

## **TEAM HANDBALL**

### **THE GAME:**

- Team handball is played on a hard surface (such as a basketball court) by seven players.
- The basic skills of running, jumping, catching and throwing are combined into a fast moving exciting game.
- Elements of basketball, soccer, water polo, and hockey are used in this Olympic Sport.

### **OBJECT OF THE GAME:**

The basic objective of the game is to out-maneuver the opponent by passing the ball quickly, not invading the goal area circle, and by throwing the ball past the defenders and goalie to score.

### **THE COURT:**

- The court boundaries are called touchlines (sideline) and goal line (endline).
- The netted goal is located on the goal line.
- The goal area circle (3 point line in Phy-Ed classes) surrounds the goal and only the goalie can legally be in it.
- Other markings on the court include penalty mark (7M in front of goal) & the free throw line (9M from goal line).

### **DURATION OF GAME:**

30-minute game with 15-minute halves and a 3-minute intermission. No time outs except for injuries.

### **THE PLAYERS:**

- A playing team consists of seven players (6 court players and one goalie). Remaining players are substitutes.
- Substitute players may enter the game at any time from an area called the substitution area, located on either side of the centerline.

### **START THE GAME:**

- Captains Rock-Paper-Scissor to determine who will have first possession of the ball.
- The game then begins at center court by a throw / pass to a teammate (just like soccer).
- The same procedure is followed at halftime and after each goal is scored.
- The line up has the offense lined up on the centerline and the defense lined up around their goal area line.

### **PLAYING THE BALL:**

- A player is only allowed to run 3 steps with the ball.
- A player may hold the ball for 3 seconds before passing or throwing it.
- There is no limit on dribbling the ball. However, a double dribble (as in basketball) is not allowed.
- A player may take 3 steps, dribble, and take 3 more steps before passing or shooting.
- A player may not kick the ball at any time.
- A player may not pass the ball to his/her self by throwing it into the air (a juggle or air dribble is illegal).
- Players are not allowed to dive on the ball when it is on the ground. (stay on your feet!!)
- A goalie may leave the goal area to play the ball but must then abide by all the court rules.

**ANY VIOLATION OF THE ABOVE RULES, THE OPPONENTS RECEIVE A FREE THROW.**

### **DEFENDING THE OPPONENT:**

- A player is allowed to use the body to obstruct an opponent's throw or pass of the ball. You can use arms, legs, body, and your head to block and defend the ball.

- There is to be no use of the arms or legs to obstruct, push, hold, trip or hit an opponent at any time.
- The offensive player may not charge (run through, knock over, etc) into a defensive player.
- ANY VIOLATION OF THE ABOVE RULES, AND A FREE THROW IS AWARDED.

#### **OUT-OF-BOUNDS:**

- If the ball goes out on the touchline (sideline) - a throw-in is taken. Player throwing must have both feet on the line.
- If the ball goes out on the goal line, last touched by a defensive player a throw-in near the nearest corner is taken by the offense.
- If the ball goes out on the goal line, last touched by an offensive player - a goal throw by the goalie is taken.

#### **SCORING:**

- Goals may be scored from all formal throws such a throw-ins, from the center of the field, and by the goalie if they are outside their goal area and on the playing field.
- To count as a score the ball must be entirely over the foul line, between the goal posts and under the bar
- All goals counts as 1 point.

#### **GOAL AREA:**

- Only the goalie may stand inside the goal area.
- If an offensive player is in the circle or on the line, with or without the ball, the ball is given to the opponent and the goal does not count. A free throw from that spot is awarded to the defense.
- If the defense goes in the goal area during an offensive attack, a penalty throw is awarded to the offense.
- A ball inside the goal area belongs to the goalie.

### **FREE THROW:**

- A free throw is taken immediately, from the place the violation occurred. The defense must be 3M (10') away.
- The thrower must have one foot continuously in contact with the court and must throw or pass within 3 seconds.
- If the foul occurs between the goal line and the free throw line, a free throw is taken just outside the free throw line opposite from where the foul took place.

### **PENALTY THROW:**

- A penalty throw is given when an offensive player is fouled when the offense had a sure chance to score when fouled.
- The penalty throw is taken from the penalty mark. One foot must remain in contact with the court behind the line until the ball is released. All other players must stand behind the penalty mark until the ball is released.

### **PLAYER PUNISHMENT:**

- Players with repeated personal fouls will be issued a warning (yellow card).
- If a player is guilty of unsportsmanlike conduct, unnecessarily rough play or continued intentional fouls, the referee will issue a 2-minute suspension from the game. The team must play one player short.
- If a player commits a third rule violation, then the player will be disqualified from the game as well as having a teammate serve the 2-minute penalty.

(Borrowed from BHS Physical Education, 2009)