

JUL	27	28	29	30	31	AUG	1	2	3	4	5	6	7	8	9	10	11	12
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# Handball

Copper Box, Basketball Arena

● men ● women

Ball diameter: **19cm** (men),  
**17.5cm** (women)



Ball weight  
**475g** (men),  
**375g** (women)



**Heidi Løke (NOR)**,  
world's best female  
handball player of 2011

### Ball control

Players may not take more than three steps without dribbling (bouncing) ball. Ball may be held for maximum of three seconds

### TEAM

- 1. Goalkeeper
- 2. Centre
- 3-4. Left and right backs
- 5. Circle runner
- 6-7. Left and right wingers

**Goal:** 3m wide, 2m high

**Goal area**  
Occupied only by goalkeeper

**9m line:** Free throw line for minor violations

**Jump shot**  
Players may not step into goal area but can jump over 6m line and shoot for goal, releasing ball before landing inside area



**7m line**  
Penalty throw for major offences

Centre line

**Court**  
20m x 40m

6m line

**4m line**  
Goalkeeper restraining line during penalty throw

**Infringements**  
No tripping, pushing, hitting, charging or holding allowed. Players may not kick ball

Source: LOCOG  
Original pictures: Getty Images