

Tournament rules

All games of Handball Days 2026 are played according to the current IHF regulations, unless there are additional provisions in the following paragraphs.

This means in particular:

- Allowing all kind of defense formations
- Substitutions can also take place when not in attack
- 2-minute suspensions, provide a reduction of players

1. Playing Time

In all categories the game-time in the group-stage is set to 2 x 11 minutes, which do not contain a half-time break. The teams change ends for the second half of the game. The time will not be stopped.

The timekeeping is done by the referees. Any game interruptions (Time-Out) should be avoided but the referees can decide if it's necessary. There will be no Team-Time-Out (TTO).

2. Throw-off

The first named team (home team) has the ball at the start of the game. The home team begins on the side where the field number (red) is shown.

There is no throw-off area. The throw-off must be taken from the centre line (with a tolerance of 1.5 m to either side of the centre line) in the middle of the court. The centre line may not be crossed until the throw-off has been taken.

3. Equipment

If both teams have a similar dress colour which cannot be differed – then the away team must change.

It is forbidden to enter all sports facilities with football shoes or shoes with metallic studs.

4. Playing field

The categories B/G 8 play with lowered bars (height 1,60 meters). A goalkeeper-throw is awarded when the ball has contact above the lowered bar. Also if the ball enters the goal after contact.

5. Gameball

The home team must provide a correct size and authorised ball to the game. The use of resin is forbidden in the age categories B/G 9, B/G 10, B/G 11 & B/G 12

The sizes of the gameball differ from every age group and must be used in the following age categories:

IHF-Size 0 46-48 cm bis 260 g	IHF-Size 1 50-52 cm 290-330 g	IHF-Size 2 54-56 cm 325-375 g	IHF-Size 3 58-60 cm 425-475 g
Girls 8	Girls 12	Girls 16	Boys 18
Girls 10	Girls 14	Girls 18	Men (Seniors)
Boys 8	Boys 12	Women (Seniors)	
Boys 10		Boys 14	
		Boys 16	

Furthermore, every team must provide a replacement ball which must be put next to every goal.

It is permitted to use **glue**. The use of glue is forbidden in the age categories 8, 10 and 12.

6. Suspensions (Disqualifications and extremely unsportsmanlike conduct)

Players and leaders that are disqualified (red card), or disqualified including a blue card (= red and blue card) will be suspended without any jury ruling for at least one match.

The referees will have to report every red / red & blue card according the rule 8:6 and 8:10 to the tournament board. The board will decide over further measures.

The team officials must independently contact the tournament jury to find out about the length of the suspension. If the suspension is not observed, all previous matches can be considered as a lost for the playing team.

7. Exclusion from the tournament

Participants may be excluded from further play at any time in justified cases. A justified case is for e.g., consumption of alcoholic beverages or under the influence of any drugs.

8. Eligibility to play

Only players who are registered in their ProCup club account and have a valid player's license for their club are eligible to play. In the senior groups a player license is not required.

Age groups

Beyond this, only players in their age group are eligible to play. The following age categories apply:

Seniors	Boys/Girls 18	Boys/Girls 16	Boys/Girls 14	Boys/Girls 12	Boys/Girls 10	Boys/Girls 8
</= 2007	2008-2009	2010-2011	2012-2013	2014-2015	2016-2017	>/= 2018

Within the age group, each player is only eligible to play for the team in which he plays for in the first tournament match.

However, players may also play in a team of the next higher age group, only if the tournament board is informed before the game starts.

Male and female teams

In general, there is a separation between female and male teams. However, there is no separation in the age group B/G8. In the B10 (!) teams, female players are also eligible to play in this age group. The tournament board may allow in individual cases that female players can also play in other male age groups. The permission must be given before the start of the first match.

On request, the player licenses of a team should be presented to the tournament board at any time for control purposes.

If the player is not eligible to play or there is doubt about an eligibility due to not presenting a players license the completed matches will be forfeited (0:2 points and 0:3 goals).

9. Injuries

If a player has been injured during the game and needs treatment, he or she has not got to leave the court for three attacks.

10. Scoreboard

Scoreboards are located at the edge of all playing fields. The home team shall appoint an authorised person to operate the folding panel. The scoreboard is not binding. Only the final result determined by the referees at the end of the match is relevant.

11. Livestreaming

On the playing fields there will be tablets placed from which the match will be streamed on our partner platform Solidsport. These can also be accessed afterwards on-demand. The home team appoints one person to operate the tablet and its functions.

All participants of the tournament hereby agree that they may be video recordings made of them during the matches. Otherwise a participation is not possible.

12. Referees

The referees of this tournament are appointed by the referee coordinator for every game. Every game is officiated by two equal or even single referees. Protests against referee assignments are not permitted.

13. Walk Over

If a team does not turn up for a match scheduled in the fixture list, the match will be forfeited with 0:2 points & 0:3 goals. If a game is cancelled due to a non-appearance of a team without fault, the game may be rescheduled. Any exceptions are reserved for the tournament board.

14. Protests

Protests must be handed in either written or verbal form from the team manager to the tournament board. This must happen until 30 minutes after the last game was played and also has a fee of 20,00 € which must be paid in cash at the tournament board. If the protest goes through, the fee will be awarded back or if not be kept.

Protests will only be considered regarding rule no. 8 (Eligibility to play).

Registration & schedule information

At arrival the team representatives must report and register their team to the tournament registration desk immediately.

Furthermore, if the entry fee has not been paid in advance, we kindly ask you to pay at the registration desk. **If the entry fee has not been paid before the start of the tournament, the corresponding team will be removed from the schedule.**

If a club has more than one registered team in an age group and one of these teams have withdrawn before the start of the tournament, the board will decide which team this will be. As a rule, this will be the team with the highest index number (III before II, II before I), but this can be varied as long as the tournament schedule does not change radically. It is the responsibility of the clubs to independently check the match schedule for changes before the start of the tournament. The tournament schedule can be seen over our ProCup tournament page.

Competition form

Seniors - B/G8

In the ages groups seniors until B/G8, the teams play a simple qualification round in different groups.

The three best teams in a group of 5 teams, qualify for the A-Playoffs, the 4th and 5th placed teams play in the B-Playoffs.

This also refers to teams that are in a group of 6 teams, the first three Teams qualify for the A-Playoffs and the last three teams play in the B-Playoffs.

The A-/B-Playoffs are played in an elimination round until both finals and match for 3rd place (only A-Playoff) are determined.

Match score

The following points are awarded:

- Win: 2 points
- Loss: 0 points
- Draw: 1 point

The results after the preliminary rounds and final rounds occurs under the following aspects:

- a) points
- b) head-to-head points
- c) head-to-head in goal difference
- d) head-to-head in goals scored

If a head-to-head comparison does not lead to a clear result, then the decision will be determined by a 7-metre throwoff (best of 5).

If the knockout games end in a draw, then a 7-metre throwoff (best of 5) will be played on a separate field.

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