

### Team Handball Information

1. You are allowed 7 players on the court at one time (6 players and 1 goalie).
2. The goalie is allowed to use his hands or feet.
3. It is legal for a player to take 3 steps, dribble, and then take 3 more steps.
4. A throw-off is used to start the game and after half-time.
5. Team handball was developed from basketball and soccer.
6. Different types of passes used in Team handball are:
  - a. Wrist pass
  - b. Overhand pass
  - c. Shovel pass
  - d. Underhand pass
7. After a goal is scored, the other team does a throw-off.
8. Four ways that a team can gain possession of the ball are:
  - a. Interception
  - b. Dropped pass
  - c. Foul
  - d. Ball thrown out of bounds
9. When the ball is thrown out of bounds, the other team gets the ball where it went out and they get a throw-in like in soccer.
10. The rule of 3 is:
  - a. 3 seconds
  - b. 3 steps
11. The lines on the court are orange and are:
  - a. 9 meter line (dotted)- free throw line
  - b. 6 meter line – goal area line
  - c. 7 meter line – penalty mark
12. No players are allowed inside the goal area except for the goalie.
13. Substitutions may enter the game at anytime.
14. The game is played with 2 – 30minute halves and 1 – 10minute halftime.
15. There are no timeouts in Team handball
16. Body contact is not allowed.
17. To receive a Free-Throw:
  - a. Elbowing another player
  - b. Holding another player
  - c. Pushing another player
  - d. Hitting another player
  - e. Tripping another player

