



IXa - 1 August 2005

Game Time: two halves, 30 minute each

Number of Players: 6 player, 1 goalie, and up to 7 player on the bench

Ball: The ball is made of leather or a synthetic material.

- Men: 58-60cm, 425-475g (IHF Size 3)
- Woman: 54-56cm, 325-375g (IHF Size 2)
- Youth: 50-52cm, 290-330g (IHF Size 1)

Court and Line:

- **Size:** 20mx40m
- **Free-throw line:** also called 9m line. A 9m dash line from the goal. Ball starts at this line after a fault between the goal area line and free throw line
- **Goal area line:** also called 6m line. 6m away from goal. No player is allowed this area except a goalie.
- **7-meter line:** 7m away from the goal. Penalty shot starts from here
- **Center Line:** Ball starts here when the game begin and after a score.
- **Substitution line:** Player must enter here when substituting
- **Side line:** Ball starts from the side line when the ball is out
- **Outer goal line:** Ball starts from the corner when ball was last touch by a player on the defense team and fall out from this line
- **Goal:** 3m width and 2m height

Basic Rule:

- When having the ball player have 3 second to hold the ball and move only 3 steps then must throw way or dribble. Unlimited time while dribbling the ball. Double dribble is no allowed. After dribble player have 3 more second to hold the ball and move 3 more steps then must throw the ball

