

## BASIC RULES OF TEAM HANDBALL

### *General Rules*

- Handball is a fast-paced game involving two teams of seven players who pass, throw, catch, and dribble a small ball with their hands while trying to score goals.
- The team with more goals wins the game.
- A game consists of two 30-minute halves with a 10-minute half-time break.
- The game starts with a throw-off, where a player stands with one foot on the center line and throws the ball to a teammate behind the line, signaling that each team may move into its opponent's side of the court.
- The player receiving the ball must be at least three meters away.
- The throw-off is the method of starting play after every goal, as well as the start of the second half.
- The offense tries to throw the ball past the opposing goalkeeper and into a goal three meters wide and two meters high.
- Only the goalkeeper may enter the goal area.
- Players may use any part of their bodies except their lower legs and feet to stop, hit, catch, or throw the ball.
- They may not touch the ball twice in a row unless dribbling it, fumbling it, or passing it from one hand to the other, meaning, in effect, they may not throw it to themselves.
- Players can hold the ball for only three seconds before passing, dribbling, or shooting.
- Players may take only three steps after catching the ball. If players dribble, they may only take another three steps.
- Three meters is the distance for free throws and penalty throws.

### *Fouls and Penalties*

- A free throw is awarded for playing the ball illegally.
- Free throws are the right to play the ball without interference, although the person with the free throw may try to shoot instead of pass.
- A player takes the free throw on the spot where the offense occurred, unless it occurred inside the free-throw line.
- If it occurred inside the free-throw line, the player moves back to the free-throw line, allowing defenders to stand back the required three meters and still stand outside the goal area, which is reserved for the goalkeeper.
- A penalty throw is awarded for illegal interference by a defender that prevents a shot at goal, or a defender playing the ball back into the goal area and the goalkeeper touching it.
- The offensive player takes the penalty throw from the penalty line seven meters in front of the goal.

- The goalkeeper, the only person allowed to defend against the throw, may advance as far as the goalkeeper's restraining line, while maintaining the 3-meter distance.
- The players are allowed to obstruct other players with their bodies whether or not they have the ball.
- Players may not steal or strike the ball from other players, obstruct them with their arms or legs, or treat them roughly.

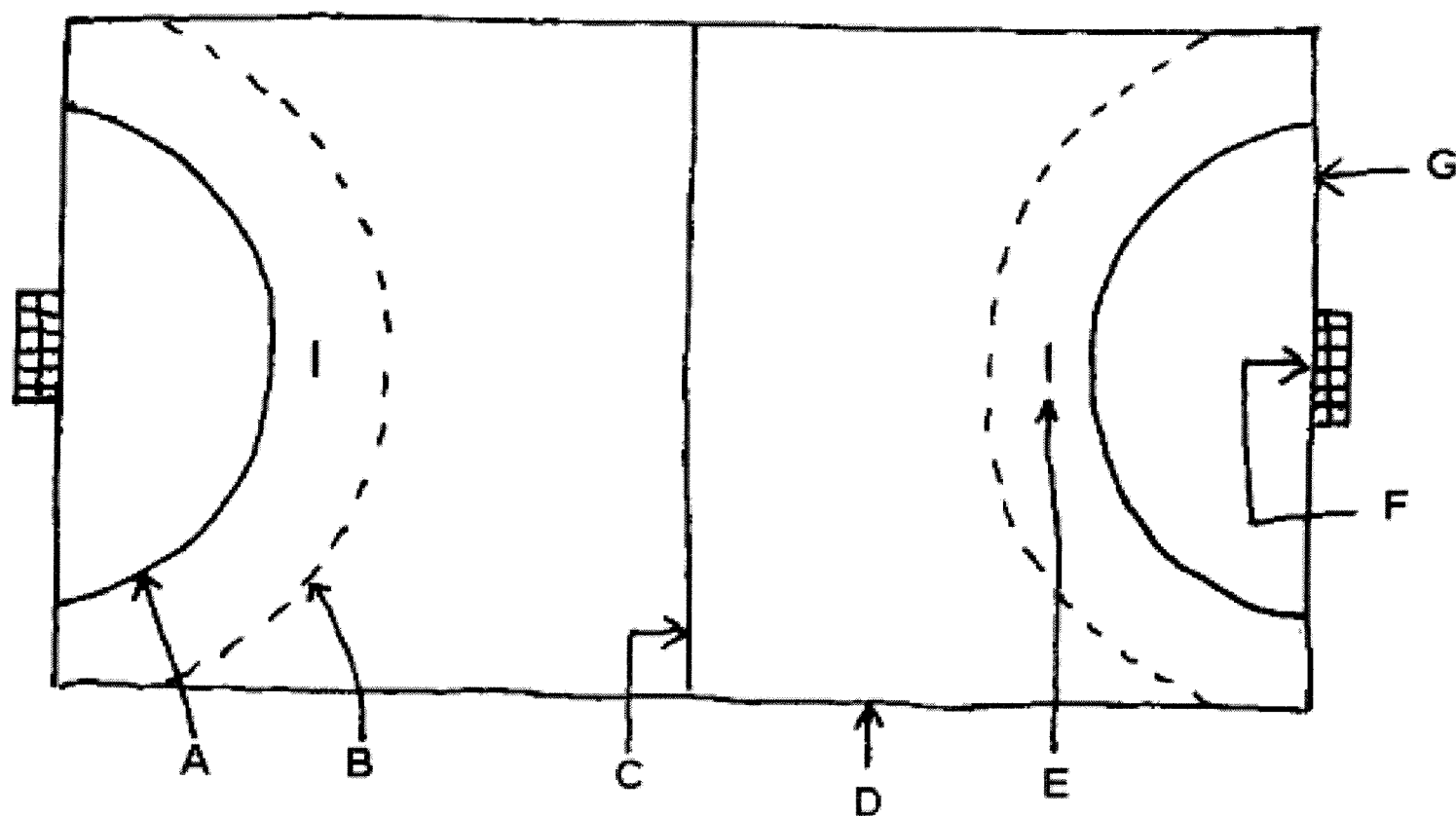
#### ***Throw-ins, Goal Throws, and Corner Throws***

- If the ball goes out of bounds over the sidelines, the team that did not touch it last is allowed a throw-in from that spot.
- If a ball that was last touched by an offensive player or the defending goalkeeper goes over the back line, the goalkeeper is awarded a goal throw-out to a teammate.
- If a defender touched it last, the attacking team gets a corner throw.
- If play stops for a reason where neither side is to blame, or the ball hits the ceiling, a referee throws to restart play.
- The referee throws the ball into the air, and a player from each team jumps for it.

#### ***Additional Rules***

- Goalkeepers within the goal area are not limited in how many times they may touch the ball or how many steps they can take with the ball.
- Goalkeepers may defend the goal with any part of their bodies, including their feet.
- All lines on the court are considered in play.
- Players may not put the ball out of play deliberately.
- Players may be warned for fouls or misconduct (yellow card), suspended for two minutes, or, for serious or continual offenses, disqualified from a match (red card).
- After two minutes, a substitute may replace the disqualified player.
- Teams have five substitutes.
- Players may be substituted at any time, as often as desired.
- Each team is allowed a 1-minute timeout per half.

## Team Handball Court



- A. Goal-area line    B. Free-throw line    C. Centerline  
D. Touchline        E. Goal line        F. Goal  
G. Penalty throw line