



**SCOTTISH HANDBALL  
ASSOCIATION**



# National Schools Handball Championships

## Rules and Regulations

### 2026/2027



# Primary School Rules and Regulations



**SCHOOLS**

All Schools represented will comply with the rules of the game as governed by the International Handball Federation and will conform to SHA Code of Conduct.

## **General Rules of Play**

- 3 steps with the ball.
- 3 seconds when static with the ball.
- Only the goalkeeper allowed to stand within the goalkeeper's area.
- 6 players per team (with rolling subs)
- Any 2 minute suspensions will be served as 1 minute due to the length of game
- No tackling

## **Rules of Competition**

- We have 2 categories for the primary school championship (Boys and Girls)
- In the event of smaller schools entering the championships, the SHA hold the right to allow mixed teams to participate in the Boys category. This will be decided on a case by case basis.
- The Competition Format will be played in groups, the number of groups will be decided following the closing of entries to the event.
- Each match winner will be awarded 3 points, 1 point for a draw or 0 for a loss.
- After the completion of the group matches, if there are 2 or more teams with the same points
  - the results of their direct matches will determine who finishes above the other,
  - If there are still teams level, placement will be decided on the following:
    - The team(s) with the highest goal difference in direct matches will be ranked higher
  - If the goal difference is the same then
    - the team(s) with the most goals in the direct matches between the teams will be ranked higher
  - If the number of goals scored in direct matches is the same between 2 or more teams
    - then the overall goal difference will determine ranking
  - If the overall goal difference is the same
    - then the team who has scored the most goals overall will be ranked higher
  - If the teams cannot be separated, then lots will be drawn

## **Playoffs**

- Following the group matches teams will progress into the playoffs based on their position within the Group Phase.
- The Format of the Playoff will be determined based on the number of schools participating within the event and may differ from event to event.
- If matches in the playoffs finish in a draw, the winners will be decided by a penalty shoot out. 5 penalties will be taken by each team.
- Please see Appendix 2 for guidelines on 7 meter shoot-out.

**Primary Schools**

# Primary School Rules and Regulations (Continued)



**SCHOOLS**

## Additional Information

- Please ensure that you arrive ready to play for a 10am start. Teams should meet in Main Hall on arrival.
- Match schedules will be given out on the day.
- 9:45-9:50 – Coaches Meeting - Main Hall
- Games are tight in timescale and will be played over multiple courts – please make sure you are ready to go onto court at the time/place.
  - Any Team who is not ready at the allocated time be subject to
    - more than 1 minutes late - start the match with a 2v 0 to the opposing team
    - more than 2 minutes late - start the match with a 3v0 to the opposing team
    - More than 3 minutes late - 10 v 0 result to the opposing team (game can play as a friendly)
- All games are refereed by SHA Appointed Officials – they have the final say in all decisions.
- Schools are responsible for the behaviour of all personal associated with the team
  - Dissent towards referees and table official's will not be tolerated
    - Any teacher / coach who is deemed to have shown dissent towards any of of match official's will be punished with a 2 minute suspension, this will mean that they must remove a player from the court and play 1 less for the duration of their suspension.
- All Schools and Participants are expected to conform within the SHA Code of Conduct for Coaches, Players, Officials and Parents

**Primary Schools**

# Secondary School Rules and Regulations

All Schools represented will comply with the rules of the game as governed by the International Handball Federation and will conform to SHA Code of Conduct.



**SCHOOLS**

## **General Rules of Play**

- 3 steps with the ball.
- 3 seconds when static with the ball.
- Only the goalkeeper allowed to stand within the goalkeeper's area.
- 6 players per team (with rolling subs)
- Any 2 minute suspensions will be served as 1 minute due to the length of game
- Tackling is permitted as long as it falls within the rules of the game (see appendix 1 for guidelines)

## **Rules of Competition**

- All categories are separated into 2 year age banding
- Participants are only allowed to participate for the school that they are registered for.
- It is permitted to play up to 3 players from the Year Group below the one competing
- It is not permitted to play a player from a Year Group above the one competing

## **Competition Format**

- The Competitions will be played in groups, the number of groups will be decided following the closing of entries to the event.
- Each match winner will be awarded 2 points, 1 point for a draw or 0 for a loss.
- Following the Group Matches the teams will progress into the playoffs based on where they finished in the Group Matches.
  - you will be able to track your teams results and position within the group via the Game Day site provided on your fixture list.
- After the completion of the group matches, if there are 2 or more teams with the same points
  - the results of their direct matches will determine who finishes above the other,
  - If there are still teams level, placement will be decided on the following:
    - The team(s) with the highest goal difference in direct matches will be ranked higher
  - If the goal difference is the same then
    - the team(s) with the most goals in the direct matches between the teams will be ranked higher
  - If the number of goals scored in direct matches is the same between 2 or more teams
    - then the overall goal difference will determine ranking
  - If the overall goal difference is the same
    - then the team who has scored the most goals overall will be ranked higher
  - If the teams cannot be separated, then lots will be drawn

