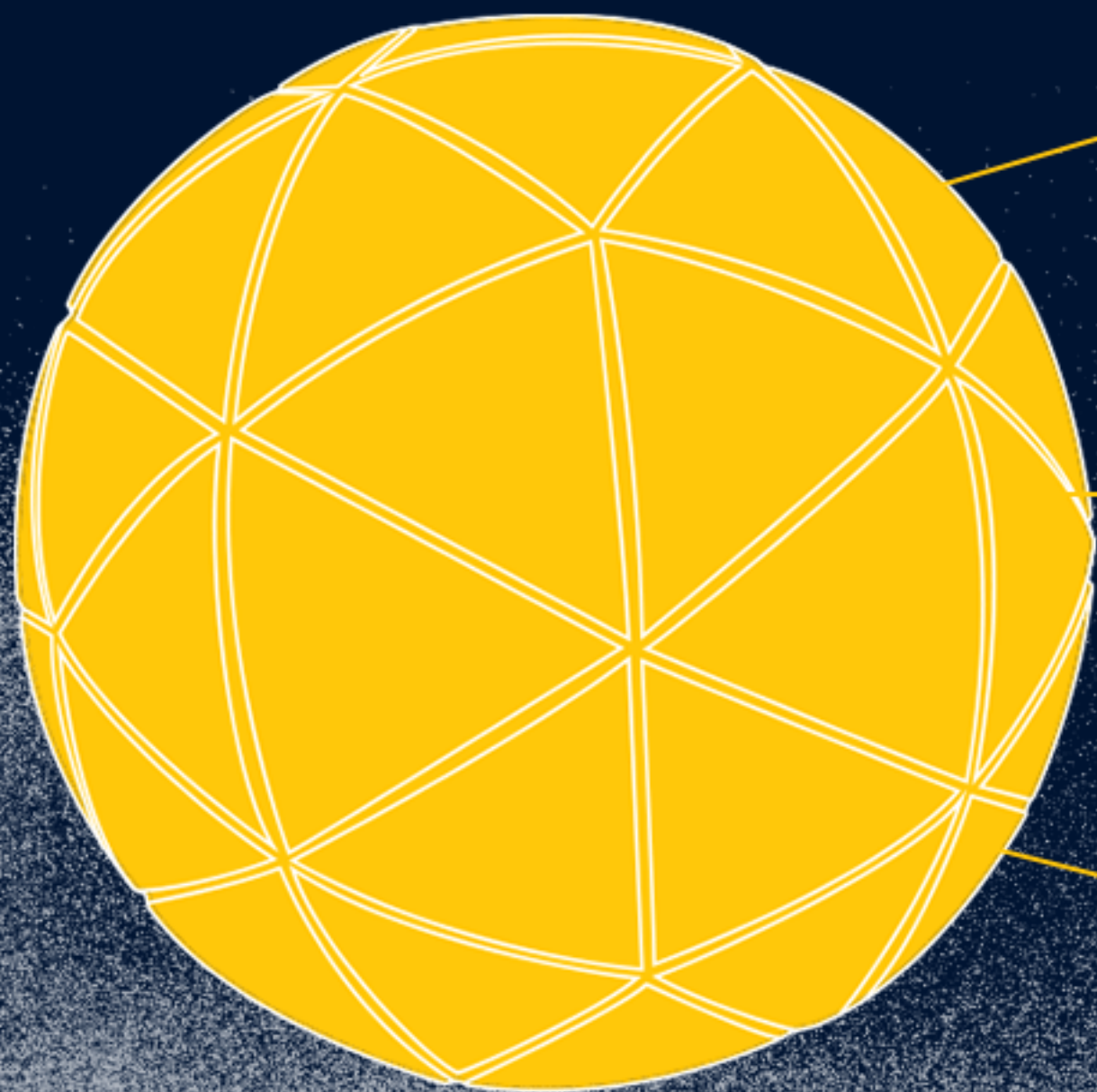
THE COURT



The court is 27 metres long and 12 metres wide.

THE BALL

Official beach handball balls have the following dimensions:



