

Handball

Yoyogi National Stadium



Competition format
12 teams take part in both men's and women's events. After round-robin group phase, top eight teams enter knockout phase



Match time
Two halves of 30 minutes

Object: Two teams of seven players pass ball with their hands, aiming to throw it into opposing goal. **Winner is team that scores most goals**

COURT
40m x 20m

Goal area
Goalkeeper is only player allowed

Goal
3m wide by 2m high

6m line



Jump shot
Players may jump over 6m line when attempting shot on goal, but must release ball before landing inside goal area



Norwegian women's team captain, **Stine Bredal Oftedal**

BALL CONTROL

■ Players apply special pine resin to their hands to allow for extra grip

● Ball diameter
18cm (women)
19cm (men)

■ Ball may be held for up to three seconds. Players may not take more than three steps without dribbling ball

■ Ball may not be kicked (except by goalkeeper inside 6m line)

Centre line: Used for starting/restarting match

9m line: Free throw for minor foul inside area

4m line: Limit of goalkeeper advance during penalty throw

7m line: Penalty throw taken when foul denies clear scoring opportunity