

JUL	27	28	29	30	31	AUG	1	2	3	4	5	6	7	8	9	10	11	12
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Handball

Copper Box, Basketball Arena

● men ● women

Ball diameter: **19cm** (men),
17.5cm (women)



Ball weight
475g (men),
375g (women)



Heidi Løke (NOR),
world's best female
handball player of 2011

TEAM

1. Goalkeeper
2. Centre
- 3-4. Left and right backs
5. Circle runner
- 6-7. Left and right wingers

Goal: 3m wide,
2m high

Goal area
Occupied
only by
goalkeeper

9m line: Free throw
line for minor violations

Jump shot
Players may not
step into goal
area but can jump
over 6m line and
shoot for goal,
releasing ball
before landing
inside area

7m line
Penalty throw for
major offences

Centre line

Court
20m x 40m

6m line

4m line
Goalkeeper
restraining line
during penalty throw

Infringements
No tripping, pushing,
hitting, charging or
holding allowed.
Players may not
kick ball

