



ONE WALL

KEY RULES

GENERAL

- 1) **The ball must be returned before it bounces twice for a rally to continue**
 - Only the palm of the hand or fist can be used to strike the ball
 - When attempting to return a shot, the ball must only be touched once, and with one hand only
- 2) **Every time the ball is hit, it must strike the front wall first, and land inside the court boundaries on the first bounce**
 - If the handball hits your opponent before it bounces, or if a player is obstructed, then the point is replayed
- 3) **Games are timed; 10 minutes for juveniles, 15 minutes for adults.**
 - Alternatively games can be played up to 3 x 15 aces
 - For matches involving beginners, a format where by each player gets 5 consecutive serves may be used, with points available on every serve.
 - Timeouts are not permitted in One-Wall handball

SERVING:

- 4) **Players must serve, and win the rally before they can score a point.**
- 5) **When serving, the player must stand behind the short line, and serve the ball over the short line**
 - When serving, players must bounce the ball before they strike it, and the ball must always hit the front wall first, otherwise the player loses their serve
 - When serving, if the ball hits the service line on rebound from the front wall, then it is a fault. But if the ball hits the perimeter lines, then it is a legal serve
 - Players are only allowed a second serve when the ball is served 'Long' or 'Short', but still within the width of the sidelines

DOUBLES:

(Note these rules do not exist in Singles)

- 6) **When playing doubles**, teams take it in turn to strike the ball (either player in the partnership can hit the ball).
- 7) **When serving**, each player in the partnership will serve until a handout occurs for each player.
- 8) **When a player is serving**, their partner must stand outside the court at the side, close to the service line.

