



TEAM HANDBALL

HISTORY

Team handball had its origins in Europe in the late 1920's. It was developed in Denmark as a means for soccer players to stay in shape during winter. It is played by over 140 nations who are affiliated with the International Handball Federation (IHF). The formation of the United States Team Handball Federation (USTHF) in 1959 was the beginning of team handball in the U.S. Although the sport is still little known in the U.S., team handball is an Olympic sport for both men and women. The sport was reintroduced to the Olympic calendar at the Munich games in 1972 for men after an absence of 34 years. It became a women's Olympic sport in 1976. Team Handball ranks second to soccer as the most popular sport in the world.

THE GAME

The basic objective of the game is to score a goal using passing and good teamwork. Team handball can be played indoors or outdoors on a court much like a basketball court. Each team has seven players (six court players and a goalkeeper) who play both offense and defense. The basic objective is to throw the ball into the goal of the opponent and to defend one's own goal against attacks by the other team. The goal is a net 2m X 3m.

SAFETY

1. There is NO PHYSICAL CONTACT.
2. There is NO DIVING for the ball.
3. Only the goalkeeper is permitted in the goal area AT ALL TIMES.
4. There is NO PULLING, HITTING or PUNCHING the ball from someone's hands.
5. You may not ENDANGER an opponent with the ball.

RULES

1. **DURATION OF GAME**
Two 30 minute halves with a 10 minute half time. There is one team time out per half.
2. **THROW-OFFS**
To begin the game, the offense lines up along the center line with the ball in the middle. Defense must be at least 3 meters (10 ft) away from ball. Ball must be PASSED to a teammate to begin play. This procedure is repeated after each goal. The team that did not score gets the ball.
3. **SCORING**
One point is scored for each goal when the entire ball crosses the goal line inside the goal. A goal may be scored from any type of throw.
4. **GOALKEEPER & AREA**
The goalkeeper may use any part of his/her body to defend the goal while in the goal area. Only the goalkeeper is allowed in the goal area (6-meter line). For safety reasons, in class if an offensive player throws a goal then continues into the goal area, the GOAL does NOT COUNT.
5. **PLAYING THE BALL**
Players ARE ALLOWED to: a) Run with the ball 3 steps, b) Hold the ball 3 seconds, c) Unlimited dribble with 3 steps allowed before and after dribbling (no double dribbling).
Note: Goalkeepers are not restricted to the 3 step or 3 second rule while in the goal area.
Players are NOT ALLOWED to: a). Contact the ball with any part of the body below the knees b). Endanger an opponent with the ball. c). Pull, hit or punch the ball out of the hands of an opponent d). FOR SAFETY, in class, there is NO DIVING for the ball.
6. **DEFENDING THE OPPONENT**
Using the arms or legs to obstruct, push, hold, trip or hit is NOT permitted. Offensive players may NOT charge into an opponent. Players are NOT permitted to pull, hit or punch the ball out of the hands of an opponent.

7. **THROW-IN**

Awarded when the ball goes out of bounds over the sideline. Player must place one foot on the sideline to execute the throw. All opposing players must be 3 meters from ball.

8. **CORNER THROW**

Awarded when a defensive player (excluding goalkeeper) causes the ball to go out of bounds over the goal line. Throw is taken from the nearest corner. Player must have one foot on the corner sideline to execute the throw.

9. **FREE THROW**

For any infringement of the rules by a player, a free throw is awarded to the opponents at the exact spot of the foul or violation. If the infringement occurred between the goal-area line (6-meter line) and free throw line (9-meter line), the throw is taken from the free throw line (9-meter line) directly in front of the point of the foul or violation. Defensive players must be 3 meters back from the throw, offensive players must be outside the free throw line.

10. **PENALTY THROW**

Awarded when: a) Foul destroys a clear chance to score a goal, b) The goalie carries the ball back into his/her goal area, c) A court player intentionally plays the ball to his/her goalie in the goal area & the goalie touches the ball, d) A defensive player enters his/her goal area to gain an advantage. All players must be outside the free-throw line (9-meter line) on the throw. The player has 3 seconds to make the throw from the penalty line (7-meter line).

11. **GOAL THROW**

Awarded when: a) Ball passes over goal line off the goalkeeper, b) Ball is thrown over the goal line by the attacking team (goalkeeper takes the throw inside the goal area).

