



Future Arena



19cm (men),
17.5cm (women)



Weight:
475g (men)
375g (women)

London
Olympics
men's handball
gold medallist
**Cédric
Sorhaindo**
(FRA)

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

4m line:
Goalkeeper
restraining line
during penalty
throw


Infringements: No tripping, pushing, hitting, charging or holding

7m line: _____
Penalty throw
for major offences

9m line: Free throw for minor violations

Ball control: _____

Players may not take more than three steps without dribbling (bouncing) ball. Ball may be held for maximum of three seconds

A close-up photograph of a hand holding a blue and white soccer ball. The ball has the words 'OFFICIAL MATCH BALL' printed on it. The background is dark and out of focus.

Goal area (6m line): Occupied only by goalkeeper

Goalkeeper: Only player allowed to touch ball with feet (in defensive action only)