

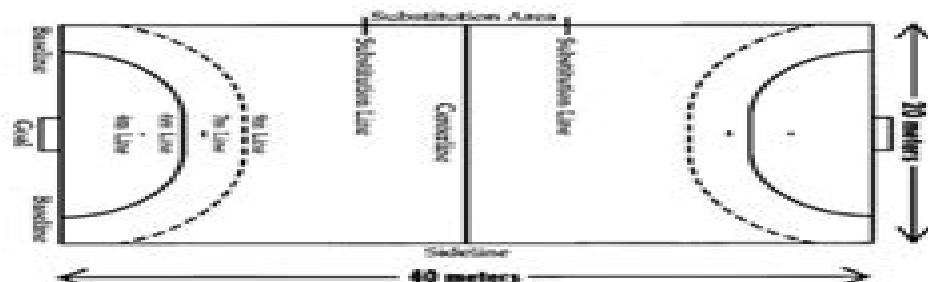
Resumen del reglamento de Handball

Regla 1. EL TERRENO DE JUEGO

Es un rectángulo de 40 m. de largo y 20 m. de ancho; los lados más largos se llaman "líneas de banda" y los cortos "líneas de portería", líneas de portería interiores más exteriores.

Comprende una zona de juego dividida en dos mitades por una línea central paralela a las líneas de portería y dos áreas de portería.

Las características del terreno de juego no pueden ser modificadas en beneficio de un solo equipo en ningún aspecto.



Regla 2. LA DURACIÓN DE UN PARTIDO

Para equipos masculinos y femeninos de más de 18 años, la duración del partido es de dos tiempos de 30 minutos con 10 minutos de descanso.

La duración del partido para equipos de edades inferiores a 16 años de 2x25 minutos si tienen de 16 a 12 años y de 2x20 minutos de 8 a 12 años, en ambos casos con un descanso de 10 minutos.

Para "minis" (jugadores menores de 8 años), la duración del partido es de 2x10 ó 2x15 minutos, con un descanso de 10 minutos.

Regla 3. EL BALÓN

El balón está formado por una cubierta de cuero o material sintético.

Es de forma esférica. No se admiten balones brillantes o resbaladizos.

Al comienzo del partido, el balón usado en un partido masculino (mayores de 16 años) debe medir de 58 a 60 cm. de circunferencia y tener un peso de 425 a 475 gr. (tamaño 3).

Para mujeres mayores de 14 años y hombres entre 12 y 16 años la circunferencia del balón debe ser de 54 a 56 cm. y el peso de 325 a 400 gr. (tamaño 2).

Para partidos masculinos de 8 a 12 años y femeninos de 8 a 14 años, la circunferencia del balón debe ser de 50 a 52 cm. y pesar al menos 315 gr. (tamaño 1).

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ML Morrison



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