

MAITREE 24

HANDBALL

RULES AND REGULATION

1. According to the basic handball rules and regulations list a game lasts for 60 minutes. It gets divided into two periods of 30 minutes each (reduced to 20 minutes for younger players).
2. There should be a 15-minute interval between the two halves.
3. Handball rules allow outfield players to touch the ball with any part of their body (above the knee).
4. Kicking is not allowed in handball because players cannot legally kick the ball.
5. Players can pass, hold possession, dribble, or shoot once they are in possession of the ball.
6. Handball dribbling rules allow a player to dribble the ball. They can also take three steps for up to three seconds without dribbling.
7. Taking more than 3 steps, or longer than 3 seconds, is one of the handball terms called 'walking'. In this case the player would lose possession of the ball.
8. Double dribble is against the rules and regulations in handball UK. It means a player cannot receive the ball, bounce it, and then hold the ball and bounce it again.
9. The goalkeeper is the only player permitted to come into contact with the floor inside the 6-meter zone (goal area).
10. Exceptions occur when a player jumps into the area and shoots the ball before landing in the goal area. This might take place while having a shot on goal.
11. Goalkeepers can go outside of the goal area. But they must not keep possession of the ball while they are outside the goal area.

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