

# Beginners' guide to Handball

## Objective:

Two teams of seven players – six outfield players and one goalkeeper – attempt to score points by moving ball from player to player by hand, before throwing into goal of opposition

## Playing time

Two halves of 30 minutes



## 4m line:

Goalkeeper restraining line during penalty throw



## 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



**Ahmed El-Ahmar**  
Egyptian handball icon



**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

## Infringements:

No tripping, pushing, hitting, charging or holding

**NUEVA X5000**  
**Egypt 2021**  
**Edition**  
**Official**  
**match ball**



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

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