

Handball Rules

THE ATTACKING PLAYERS

ALLOWED

Throw and catch the ball using hands and arms

Pass the ball to a team mate

Bounce the ball with one hand and catch it again

Take a maximum of 3 steps before having to dribble or pass

Move outside the goal areas

Touch the ball in the air above the goal area

Break through the defence

Pass the ball in order to create a scoring chance

NOT ALLOWED

Block or kick the ball using the feet

Hold the ball for more than 3 seconds

Bounce the ball, catch it and bounce it again = Dribble fault

Take more than 3 steps with the ball

Enter the goal area

Touch the ball lying inside the goal area

Charge the opponent or run into a defending player = Offensive foul

Keep the ball in the team's possession without creating a scoring chance = Passive play

CONSEQUENCES

Free throw for the defending team

Free throw for the defending team

Free throw for the defending team

Free throw for the defending team

Goalkeeper throw

Free throw for the defending team

Free throw for the defending team

Free throw for the defending team

THE DEFENDING PLAYERS

ALLOWED

Use the hands and arms to block the ball

Make a frontal body contact with the attacking player

Stay outside the goal area

Stay at least 3m from attacking player when executing a throw to (re)start the game

NOT ALLOWED

Pull or hit the ball out of the hands of the attacking player

Hold the attacking player's body/shirt, push run or jump into him/her.

Use the goal area as a defence position / prevent a clear scoring chance

Interfere with an attacking player when executing a throw to (re)start the game

CONSEQUENCES

Free throw for the attacking team

Free throw/progressive punishment

7 metre throw

Progressive punishment

THE GOALKEEPER

ALLOWED

Touch the ball with any part of the body inside the goal area

Leave the goal without the ball and play as a field player

NOT ALLOWED

Take the ball into the goal area from outside the 6m line

Leave the goal area with the ball

CONSEQUENCES

Free throw for the attacking team

Free throw for the attacking team