

Wheelchair Handball (Japan)

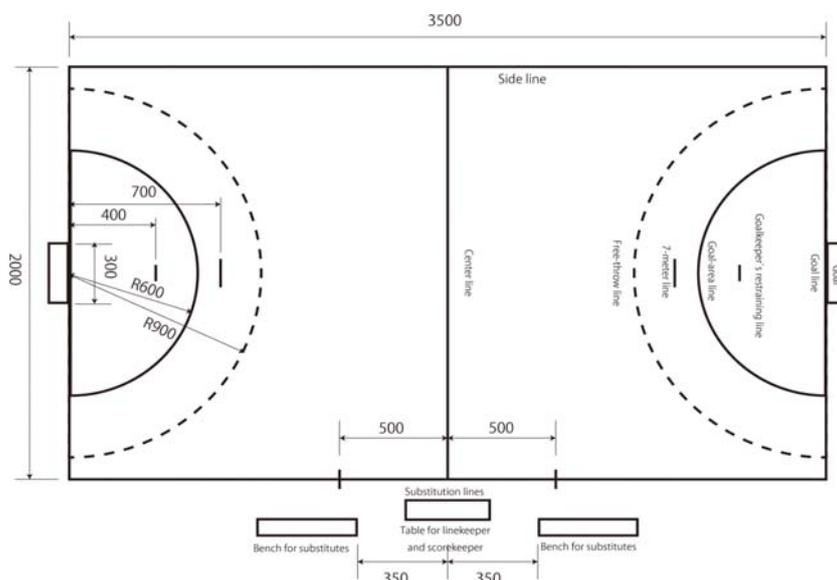
Wheelchair Handball is a fast, dynamic team sport which is played indoor . The aim of the game is to score as many goals as possible by throwing a ball into the goal. In the game of Wheelchair Handball the ball is passed by using your hands. A Players can play the ball by throwing,catching, pushing or hitting the ball with an open hand. Hold the ball for a maximum of three seconds. Take a maximum of three pushes of the wheelchair, bounce, pass or throw the ball to the goal. While stationary bounce the ball repeatedly with one hand, dribble the ball, once you catch the ball again, you must pass it or throw it at the goal. A player continues to push while they dribble the ball.

The Game

A game last for two halves of 15 minutes each. The break between them is regulary 5 minutes. Players can receive a 2 minute suspension of the court as penalty for infringements of the rules. Each team consist of ten players, six of them are on the court, five field players and goalkeeper, and one or more disabled player or woman's player. Substitutions are unlimited. One team form defensive line along their 6 meter goal area, while the other team is attacking by passing the ball and trying to score a goal by throwing the ball in the net behind the goalkeeper. Goals can be scored anywhere outside of the goalkeepers area. Field players are not allowed in to keepers area. After a goal is scored the game restarts with a throw off from the middle of the court.

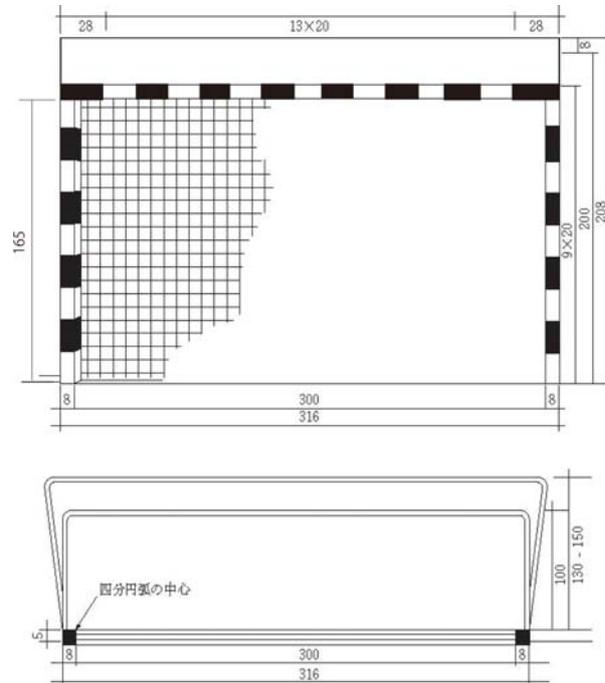
The Court

The playing court (see diagram) is a 35 meter long and 20 meter wide rectangle, consisting of two goal areas and playing area. The goal area is semicircle sector with a radius of 6 meter.



The Goal

The interior measures are 3 meter in width and 1.65 meter in height.



The Ball

The ball is made of synthetic material. It should be spherical in shape. The synthetic material should be soft. The size of the ball should be 54-56cm (IHFSize2).

- Underline indicate the difference from your rules.