12. **PROGRESSIVE PUNISHMENTS**

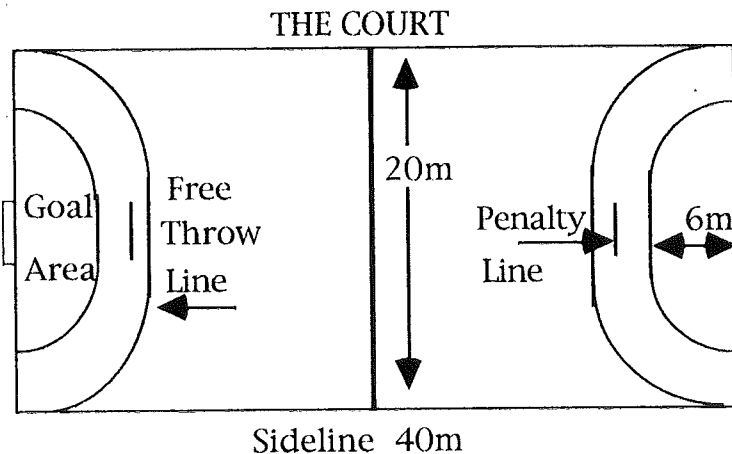
These are fouls that require more punishment because they are directed at the opponent. For example: a) Repeated rule violations, b) Excessive roughness, c) Unsportsmanlike conduct

***Warning** (Yellow card) – Referee gives only one warning per player & only 3 to a team.

* **2-Minute Suspension** - No substitution is permitted for the player on suspension.

* **Disqualification** – After three 2-minute suspensions, player must leave court and bench.

* **Exclusion** – Given for assault; excluded player's team plays short for the rest of the game.

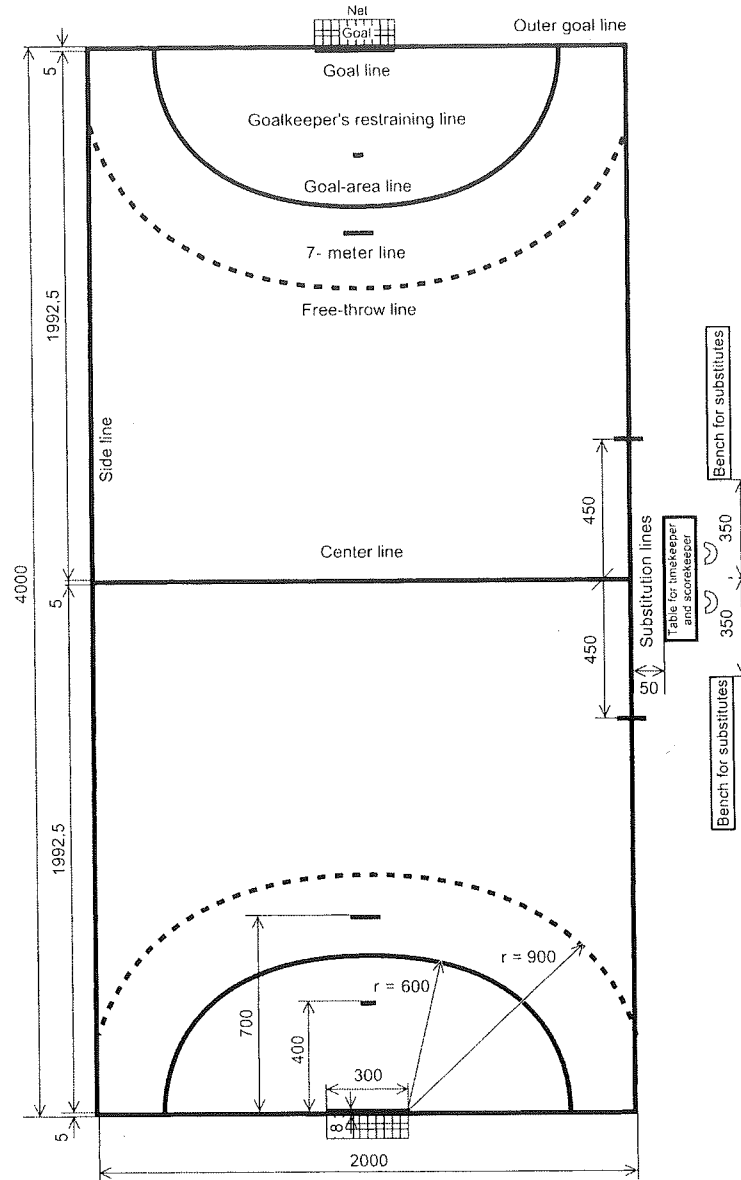


- NOTE:**
1. The court is larger than a basketball court, but may be shortened when space is limited.
 2. The net is 2 meters x 3 meters.
 3. All court lines are referred to by their measurement in meters. The most significant is the 6-meter line or goal area line. Only the goalkeeper is permitted inside this area. The 9-meter line, or free throw line, is for minor penalties, while the 7-meter line, or penalty line is used for penalty shots.
 4. To keep up to date on rule changes and information check the International Handball Federation website at www.usateamhandball.org.



Rule 1

Diagram 1: The Playing Court
Dimensions indicated in cm



Goal area: see also diagram 5 (page 90)