

Team Handball Study Guide

Team handball is one of the world's fastest team games. It is played by two sides of seven players and five substitutes. The object is to score the most goals and attackers pass or dribble the ball with their hands until a shooting opportunity is created. When a team loses possession it immediately forms a defensive formation around its goal area.

Playing the ball a player may:

- a. stop, catch, throw, bounce or strike the ball using hands, fists, arms, head, body, thigh or knees.
- b. hold the ball for 3 seconds but no longer
- c. move the ball from one hand to another
- d. pass the ball when sitting, kneeling or lying on the ground

It is forbidden to:

- a. touch the ball more than once unless it touches the ground, another player, or goal
- b. touch the ball with any part of the leg below the knee or with the foot
- c. dive for the ball lying or rolling on the ground, except for the goalkeeper in his own area.
- d. deliberately play the ball across the sideline or the goal line

Moving with the ball-

a player may take 3 steps while holding the ball, but may then stop, bounce the ball with one hand and then take 3 more steps.

A free throw-

- illegally playing the ball
- deliberately putting the ball out of play
- illegal obstruction, tackling or defense
- infringements in the goal area by court players
- deliberately playing the ball into one's own goal area
- infringements by the goalkeeper
- unsportsmanship like conduct

A penalty throw-

- for fouls anywhere on the court, if they destroy a clear chance for a goal
- if a defender deliberately enters his own goal area for defensive purposes
- if a defender deliberately plays the ball into his own goal area and it touches the goalkeeper
- if the goalkeeper carries or throws the ball into his own goal area