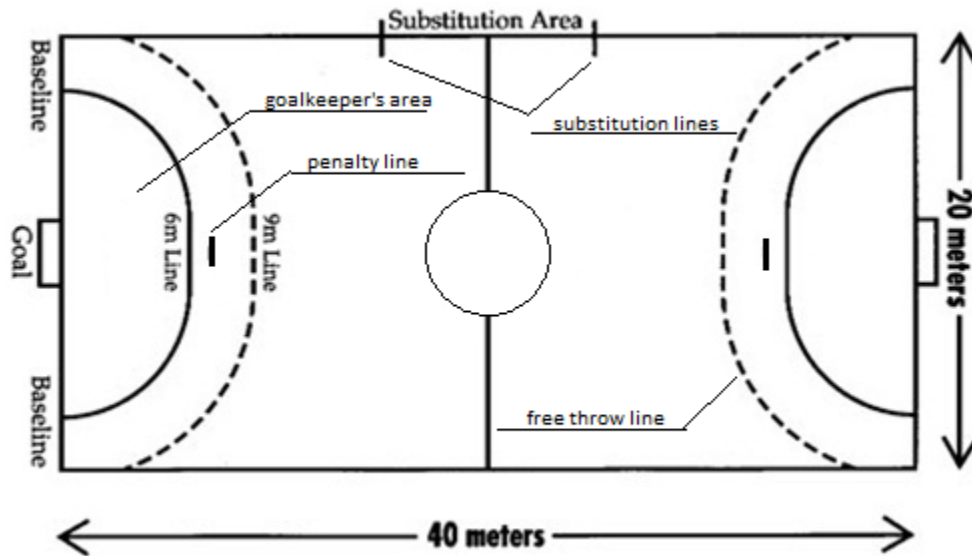


Handball Notes

Summary

Handball is played on a court 40m x 20m (two basketball courts) and features 2x3m goals at each end. The 9m arc is the free throw line and it is usually dashed. A 1m long penalty throw line lies 7m in front of the goals. There is also a halfway line with a center dot for the restart.

The Court



9m line : Free throw line

General Rules

There are 12 players on each team but there is a maximum of 6 field players on court at a time. With the addition of the goalkeeper the total amount of player on the court is 7 per team. Substitution can occur at anytime so long as player-off before player-on. The attackers may shoot from in the air above the goal area but must shoot before landing. A defender (or an attacker) can not travel through the goal area in order to get an advantage at another spot, (no short cuts). A standard game consists of two 30 min periods.

The key number to handball rules is 3.

- 3 steps with the ball but no pivoting like basketball.

- 3 seconds holding the ball.
- 3 m from the player who is awarded a free throw.

- **Ball Handling**

Dribbling is allowed (but slows down the ball, passing is better). The ball must be patted down, not carried like in basketball. No double dribble.

Goalkeeper

If the goal keeper directs it over the back line when saving the goal then its still the goal keepers (unlike soccer). If the defenders direct it over the back line in blocking a shot then it goes back to the attacker. The goal keeper is the only player allowed in the goal area (6m semi-circle). so you can't contact any part of the 6m line or inside it.) They are also the only player allowed to touch the ball with their feet (below the knees)