**Handball**

Handball is traditionally played indoors. Outdoor handball games include field handball and beach handball.

**Objective**

To score more points than your opponent. You score a point by throwing the handball in the opponent’s goal.

**Rules**

* Standard handball game has 7 players each side (6 outfield players and 1 goalkeeper). Substitutes can be used on a rolling basis, similar to hockey.
* There are 2 semi-circled area around each goal area (often referred to as the crease or zone). The closer semi-circled area lies 6 meters away from the goal, while the further one out, which is a dashed semi-circle, lies 9 meters from the goal.
* Outfielders can touch the ball with any part of their body that is above the knee. **‘Kicking’** - Handball players (other than the goalkeeper) must not kick the ball. If the ball touches the foot, then possession is awarded to the opposition. Once a player receives possession of the ball, they can pass hold possession or shoot. If a player hold possession, then they can dribble or take 3 steps for up to 3 seconds without dribbling. **‘Walking’** - If a handball player takes more than three steps without dribbling (bouncing the ball) or holds the ball for more than 3 seconds without bouncing it, shooting or passing, then that is deemed ‘walking' and possession is lost.
* The goalkeeper is the only player allowed inside the goal area (6 meter area). Exceptions are after a shot on goal, when the player jumps into the area and shoots the ball before landing in the goal area. Goalkeepers are allowed out of the goal area but must not retain possession if they are outside the goal area.
* Players are not permitted to dislodge the ball from another player.

**Mavisball**

**Objective**

To score more points than your opponent. You score a point by throwing the ball and hitting the pin, then having your **entire** team (other than the goalie) touch the end wall on your team’s side. Once the pin in knocked over (either by the ball or accidental), players must commutate to get everyone to the back wall. While this is occurring, the team whose pin is knocked over can prevent the other team from getting a point by picking up the ball and throwing it to hit another player (similar to dodgeball). If they successfully do, no point I awarded and the game resumes from where the ball lands.

**Rules**

* 2 creases on either side of the court. Each crease has a pin in the middle and a goalie. Goalies are the only players allowed in the crease at any point in the game, including a shot.
* If the ball lands on the ground, it is anyone’s ball. Players are not permitted to dislodge the ball from another player.
* 3 step and 3 second rule applies. No **dribbling** is allowed.

**Tchoukball**

**Rules**

* It was developed as a cooperative sport
* There are no designated sides (each team may shoot the ball at either rebound frame)
* It is illegal to intercept a pass from the other team
* No dribbling allowed
* In front of each rebound frame is a semi-circle known as the “forbidden zone.” A player’s feet may not be in the forbidden zone if the ball is still in their hands
* The Rule of 3 refers to 3 seconds with the ball, 3 passes and 3 steps
* The team with the ball gets a point if the other team does not catch the ball off the rebounder and the ball lands in bounds.
* The other team gets a point if: The shooter misses the rebound frame when shooting, the shooter shoots the ball and it bounces back to touch them, the shooter sends the ball into the forbidden zone before or after it hits the rebound frame.