

Sport Terminology

Terminologie du sport

As of WED 21 OCT 2026

Term	Definition
6 metre throw	A 6 metre throw is taken as a result of a penalty awarded to the attacking team for fouls against the opponent, or interference of someone not participating in that game, that prevents a clear goal scoring chance anywhere on the court. The 6 metre throws are taken from the 6 metre line and feature the shooter and the goalkeeper only. The goalkeeper and the other defenders must remain at least 1 metre from the thrower until the ball has left the thrower's hand.
Advantage (Rule of)	A clause in the Rules of the Game that gives the referees the discretion to allow play to continue, even after a foul has been committed, if stopping play would unfairly punish the fouled team.
Ball	The game is played with a round, non-slippery rubber ball. The men's ball weighs 350 to 370 grams and has a circumference of 54 to 56 centimetres; the women's ball weighs 280 to 300 grams and has a circumference of 50 to 52 centimetres.
Blocked Shot	A shot, blocked by defence, in which a potential goal has been prevented. Who takes possession of the ball after the block is not relevant for the evaluation of the action as a "blocked shot". A shot directed by the defence into the goal is evaluated as a "goal", not a "blocked shot".
Break between periods	The break between periods is five (5) minutes.
Breakthrough	A situation where the offensive player in possession of the ball penetrates the organised defence after an individual action and shoots.
Centre Back	A player that usually plays in the middle of the attacking side of the court, whose role is to organise and control the pace of the attack, and scores or assists his team mates to score.
Creative (shot, action)	Characterised by originality and expressiveness; imaginative.
Direct Goal	A goal scored by the goalkeeper from his own goal area. All other goals are to be considered as goals scored by a specialist or player.
Disqualification (match)	Disqualification from the match until the match ends. The referee must show a red card. The disqualified player must leave the court and substitution area immediately. The team, however, is allowed to increase the number of players on the court again after a turnover between the teams. A disqualification is the consequence of a second suspension for the same player. A player may be directly disqualified if he is acting in a way that is dangerous to the opponent's health. A direct disqualification automatically leads to a (minimum) one match suspension for the guilty player/team official.
Disqualification (tournament)	A ruling by officials that a player or team has broken the sport ethics rules, or breached the IHF rules regarding unsportsmanlike behaviour.
Disqualification with report	If the referees find an action to be particularly reckless, dangerous, premeditated or malicious, they must submit a written report after the game, so that the responsible authorities are in a position to take a decision about further measures.



Sport Terminology

Terminologie du sport

As of WED 21 OCT 2026

Term	Definition
Entering the goal area	Entering the goal area is considered to occur when a court player touches the goal area line and/or the goal area with any part of the body and should be penalised. Only the goalkeeper is allowed to enter the goal area.
Fair Play	Conformance to the rules, spirit and etiquette of sport; the ethos of sport.
Fast Break	A team attempt to move the ball up court and into scoring position as quickly as possible, so that the defence is outnumbered and does not have time to set up.
Free-throw	A free-throw is awarded for an infraction of the rules (except in the case where a 6 metre throw is warranted). The free-throw is essentially a restart from the place of the infraction, with the opponents being required to maintain a distance of at least 1 metre from the thrower.
Fumbling	Occurs when a player fails to control the ball when trying to catch it or stop it. If the ball has already been controlled, then the player may not touch it more than once after tapping or bouncing it.
Goal Area	A space defined by the goal area line (which is set 6 metres away from the goal line), side lines and goal line.
Goal Points	Points awarded for each scored goal. One or two goal points are credited when a goal is scored.
Goal Posts	Goal posts are placed in the centre of each goal line. They have an interior height of 2 metres and a width of 3 metres. The bottom of each goal must be appropriately anchored beneath the sand, The goals must have a net attached in such a way that a ball thrown into the goal cannot immediately rebound out of it.
Goalkeeper	A player who plays in the goal area to defend the goal. The goalkeeper may become a court player at any time.
Golden Goal	Rule that allows the team that scores the first goal to be declared the winner of a period that previously ended in a tie.
In-flight	Catching and shooting the ball in the same jump.
Left Wing	The left wing basically acts either in the far left corner of the court or at the intersection of the side line and the goal area line on the left side. The most frequent actions are jump shots into the goal area.
Numbers	The athlete's number (of approx. 12 x 10 centimetres) must be placed on the front and back of the men's tank tops and the women's body fit tank tops. Male athletes must wear shorts and female athletes must wear short tight pants with a close fit. The numbers used will be 1 to 99.
Own Goal	A goal scored by a player that is registered against their own team. It is not possible to score an own goal directly from a goalkeeper-throw. An own goal is awarded one goal point for the opposing team.
Pivot	A player who plays in attack on the 6 metre line between wing positions.
Playing Court	The playing court is a 27 metre long and 12 metre wide rectangle, consisting of two goal areas (6m x 12m) and a playing area (15m x 12m).



