

TEAM ROSTER

As of Tue 07 Jul 2026



Team:  Norway

Competition: Men's 20 EHF EURO 2026 - Final Tournament

Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Birgisson, Hlini Snær	20.12.2007	19	Right Wing	1.86	Follo HK	11	34
Bore, Vetle Mellemstrand	10.06.2007	96	Left Back	1.92	Nærbø IL	21	94
Dolva, Jesper	04.08.2006	30	Line Player	1.95	Viking TIF	14	15
Eggum, Ola Sønju	13.03.2007	8	Left Back	1.98	Drammen HK	25	47
Garmann, Torstein Årberg	05.04.2006	5	Right Wing	1.87	Åsane	4	13
Gautestad, Alexander Løke	13.08.2007	6	Line Player	1.98	Idrettslaget Runar	22	66
Gleditsch, Vetle Revheim	14.09.2006	1	Goalkeeper	2.01	Charlottenlund SK	9	0
Langerød-Nilsen, Ask	28.03.2006	2	Left Wing	1.81	ØIF Arendal Håndball Elite	2	1
Sagosen, Ciljan	13.12.2007	7	Centre Back	1.85	Bergen HK	24	60
Seierstad, Christian	21.10.2006	31	Right Back	1.87	Idrettslaget Runar	4	14
Søberg, Tobias Mehren	02.08.2006	22	Centre Back	1.96	Drammen HK	23	101
Steinsland, Nikolai Norås	12.07.2007	33	Left Wing	1.86	Nærbø IL	22	45
Sundsbak-Gullaksen, Brede	24.11.2007	36	Goalkeeper	1.93	Åsane	0	0
Sundsbak-Gullaksen, Casper	09.02.2006	3	Line Player	1.95	Nærbø IL	9	11
Vatnedal, Amandus	13.08.2006	55	Left Back	1.93	Rækker Mølle Håndbold	12	30

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Nominated Players	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Aasberg-Andreassen, Edvard	15.08.2007	20	Right Wing	1.70	Bodö HK	14	17
Andersen, Jonas Søyland	22.02.2007	18	Line Player	1.95	Drammen HK	14	29
Ask, Vemund Norheim	11.01.2006	27	Centre Back	1.90	ØIF Arendal Håndball Elite	21	62
Bakkedal-Andersen, Marius	21.02.2007	12	Goalkeeper	1.94	Elverum Handball	2	0
Bjørnsen, Magnus	03.09.2007	35	Line Player	1.95	Charlottenlund SK	0	0
Carlsson, Marcus Thornquist	28.12.2006	72	Left Back	1.92	Åsane	2	7
Denichou, Gaston René Jean-Marie	11.03.2006	34	Line Player	1.95	Stavanger IF	28	61
Ekren, Jesper Emblemsvåg	27.03.2007	24	Right Back	1.88	Elverum Handball	0	0
Gyve, Christopher Robin	13.03.2006	40	Left Back	1.91	Nordstrand IF	0	0
Hagen, Christoffer Hartz	15.03.2006	37	Left Back	1.95	Sandefjord Handball	5	8
Hanevik, Abel	13.07.2007	38	Right Wing	1.85	Viking HK	23	53
Januskevicius, Eimantas	08.11.2006	23	Left Back	1.98	Aalborg KFUM	11	18
Lindell, Oskar Hallerud	22.05.2006	44	Goalkeeper	1.86	Haslum IL	18	0
Oma, August Lind	31.01.2006	9	Centre Back	1.79	Drammen HK	24	60
Rist, Amund Haugejorden	06.10.2006	39	Left Wing	1.86	Haslum IL	22	43
Rommetveit, Emil	31.10.2006	16	Goalkeeper	1.95	Gneist Håndball	31	0
Sandven, Sebastian Rygg	30.10.2007	41	Centre Back	1.90	Åsane	0	0
Tjernshaugen, Sander Strøm	27.04.2007	10	Left Back	1.96	Follo HK	11	25
Wass-Schrader, Adam	27.08.2006	21	Right Wing	1.90	Nordstrand IF	0	0
Westgaard, Fredrik	10.02.2007	11	Left Back	1.95	Follo HK	10	5

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Official	Birthdate	Nationality	Function
Laug, Jørgen	04.04.1986	NOR	Head Coach (LC)
Fjelddalen, Mads	17.11.1977	NOR	Goalkeeper Coach
Tønne, Fredrik Andreas Lindstad	11.08.1995	NOR	Assistant Coach
Stensø, Joakim Schanke	14.01.1994	NOR	Physiotherapist
Tønder Knutsen, Karin	01.09.1978	NOR	Team Manager

Dresses Colours

	Priority 1	Priority 2	Priority 3
Shirt color	RED	WHITE	
Short color	NAVY BLUE	NAVY BLUE	
Goalkeeper shirt color	ROYAL BLUE	BLACK	RED