



International
Handball
Federation

International Handball Federation

Technical Regulations

Handballs played with resin

Size 1	275-325 g	50 to 52 cm in circumference	women aged 8 to 14 men aged 8 to 12
Size 2	325-400 g	54 to 56 cm in circumference	women aged 14 and older men aged 12 to 16
Size 3	425-475 g	58 to 60 cm in circumference	men aged 16 and older

Handballs played without resin

Size 1	275-325 g	49 to 51 cm in circumference	women aged 8 to 14 men aged 8 to 12
Size 2	325-400 g	51.5 to 53.5 cm in circumference	women aged 14 and older men aged 12 to 16
Size 3	425-475 g	55.5 to 57.5 cm in circumference	men 16 and older

Handballs for beginners

For beginners, different handballs may be used:

non-inflatable squeeze balls	150-200 g	46 to 48 cm in circumference	for children or other beginners
non-inflatable sponge balls	250-300 g	46 to 48 cm in circumference	for children or other beginners
Size 00	250-290 g	44 to 46 cm in circumference	for children or other beginners
Size 0	225-300 g	46 to 48 cm in circumference	children aged 8 and younger beginners of different age groups