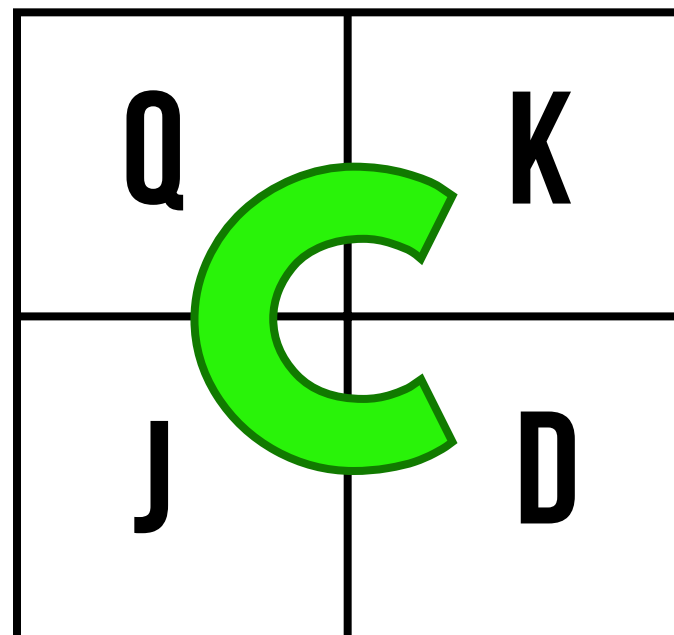


# HANDBALL RULES 2025

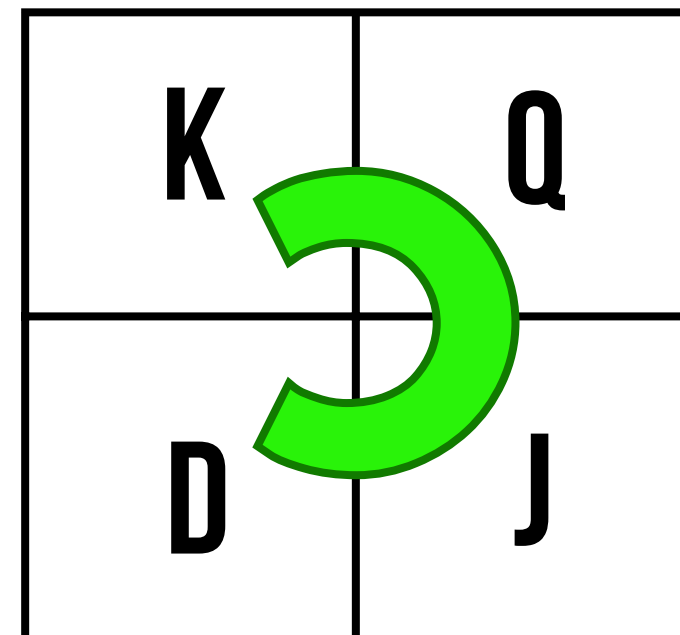
## FORMAT

### C FORMAT



OR

### REVERSE C FORMAT



## RULES

1. Anyone serves a descent.  
Alternative option: King serves.  
1st serve for receiver (beginners only)
2. Full your out. Advanced players: Play's & Forgotten
3. Lines: play on, replay or bounce replay
4. 2 or 3 Square elimination depending on how many reserves
5. Rolls your out
6. Headers, body shots (knee up) and Combo's
7. Optional: Savies and cross court
8. Poison
9. Funnies = replay

## SPORTSMANSHIP STEPS

1. Discuss
2. Vote
3. Replay
4. Teacher

