

# Team Handball Information Sheet

## 1. Rules:

- A regulation game consists of two 30 minute halves, with a 10 minute half time.
- There are no time-outs except for injuries or other interruptions determined by the referee.

## 2. Player rules and privileges:

- A player may hold the ball for three seconds, run three steps with the ball, dribble as many times as desired, pass, or shoot.
- A player can run three steps both before and after a dribble, but may not resume dribbling after having already stopped.
- An offensive player can use the body (not the arms) to set screens.
- The defense guards the offense like in basketball, hand checking is permitted as long as it isn't overly aggressive.
- A person may not use the arms or legs to push, grab, tackle, kick, hit, or hold an opponent. The penalty is a warning and a free throw.
- If a second warning is issued, or if the act is deemed dangerous or flagrant, the player is suspended for two minutes during which time the team plays short-handed.
- A player may not kick the ball or play the ball with the legs below the knees.
- Double dribbling is not permitted.
- Diving on the floor for the ball is not permitted.
- Stepping on, or over, the goal line is not allowed.
- Air dribbling (passing the ball to oneself) is illegal.
- The above infractions all result in a free throw taken from the spot of the foul unless the foul occurred between the free throw line and the goal line, in which case the ball would be moved directly back to the free throw line.

## 3. Free throws:

- A free throw must be shot or passed within 3 seconds, and one foot must be in contact with the floor when the ball is released.
- The defense must be at least ten feet away from the free-thrower and offensive players must be outside the free throw line.
- A goal may be scored directly off of a free throw.

#### 4. Goalie rules and privileges:

- Only the goalie is permitted inside of the goal area. The offense can jump, shoot, then land in the goal area, but must exit immediately.
- The defense is awarded a free throw if an offensive player is on the line or in the circle with, or without, the ball. If a goal is scored while someone is in the goal area, the goal does not count.
- If a defensive player gains an advantage by being in the goal area, a penalty throw is awarded.
- The goalie can defend the goal in any manner the he/she chooses.
- The goalie can't leave the goal area while in possession of the ball, or leave the goal area to retrieve a ball and bring it back into the goal area. (free throw)
- The goalie doesn't have 3 second or 3 step restrictions while inside the goal area.
- The goalie is free to move outside of the goal area and play as a regular player. The rules for court players would then apply to the goalie.

#### 5. Game rules:

- The game begins with a throw off, which will be repeated after each goal.
- A ball that goes out of bounds over the sideline is put back into play by a throw in. One foot must remain on the ground, and the ball can be thrown with one or two hands.
- A corner throw in is awarded when the ball crosses the goal line and was last touched by a defender other than the goalie.
- A referee throw would occur when the ball touches something above the court, when there is simultaneous infringement of rules, or when there is simultaneous possession of the ball. A jump ball is the result. The players may grab the ball or tap it to a teammate. All other players must be ten feet away.
- A penalty throw is awarded when a foul destroys a goal scoring opportunity, when the goalie retrieves the ball and brings it back into the goal area, when a defensive player intentionally plays the ball back to the goalie in the goal area, or a defensive player enters the goal area to gain an advantage over an attacking player.
- Penalty throws are taken from the penalty line.
- A throw out is awarded when the ball crosses the goal line off of the goalie, or the ball is thrown out by the opposing team. The throw out must be taken from inside of the goal area.
- Each player receives only one warning, and a team gets only three total.
- 2 minute suspensions will result after warnings are issued, although a warning isn't necessarily required prior to suspension.