



Les règles du street handball

Un sport pour tous les âges (enfants, jeunes, seniors) à pratiquer dans le respect des règles du fair-play.

- Pas de contact physique (pas de tacle, seulement des blocages, la balle ne peut être saisie que quand elle est « libre », dans l'air ou au sol).
- 3 pas maximum avec la balle en main. / pas de dribble.
- 3 joueurs + 1 gardien de but (selon la taille du terrain, on peut jouer 1 contre 1, 2 contre 2, etc..., jusqu'à un maximum de 7 contre 7).
- Chaque décision résulte d'un dialogue entre les joueurs (avec ou sans arbitre).

Terrain :

- Deux buts avec une zone de but semi-circulaire ou rectangulaire de 4 ou 6 mètres devant chaque but (selon l'âge des joueurs, enfants ou adultes). Tu choisis la taille du terrain (par exemple, 10 x 20 mètres), selon la la taille de la rue / place / cour de récré / parking, ou du terrain de handball (en salle ou en plein air) disponible.
- Le street handball peut se jouer n'importe où.

Tu choisis :

- La façon de compter les points (ou sans compter ; l'important, c'est de s'éclater).
1 point = but ordinaire.
2 points = lancement croisé derrière le dos ou entre les jambes, coup franc à 6 mètres, but marqué par le gardien de but, but spectaculaire par ex. en plein vol ou avec une pirouette (c'est l'arbitre qui décide), but marqué par une fille dans une équipe mixte.
- Durée : 1 x 10 ou 2 x 10 minutes selon le nombre d'équipes.
- Chaque équipe doit effectuer 3 passes avant de tirer au but.
- Pas de position permanente. N'importe qui peut être gardien. Le gardien peut attaquer.
- Surpasser en nombre les défenseurs adverses est un bon truc pour marquer des buts.
- Avec le street handball, l'important c'est la FLUIDITÉ : la fluidité du jeu, le moins d'interruptions possible (par ex., certaines petites fautes peuvent être ignorées, comme toucher la ligne de la zone de but, faire 4 pas, etc...).
- Diplôme ou trophée de fair-play pour l'équipe ou le joueur montrant le plus d'esprit sportif.
- On peut utiliser n'importe quel ballon, de handball ou autre, pour jouer au street handball.
- Fille ou garçon, le street handball, c'est top ! Et pourquoi pas avec un DJ ?

Ces règles ne sont que des indications générales ; tu décides comment jouer au street handball dans ton quartier. Et vive l'esprit d'équipe !

Partage ton match, ton tournoi ou ton championnat avec

Street Handball International, Danemark,

International Street Handball Federation, Handball for all

www.streethandball.com - info@streethandball.com - Le handball de plein air, c'est du sérieux!

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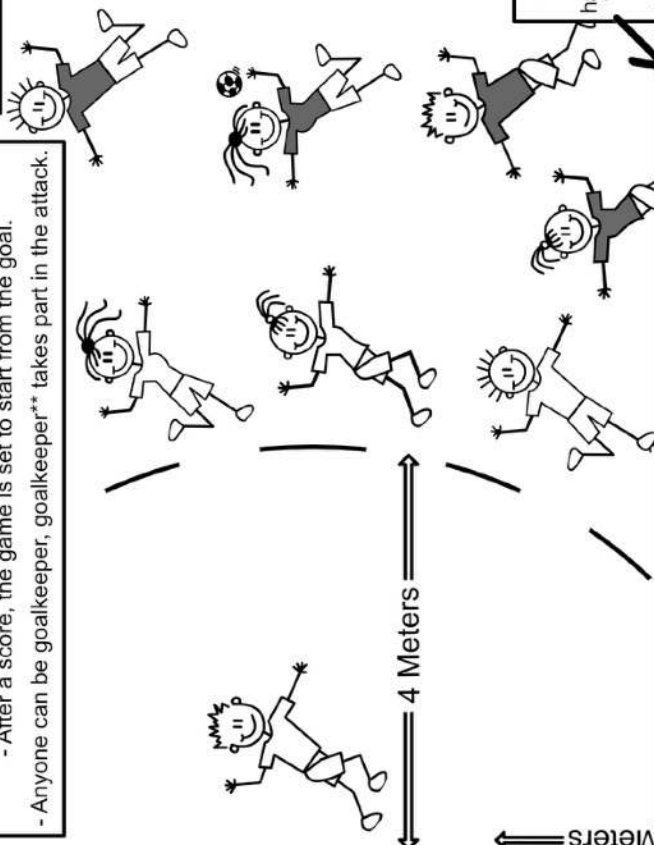


Street Handball Rules (Short description)

The game that can be played by everyone across sexes, ages, and in line with fair-play rules.

START

"Keep it simple" - Few rules.
- Play fair with no physical contact.
 - No dribbling. Max. 3 steps.
 - 4 vs. 4 persons = Four-a-side or less or more.
 Max. seven-a-side. Depending on pitch size.
 - Played against 2 goals*. With two goal areas.
 - After a score, the game is set to start from the goal.
 - Anyone can be goalkeeper, goalkeeper** takes part in the attack.



- Mini goal, 2,4 meters wide x 1,6 meters high.

You decide: Non-aggressive defence is recommended.
 - After an attack, the team must return home and touch the line of the goal area before they can defend.
 - You cannot make an attempt on goal until your teammates have touched the ball.
 - Let the game "flow", avoid too many stops, e.g. in case of slightly overstepping lines, 4 steps, etc.
 - A 7-meter (penalty) throw is awarded in case of physical contact with an opponent, or a push, etc.

After the match, shake hands with the opponent and say, "Thank you for a good match".
 - Any handballs may be used, especially soft, foam balls and street handballs.
 - The scoring system***: For very young children we recommend not to count the goals/points scored.
 - Rules / arbitrations are settled through dialogue among the players or through a Match Instructor****. The most important thing is to have fun.

- Play and have Fun (Mix girls and boys) - Perhaps with music / DJ ;D
 The above rules are only for inspiration; it is up to you to determine how to play Street Handball in your neighbourhood, market place, school yard, parking lot, outdoor/indoor handball field or multi pitch.
 Have a great time, enjoy the team spirit, and observe fair play.

*****The scoring system:**
 Quote from a street-handball event in Denmark, "We were counting goals up to around 3 and it seemed that the Instructor and later the players forgot to keep track of the score, but the match continued, and the kids enjoyed it and had fun. Finally, prizes were awarded by way of a draw."

****The Goalkeeper:**
 The person throwing at the goal can run back and become goalkeeper, or swap with a substitution player who must then become goalkeeper. (In this case, the substitution player is allowed to stand next to the goal ready to step in when the thrower exits the pitch at the centre line.) Remember. There are no fixed line-up roles.

***A pitch / court with 2 goals**
 provides more fun for everybody and it might even improve your overall fitness and let new handball players see how much fun the 'real' game is. Playing towards 1 goal is "fine", but one might wonder why football has become such a widespread sport? We Do Not think it would have been, had it been played with only 1 goal frame.

******The Match Instructor:** (May be a coach/parent or any third person)
 Together with the team coaches, it is the task of the Match Instructor to ensure the good experience, and that all participants feel ownership of the game. The instructor should remove the players' attention from the result and instead focus on the good handball experience, presence in the match, the flow of the match, and avoid too many interruptions of the match. So, the instructor is not the referee; his task is to guide the players on the rules and make the players focus on what they did well, etc.

20 Meters long www.streethandball.com