Circumference

51cm for women
55cm for men

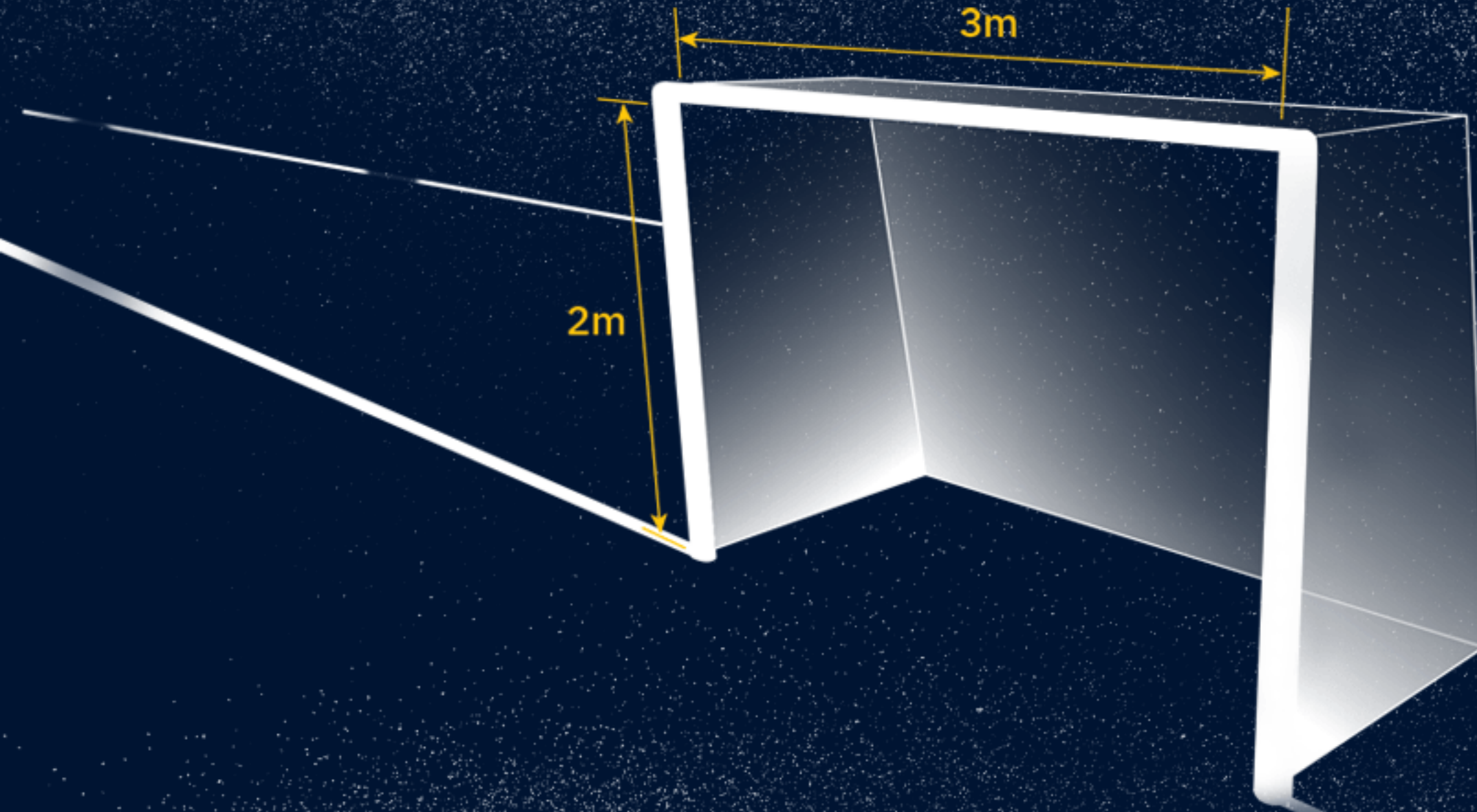
Weight

290 grams for women
360 grams for men

Inside pressure

0.2 – 0.3 psi

GOALS



The goal is 2 metres from the surface of the sand to the underside of the crossbar. The width between the posts is 3m.

THE AIM OF THE GAME



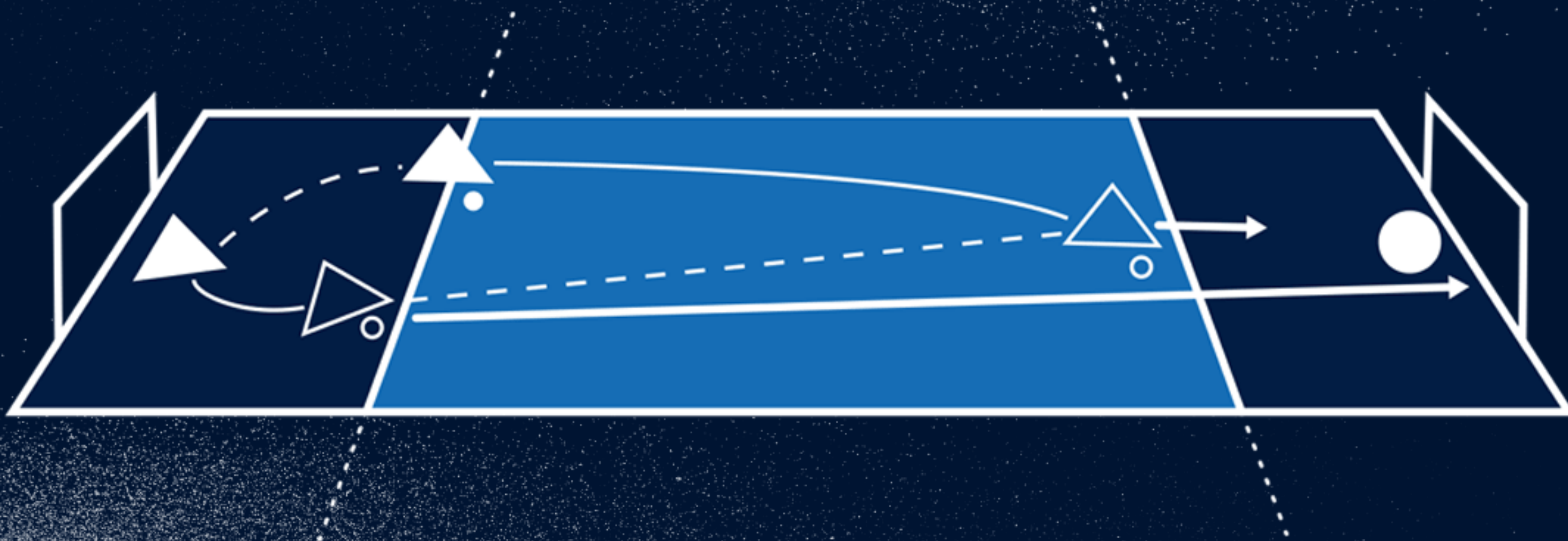
Beach handball is played in 2 separate 10 minutes periods, with a 5-minute break in between. Each period needs a winner.

THE SCORING SYSTEM

- regular goals = 1 point
- attractive / spectacular goals = 2 points
- in-flight & spin shot goals = 2 points
- goal by specialist = 2 points
- goal by goalkeeper = 2 points
- 6m throw = 2 points

In beach handball goals scored are counted in points.

THE SHOOT-OUT



If both teams have each won a period a shoot-out is needed to decide the winner of the match.

THE WINNER



The team with the most points wins.