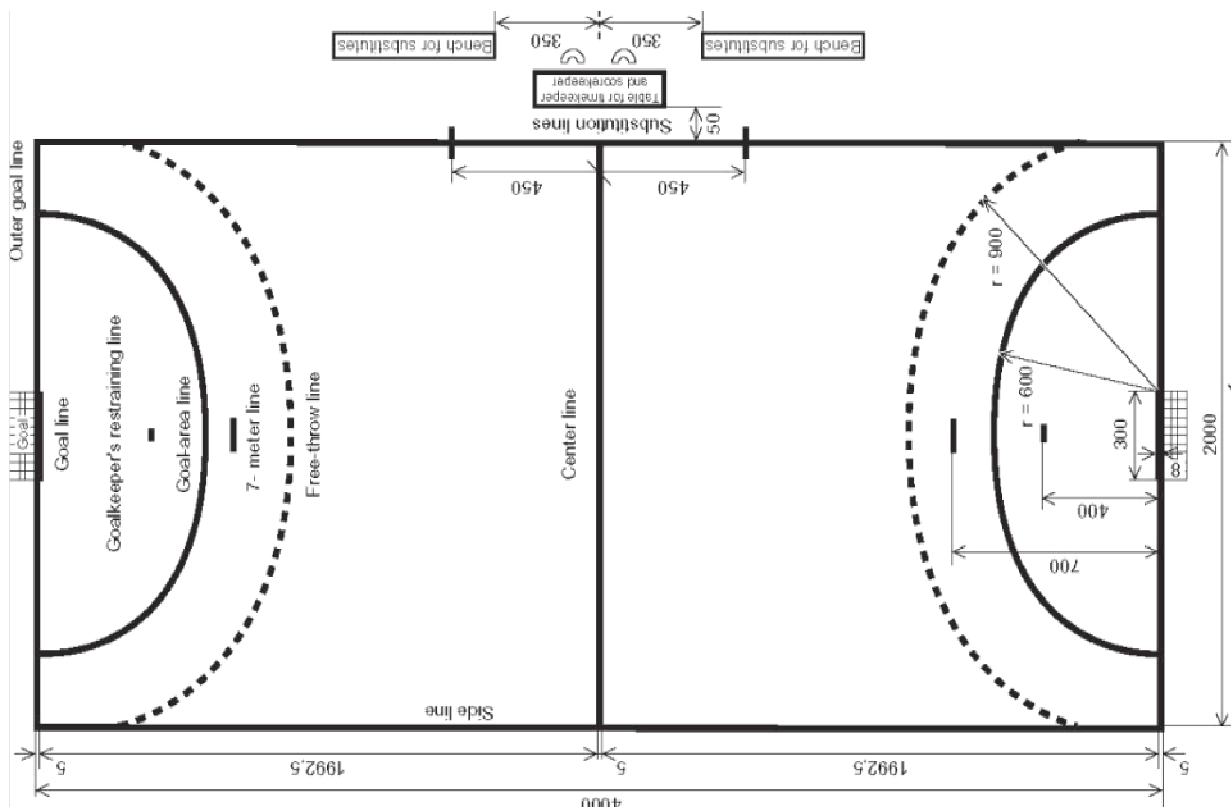


Team-Handball

RULES OF THE GAME

- ✓ After receiving the ball, players can **pass, keep possession, or shoot** the ball.
- ✓ If possessing the ball, players must **dribble** or can **take up to three steps** for up to three seconds at a time without dribbling.
- ✓ No attacking or defending players other than the defending goalkeeper are allowed to touch the floor of the goal area (within 6 meters of the goal). A shot or pass in the goal area is valid if completed *before touching the floor*. Goalkeepers are allowed outside the goal area, but are not allowed to possess the ball across the goal area boundary.

1. PLAYING COURT AND DIMENSIONS



The **playing court** is a 40 meter long and 20 meter wide rectangle, consisting of two goal areas and a playing area. The longer boundary lines are called side lines, and the shorter ones are called goal lines.

A **goal** is placed in the center of each outer goal line. The goals must be firmly attached to the floor or to the walls behind them. They have an interior height of 2 meters and a width of 3 meters.

All **lines on the court** are fully part of the area that they enclose.

In front of each goal there is a **goal area**. The goal area is defined by the goal-area line (6-meter line).

The **free-throw line (9-meter line)** is a broken line, drawn 3 meters outside the goal-area line.

The **7-meter line** is a 1 meter long line, directly in front of the goal. It is parallel to the goal line.

The **goalkeeper's restraining line (the 4-meter line)** is a 15cm long line, directly in front of the goal.

The **center line** connects the midpoints of the two side lines.

2. PLAYING TIME

The **playing time** is two halves of 30 minutes. The half time break is normally 10 minutes. Each team has the right to receive one 1-minute team **time-out** in each half of the regular playing time.

3. THE BALL AND THE TEAMS

The **ball** is made of leather or a synthetic material. It must be spherical. The surface must not be shiny or slippery.

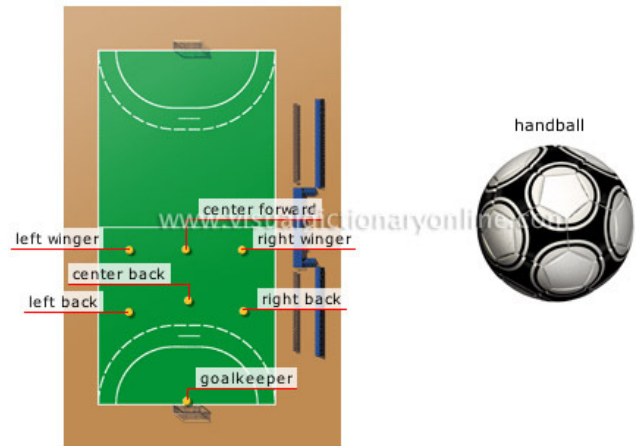
A **team** consists of up to 14 players. No more than 7 players may be present on the court at the same time. The remaining players are substitutes.

At all times during the game, the team must have one of the players on the court identified as a goalkeeper.

4. FIELD PLAYERS FORMATIONS

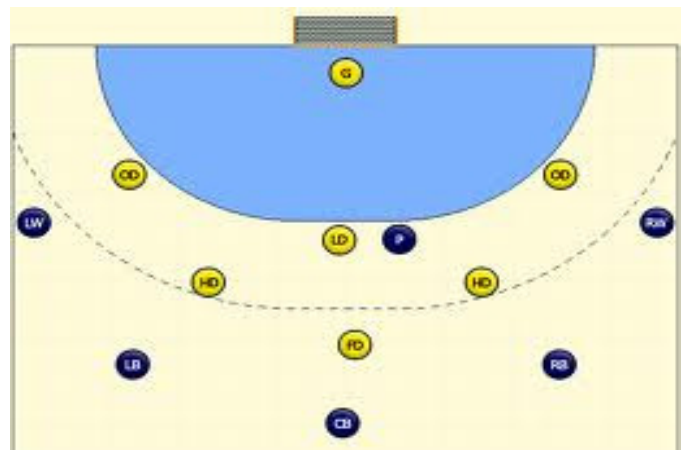
WHEN ATTACKING

1. Goalkeeper (G)
2. Centre (C)
3. Left and Right Backs (LB or RB)
4. Left and Right Wingers (LW or RW)
5. Pivot (centre forward) (P)



WHEN DEFENDING

1. Goalkeeper (G)
2. Back and Front Centre (BC or FC)
3. Line Defender (LD)
4. Outside Defender (OD)



VOCABULARY REVIEW: