



EHF Competence  
Academy & Network

Imprint:

European Handball Federation (EHF), Vienna/AUT, August 2008  
[www.eurohandball.com](http://www.eurohandball.com)

Following a proposal by both the EHF Competitions Commission (CC) and the EHF Methods Commission (MC) the EHF Executive Committee approved the production of a "short rule version" of the handball rules for promotional purposes only. The work is based on the "Rules of the Game" by the International Handball Federation (IHF), for details and references please visit [www.ihf.info](http://www.ihf.info)

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in cooperation with the EHF Youth Forum

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Olympic Team Sport  A Shortcut to the Rules

# HANDBALL the game

English



## The Basic Principles of Handball

- Handball is a team sport based on "fair play" principles.
- On court there are two male or female teams playing against each other, both trying to score goals with a handball.
- The team that has scored the most goals when the playing time is over is the winner.
- The winning team is given 2 points. If there is a draw, the two teams are awarded 1 point each.



## Technical Facilities

- Different ball sizes are used for different age groups/genders.
- The goal height is 2 metres, the goal width 3 metres.
- The playing time can be varied and is up to 2x30 minutes in official games.

## Referee signals



### Free throw

A free throw is awarded either when the defending players or the team in possession of the ball commit a rule violation



### Goalkeeper throw

A goalkeeper throw is awarded when

- the attacking team enters the goal area.
- a player of the attacking team touches the ball when its rolling or lying on the floor in the goal area.
- the goalkeeper has control of the ball in the goal area or when the ball has crossed the outer goal line.



### Time-Out

The playing time is stopped when necessary.



### Steps

Taking more than 3 steps with the ball results in a free throw for the defending team.



### Offensive foul

An offensive foul results in a free throw for the defending team.



### Dribble fault

A dribble fault (e.g. double bounce) results in a free throw for the defending team.



### Keep the 3m distance

While a throw is executed the opponents have to stay 3 metres away from the ball.



### Throw-in

A throw-in is awarded when the ball goes outside the court.



## "Fair play" and Officiating

The beauty of handball is "fair play".

It is the two referees who are in charge of ending the game. Their task is to maintain the "fair play" principle.

Progressive punishment is given to the players who do not follow the rules of "fair play" or violate the rules in any other way.

### Progressive punishment



### Throw to (re)start the Game

In handball there are five different throws defined by the rules to (re)start the game, which are the **throw off**, **free throw**, **goalkeeper throw**, **7 metre throw** and **throw-in**.

A **7 metre throw** is given when a clear scoring chance is destroyed.

At the beginning of the first and second half time as well as after a goal has been scored a **throw-off** is taken.



