**TEAM HANDBALL STUDY GUIDE**

**FREE THROW**

**Free throw is given when:**

* There is a minor infraction
* A player is fouled while passing the ball
* A player is accidentally tripped while running down the court

**Free throw rules:**

* A goal can be scored from a free throw
* Defensive players may guard a free throw attempt
* Free throw player can pass the ball or use the three sequences (no more than 3 steps and 3 dribbles)

**THROW-OFF**

**Throw-off is given when**:

* At the beginning of the game
* A goal is scored

**Throw-off Rules:**

* Each team must be in its own half of the court at the appropriate line
1. while playing indoors, team with the ball must be behind the designated line
2. while playing indoors, team without the ball must be behind the designated line
* A goal can’t be scored by a throw-off
* The ball must be thrown diagonally or backwards (not forward)

**REFEREE’S THROW**

**Referee Throw is given when (jump ball):**

* The ball touches anything above the court
* When there is simultaneous infringement of rules
* There is simultaneous possession of the ball

**Referee Throw Rules:**

* One player from each team must tap the ball to a teammate or catch it
* All other players must be 10 feet away

**PENALTY THROW**

**Penalty throw is given when:**

* Excessively rough play
* Defensive player causes bodily contact to an opponent while he/she is in the process of throwing for a goal

**Penalty Throw Rules:**

* Player receives a free shot at the goal from the penalty throw line
* Only the goalie is allowed to prevent the penalty thrown ball to hit the goal.

**GOAL**

**Goalie Rules and Privileges**:

* The goalkeeper may defend the goal in any manner using hands, feet, and body.
* The goal-keeper cannot pick up a ball outside the goal area and carry it back into the goal area
* The 3 step/3 dribble restrictions do not apply in the goal area
* The goalkeeper is free to move outside the goal area and throw for goal, but must abide by the rules of court players

**SCORING GOALS**

A goal is scored when the entire ball crosses the goal line inside the goal, and it counts as 1 point. A goal may be scored from any of the following throws: free throw, throw-in, penalty throw.