# Team Handball Study Guide

* The game is started by a jump ball, and players must be on their own half of the court.
* Defensive skills that should be emphasized in team handball include: Blocking, player to player coverage, zone coverage.
* The quickest way to advance the ball down the court is by: passing
* If the ball has rolled to a stop outside of the goal area, the goalie cannot go out to get it and bring it back into the restraining area.
* Throwing the ball up in the air and running forward to catch it, is a violation.
* The person in possession of the ball is allowed to keep it for three seconds before passing it.
* Once you get the ball, you may take three running steps before starting a dribble or before passing it to a teammate.
* The foot dribble is illegal in team handball.
* If you travel with the ball (taking more than 3 steps), it is considered a violation and there is an automatic turn over in that spot.
* The offensive players can perform a jump shot and enter the goal area while in the process of shooting thus landing in the crease.
* A player throwing the ball into the opponent’s goal scores if it passes over the goal line.
* A player kicking the ball into the goal does not score for his/her team.
* The goalie can go out of his or her restraining area at any time.
* Only the goalie can play inside his/her own restraining area.
* You are not allowed to kick the ball to another opponent at any time.
* If the ball goes out of bounds a throw in is awarded to the opposite team that last touched the ball.
* Diving for a loose ball is not allowed in team handball.
* The goalie is eligible to become a court player.
* The most effective type of shot used to score in team handball is the jump shot.
* The defense cannot have both feet just inside the circle area to assist the goalie. They can never be in the crease.
* Zone Defense = A defensive strategy where defensive players cover a specific area of the playing court.
* Man Defense = A defensive strategy where defensive players cover/guard a specific offensive player.
* Penalty/Foul = An infraction of the rules of the game, can be committed by either the offense or the defense.
* Offense = A term used to describe when a team has the ball and is trying to score.
* Defense = A term used to describe when a team does not have the ball and is trying to prevent the other team from scoring.
* Three Second Rule = A rule stating that once a player is in possession of the ball, they have a limited time to pass or shoot the ball.
* Crease = The area in front of the goal that floor players may not be in.
* Dropped Ball = A ball that is not caught in the air.
* Traveling = When a player walks while holding the ball more than 3 steps.
* Passing = Controlled throwing of the ball between teammates.