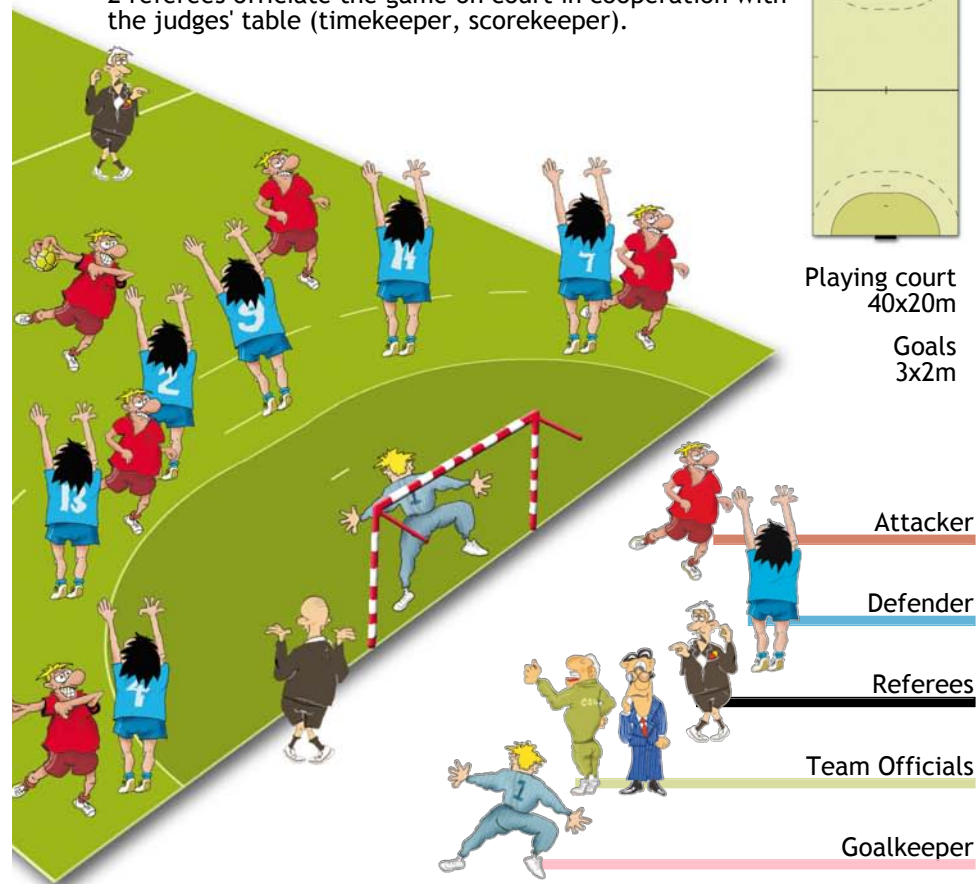
## Teams/Players/Team Officials/Referees

- Each team consists of up to 14 players. On court a team has 6 field players and 1 goalkeeper
- Within each team the player are interchangeable during the game.
- All field players of a team wear identical, coloured uniforms. Goalkeepers wear uniforms that differ from those of the field players.
- Players are not permitted to wear objects that could be dangerous (watches, rings, earrings, necklaces, etc.).
- Up to 4 team officials are responsible for coaching their team.
- 2 referees officiate the game on court in cooperation with the judges' table (timekeeper, scorekeeper).



Playing court  
40x20m

Goals  
3x2m



Attacker

Defender

Referees

Team Officials

Goalkeeper

## The attacking players

ALLOWED	NOT ALLOWED	CONSEQUENCES
Throw and catch the ball using hands and arms	Block or kick the ball using the feet	Free throw for the defending team
Pass the ball to a team mate	Hold the ball for more than 3 seconds	Free throw for the defending team
Bounce the ball with one hand and catch it again	Bounce the ball, catch it and bounce it again = Dribble fault	Free throw for the defending team
Take a maximum of 3 steps with the ball	Take more than 3 steps with the ball	Free throw for the defending team
Move outside the goal areas	Enter the goal area	Goalkeeper throw
Touch the ball in the air above the goal area	Touch the ball lying inside the goal area	Goalkeeper throw
Break through the defence	Charge the opponent or run into a defending player = Offensive foul	Free throw for the defending team
Pass the ball in order to create a scoring chance	Keep the ball in the team's possession without creating a scoring chance = Passive play	Free throw for the defending team

## The defending players

ALLOWED	NOT ALLOWED	CONSEQUENCES
Use the hands and arms to block the ball	Pull or hit the ball out of the hands of the attacking player	Free throw for the attacking team
Make a frontal body contact with the attacking player	Hold the attacking player's body/ shirt, push run or jump into him/her	Free throw/progressive punishment
Stay outside the goal area	Use the goal area as a defence position/ prevent a clear scoring chance	7 metre throw
Stay at least 3 metres away from the attacking player when executing a throw to (re)start the game	Interfere with an attacking player when executing a throw to (re)start the game	Progressive punishment

## The goalkeeper

ALLOWED	NOT ALLOWED	CONSEQUENCES
Touch the ball with any part of the body inside the goal area	Take the ball into the goal area from outside the 6m line	Free throw for the attacking team
Leave the goal without the ball and play as a field player	Leave the goal area with the ball	Free throw for the attacking team

