

## TEAM HANDBALL STUDY GUIDE

### History

Team Handball originated in Europe in the 1900's, and recognizes over 140 countries as members for the International Handball Federation. It started as a field game and had 11 players on a team. Later due to severe winters, the game was modified to become an indoor sport with the teams consisting of seven players. Team Handball is a fairly simple game which makes it possible to enjoy playing fairly soon. The game combines basic skills of running, jumping, catching, and throwing, goal tending and strategies into a continuous, fast-moving sport which makes it a good activity for cardiovascular fitness. The game combines skills from soccer, basketball, and hockey.

### Basic Rules:

- The objective of the game is to score a goal by passing the ball quickly and throwing the ball past the defense and goalie and into the goal.
- A regulation game is played on a floor that is slightly larger than a basketball court.
- The game consists of two thirty minute halves and each team gets one time out per half.
- Each successful goal is worth 1 point.
- The game is started with a coin toss to determine which teams has possession and begins the game with a center throw-off (This is a pass to a teammate, like a kick-off in soccer).
- Teams consist of 7 players (6 court players and one goalkeeper):
  - Left wing, circle runner, right wing, left backcourt, center, right backcourt.

### Game Play

#### Court Players are allowed to:

1. Hold the ball without moving for three seconds
2. Run with the ball for up to three steps before and after dribbles.
3. Dribble the ball for an unlimited amount of time
4. Pass and shoot

#### Court Players are not allowed to:

1. Kick the ball
2. Contact the ball below the knees.
3. Double Dribble (dribble, stop, dribble again)
4. Endanger an opponent with the ball
5. Pull, hit, or punch the ball out of the hands of an opponent
6. Step on or across the goal area line

*An infraction results in a free throw taken at the point of the infraction*

### **Goalies are allowed to:**

1. Defend the goal using hands, feet and body.
2. Move outside the goal area and throw for a goal, but must abide by the same rules as court players.
3. Take more than 3 steps when carrying the ball
4. Hold the ball longer than 3 seconds.

### **Goalies are not allowed to:**

1. Leave the goal area while in possession of the ball
2. Pick up a ball outside the goal area.

*An infraction by the goalie will result in a penalty throw.*

### **Goal Area Rules:**

1. Only the goalie is allowed inside the goal area and there must be a goalkeeper at all times.
2. Players may jump into the goal area if they release the ball before landing in the area.
2. A ball in the goal area belongs to the goalie unless it is in the air.

### **Terminology**

**Throw off** – the method of putting the ball into play at the beginning of the game and after a goal is scored. The throw is made from center court.

**Free throw** – a throw awarded to the opposing team when the other team violates the rules.

**Corner throw** – a throw taken by the offensive team player after a ball crossed over the goal line after being touched by a defender other than the goalie.

**Throw in** – the method of putting the ball back into play after it has crossed one of the sidelines.

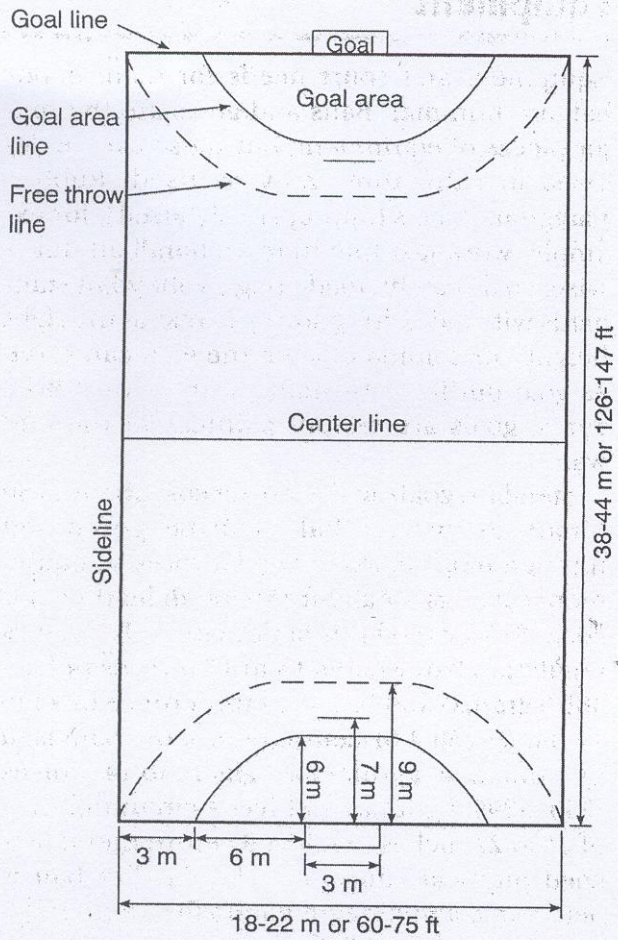
**Throw out** – the method a goalie uses to put a ball back into play after he or she blocks or catches a shot that does not cross the goal line.

**Penalty throw** – a throw awarded to the offensive player when fouled attempting a shot at the goal, and goalie infractions.

**Referee's throw** – a ball bounced by the referee to restart the game after simultaneous infractions by members of both teams and when a game is interrupted.

### **Safety**

Because this is a very fast moving game, collisions may sometimes happen. If intentional roughness, grabbing or pushing happens it should be dealt with immediately. Goalies may want to wear a light helmet and goggles.



**Team handball court dimensions**