Team Handball

### History

Team Handball originated in Europe in the 1900s and recognizes over 140 countries as members of the International handball Federation (IHF). Handball first appeared in the Olympics in the 1936 Berlin Games as an outdoor sport, with 11 players on a side. It was not played again at the Olympic games until 1972, where it was played indoors with 7 players on each side. Women’s handball was added to the Olympic Games in 1976.

### Basic Rules

**Object of the Game-** Handball combines the elements of soccer and basketball, as six players move the ball down a floor that is larger than a basketball court and try to score by throwing the ball past a goalkeeper into the net. A successful scoring attempt results in the award of a single point. Typical final scores in this action-packed game run in the mid twenties. A regulation game is played in 30 minute halves with one team timeout per half. A coin toss determines which team starts the game with a throw-off. The clock stops only for team timeouts, injuries, and at the referee's discretion.

#### Field of Play

The court is slightly larger than a basketball court. Regulation size is 20x40 meters (65'7" x 131' 3"). All court lines are referred to by their measurement in meters. The most significant line on the court is the 6-meter line or goal area line. Only the goalie is allowed inside the goal area. Players may jump into the goal area if they release the ball before landing in the area. The 9-meter line, or free throw line, is used for minor penalties, while the 7-meter line, or penalty line, is used for penalty shots, much like penalty kicks in soccer.

A versatile game, team handball can be played indoors in the gym, outdoors on the grass, on a paved area or on the beach.  
  
See the last page of the handout for court layouts.

#### The Goal

An official size goal measures 2 meters high (6'7") and three meters wide (9'10"). The net is one meter deep at the base of the goal.

#### The Ball

A handball is made of leather and is about the size of a large cantaloupe. It varies in size and weight according to the group playing. The ball for men weighs 15-17 oz. and is 23-24" in circumference. Women and juniors use a smaller ball weighing 12-14 oz. and 21-22" in circumference. Youth use smaller varieties of balls for mini-handball. In class we will be using a modified ball.

#### Teams

A game is played between two teams. Seven players on each team are allowed on the court at the same time (6 court players and 1 goalie). Unlimited substitution is allowed. Substitutes may enter the game at any time through their own substitution area as long as the players they are replacing have left the court.

Starting Play

The game begins with a throw-off by one team determined by a coin toss. The throw-off is a pass to a teammate within 3 seconds after the referee’s whistle. The thrower must keep one foot stationary. Both teams begin on their half of the court. The offensive teams lines up along and behind the center line. Defense usually takes a position as seen in the diagram below. Regardless of where the defense stands- they cannot be within 10 feet of the offense.

#### Playing the Ball

Players are allowed to:  
• Dribble the ball for an unlimited amount of time  
• Run with the ball for up to three steps before and after dribbles  
• Hold the ball without moving for three seconds

• Pass or shoot  
  
Players are not allowed to:  
• Endanger an opponent with the ball  
• Pull, hit, or punch the ball out of the hands of an opponent  
• Contact the ball below the knees

• Double Dribble

• Dive to play the ball on the floor

• Kick the ball

• Step on or across the goal line area

• Air dribble (toss the ball into the air with the intention of catching it

• Charge a defender

#### Penalties

Free Throw: for a minor foul or violation, a free throw is awarded to the opponents at the exact spot it took place. If the foul occurs between the goal area line and the 9 meter line, the throw is taken from the nearest point outside the 9-meter line. All players on the team taking a free-throw must be outside the 9-meter line. Opponents must be 3 meters away from the ball when the throw is taken.  
  
A 7-Meter Penalty Throw is awarded when:  
• A foul destroys a clear chance to score a goal  
• The goalie carries the ball back into the goalie area  
• A court player intentionally plays the ball to his or her own goalie in the goal area and the goalie touches the ball  
  
All players must be outside the free-throw line when the throw is taken. The player taking the throw has 3 seconds to shoot after the referee whistles. Any player may take the 7-meter throw.

#### Progressive Punishments

These are fouls that require more punishment than just a free-throw. "Actions" directed mainly at the opponent and not the ball are punished progressively (actions consist of reaching around, holding, pushing, hitting, tripping, or jumping into opponent).  
  
• Warnings (yellow card) - referee gives only one warning to a player for rule violations and a total of 3 to a team. Exceeding limits results in a 2-minute suspension.  
• 2-minute suspension - Awarded for serious or repeated rule violations, unsportsmanlike conduct and illegal substitution.  
• Disqualification (red card) - awarded after three 2-minute suspensions have been issued; the disqualified player must leave both the court and bench but the team may replace the player after the 2-minute suspension expires.  
• Exclusion is awarded for assault; the excluded player's team continues short one player for the rest of the game.

Goalies

Goalkeepers may:

• Defend their goal in any manner using hands, feet, and body

• Move outside the goal area and throw for a goal- but must abide the rules for court players

• Take more than 3 steps when carrying the ball

• Hold the ball for more than 3 seconds

Goalkeepers may not:

• Leave the goal area when in possession of the ball

• Pick up a ball outside the goal area and carry it back in.

Throws

1. Throw-off
2. Free throw
3. Throw-in
4. Penalty throw
5. Goal-throw
6. Throw-out

\*A goal may be scored from all the following except the throw-out.

Throw-off

The game begins with a throw-off by one team determined by a coin toss. The throw-off is a pass to a teammate within 3 seconds after the referee’s whistle. The thrower must keep one foot stationary. Both teams begin on their half of the court. The offensive teams lines up along and behind the center line. Defense usually takes a position as seen in the diagram below. Regardless of where the defense stands- they cannot be within 10 feet of the offense.

Free Throws

Awarded for rule infractions by goalies and court players. Opposing team takes the free throw from a spot nearest where the infraction occurred. When the free throw is taken: defensive players are 10 feet away, thrower has one foot on the ground, and thrower must throw or pass within 3 seconds.

Throw-Ins (Sideline Throw or Corner Throw)

Can be taken from either the sidelines or the corner. Corner throw is taken when the defense (not the goalie) touches the ball last when it goes over the end line. A sideline throw is taken if the ball crosses the sideline in the spot it went out at. These rules apply to throw-ins- must be taken within 3 seconds, keep one foot stationary, and ball can be thrown with one or two hands.

Penalty Throw

Taken by one player from the penalty line- keeping one foot stationary. All others must be outside the free throw line except the defending goalie. The player taking the penalty throw has 3 seconds to shoot. See penalties section for why this is awarded.

Goal Throw

A goal throw is made by the goalie from outside the goal area upon retrieving a loose ball outside the goal area.

Throw-out

A throw-out is made by the goalie from within the goal area. The following result in a throw out: 1. a ball is caught or blocked inside the goal area before crossing the goal line. 2. The ball is thrown or deflected over the goal line outside the goal by the offensive team. 3. An offensive shot is deflected or blocked by the goalie before going over the goal line outside the goal.