**Team Handball**

**Rules:**

1. A player may take either three steps or three dribbles with the ball when in possession.
2. A player may only hold onto the ball for three seconds.
3. A player must shoot from outside the shooting arc.
4. All defenders except the goalkeeper must defend up on the shooting arc.
5. Defenders cannot steal the ball from an opponent when the opponent has the ball in his or her hand.
6. The game begins with a jump ball.
7. Goalkeepers may defend the goal with any part of their bodies, including their feet.
8. After a goal is scored the goalkeeper who was scored on will begin play with a pass to a team mate to start play up again.

**History of Team Handball:**

* Became a full Olympic Sport in the 1936 Olympics in Munich Germany.
* Competition for women’s teams began in 1976.
* Handball is played in about 150 countries, with 8 million player’s word wide.