**Secondary Schools**

# Secondary School Rules and Regulations



**SCHOOLS**

**Secondary Schools**

## **Playoffs**

- Following the group matches teams will progress into the playoffs based on their position within the Group Phase.
- The Format of the Playoff will be determined based on the number of schools participating withing the event and may differ from event to event.
- If matches in the playoffs finish in a draw, the winners will be decided by a penalty shoot out. 5 penalties will be taken by each team.
  - Please see Appdedix 2 for guildlines on 7 meter shoot-out.

## **Additional Information**

- Please ensure that you arrive ready to play for a 10am start. Teams should meet in Main Hall on arrival.
- Match schedules will be given out on the day.
- 9:45-9:50 – Coaches Meeting - Main Hall
- Games are tight in timescale and will be played over multiple courts – please make sure you are ready to go onto court at the time/place.
- All games are refereed by SHA Qualified Officials – they have the final say in all decisions.
- All Schools and Participants are expected to conform within the SHA Code of Conduct for Coaches, Players, Officials and Parents

## Guidelines for Tackling (Secondary Schools only)



**SCHOOLS**

Below are guidelines with regards to the contact which is permitted/not permitted in the game of handball.

### **What is permitted?**

In handball it is permitted to use contact in the following situation

- When you are face to face with the player with the ball
- Make an attempt to play the ball and not just the body
- Use bent arms to guide the opponent with the ball
- To take the ball from the opponent (as long as no contact is made)

When successfully tackling the player, then the referee will award a free throw to the attacking team, this is known as a good foul as it prevents the team from creating a chance to score, allowing the defence to reset and force the attacking team to rethink the attack.

### **What is not permitted?**

In handball it is not permitted to use contact in the following ways

- To push or pull an opponent from the side or behind
- To attack an opponent in the neck or face (any contact)
- To push someone over (even from the front)
- To push someone who is in the air (even from the front)

When contact is used in the above way, a foul will be given (or 7-meter throw if there is a clear chance of scoring), in addition to this the following sanctions may be applied

- Yellow card (this is a warning): each team can have 3 of these but no more than 1 to any one player
- 2-minute suspension (team is reduced on court for this time): 3x2minutes = red card for the player who cannot return to the game, but can be replaced by another player after their suspension time
- Direct red card: issued for serious fouls the player must take no further part in the game but can be replaced after the suspension time has been served – this player will automatically miss the next game in the tournament.

Please note that dissent in handball is not permitted and players can receive the same sanctions as above for dissent toward the referee, depending on what and how it has been said.

## Guidelines for 7 meter shootout to decide a match

If a play-off match ends in a draw, the match will be decided by 7-meter shootout. Below is clarification and guidelines to taking 7-meter shootouts. A Scottish Handball Association official will be there to help and support schools if this situation occurs.

### Who can take part?

Any player can take part in the shootout provided they are not serving an active suspension at the end of the game.

### Shootout Format

**Round 1:** Teams must nominate five players who stand at the halfway line (all other players must stand by the team bench). Both team goalkeepers must be down by the goal line.

- 7-meter throws are taken alternatively by each team (the team to throw first is decided by a coin toss)
- After five 7-meter throws have been taken the team that scores the most goals wins
- If after all five have been taken and it is still a draw, round 2 commences.

**Round 2:** As Round 1, teams must nominate five players (this can be the same players or some different players).

- 7-meter throws are taken alternatively by each team
- The winning team is decided as soon as one team has scored and the other has missed at any point in the shootout
- If after all five have been taken and it is still a draw, then the process of round 2 is repeated

### The taking of a 7-meter throw

When taking a 7-meter throw (including during normal match play) players must abide by the following guidelines:

- The player must keep both feet behind the 7-meter line, until the ball has left their hand
- The player must stand still. It is not permitted to take a run up to the throw
- The player can only take the throw once the whistle signal has been given by the referee
- After the whistle the player has 3 seconds to take the throw
- The goalkeeper must stay behind the 4-meter line, within the goalkeeper's area at all times
- During the penalty shootout all other players must remain at the halfway line.
- During normal match play the players must remain 3 meters away from the ball and outside the 9-meter line (dotted line)