

## **Team Handball- Study Guide**

- The game starts with a jump ball in the center of the court.
- The rule of "3- 3 steps, 3 dribbles, 3 seconds.
- No one is allowed in the goalie box except for the goalie and they are the only ones allowed to use their hands and feet.
- All shots must be taken outside of the goalie box but over half court. Any shots taken inside the goalie box do not count.
- Any penalty during the game results in a player being removed from the game for 2 min on their 1<sup>st</sup> offense. Any penalties after that result in being removed from the rest of the game.
- Each goal is worth 1 point.
- Team Handball is an Olympic Sport.
- The sports involved in Handball are water polo, soccer, hockey and basketball.
- After a goal is scored the ball goes back to the goalie and they throw it out.
- You are NOT allowed to take 3 steps with the ball, 3 dribbles and then 3 more steps.
- Short passes are better than long passes down the court.