Sport Terminology

Terminologie du sport

As of WED 21 OCT 2026

Term	Definition
Playing the ball	A player is permitted to throw, catch, stop, push or hit the ball by using hands, arms, head, torso, thighs and knees.
Playing Time	The game consists of two periods, which are scored separately. Each period lasts ten (10) minutes. The intermission lasts five (5) minutes. The playing time includes the "time-outs", the "Golden Goal" and the "Shoot-out" but not the breaks.
Red Card	See: Disqualification (match).
Referees	Two referees with equal authority shall be in charge of each match.
Right Wing	The right wing usually acts either in the far right corner of the court or at the intersection of the side line and the goal area line on the right side. The most frequent actions are jump shots into the goal area. Left-handers often play on the right wing position.
Scoring	A goal is scored when the entire ball has crossed the full width of the goal line.
Shoot-out	A means of resolving a tie, in which an equal number of players from each side alternately take shots on the goal defended by the goalkeeper.
Specialist	A player wearing a goalkeeper uniform when he performs outside the goal area. Any goal scored by a specialist is awarded two goal points.
Spectacular (goal)	Of the nature of a spectacle; impressive or sensational; thrilling in effect; a lavishly produced performance (a spectacular goal is awarded two goal points)
Spin Shot	A shot taken with a full turn of the body in the air.
Stealing, Interception	Taking the ball away from an opponent who is in possession of the ball or intercepting a pass.
Steps	A maximum of three steps with the ball are permitted.
Substitutes	Substitutes may enter the match, at any time and repeatedly, through their substitution area, without notifying the timekeeper/scorekeeper, as long as the players who they are replacing have already left the court.
Suspension	The suspended player is not allowed to participate in the game during his suspension, and the team is not allowed to replace him on the court. The suspension begins when the play is restarted with a whistle signal. The suspended player can be replaced or is allowed to enter the playing court as soon as there has been a turnover between the two teams.
Team	There are up to ten players on the team roster. No more than four players (three court players and one goalkeeper) may be present on the court at the same time.
Team Officials	Each team has four team officials, but only two of them are allowed in the team substitution area. One of them must be designated as "the responsible team official" (usually team official A). Only this official is allowed to address the timekeeper, scorekeeper or referees.
Team time-out	Each team has the right to receive a one (1) minute team time-out in each period of regular playing time.



Sport Terminology

Terminologie du sport

As of WED 21 OCT 2026

Term	Definition
Throw-in	A throw-in is awarded when the entire ball has crossed the full width of the sideline, or when a court player on the defending team is the last one to touch the ball before it crosses his team's outer goal line.
Time-out	Playing time is stopped at the decision of the referees, either at their discretion, or obligatorily in some situations.
Travelling	Violation of the rules that occurs when a player takes too many steps without dribbling the ball.
Turnover	Occurs when a team gives possession to the opposing team by losing the ball by any means (pass intercepted, missed shot, infraction of the rules).
Uniforms	All the court players in a team must wear identical uniforms. The combination of colours for the two teams must be clearly distinguishable from each other. The Beach Handball male player's uniform consists of tank top and shorts and any approved accessories. The Beach Handball female player's uniform consists of tops and short tight pants with a close fit. A player who is entering the playing court as a goalkeeper must wear identical (in design and player's number) uniform with their teammates but in colours that distinguish the player from the court players of both teams and the goalkeepers of the opposing team.
Verbal Warning	A player or team official is given a verbal warning, which signifies that further infractions may lead to suspensions.

Note:
For further information please consult: www.ihf.info