

# **Team Handball**

## **History**

The origins of handball can be traced back to medieval times but it was in 1906 that the rules of modern handball were first created in Denmark. The game is hugely popular in Northern and Eastern Europe but is played around the world.

The governing body of the game is the International Handball Federation, who also organizes the World Championships. It is believed that there are around 19 million handball players in the world today.

Handball is traditionally played indoors but there have been variations such as field handball and beach handball (sometimes referred to as sandball) that have been played outdoors.

## **Object of the Game**

The object of handball is to score more points than your opponent.

A handball game lasts for a regulation 60 minutes. This is split into two periods of 30 minutes each with a 15 minute interval. For younger players, the period time can be reduced to 20 minutes.

## **Players & Equipment**

The standard handball games features 7 players on each side, six outfield players and one goalkeeper. A team will also have 7 substitutes, which can be used on a rolling basis and with no need to notify the referee.

There is semi-circle area around each goal area, sometimes referred to as the crease or the zone. There is also a dashed semi-circle line, which lies 9 meters from goal, which is the free throw line.

A handball game can be played with a court, two goals and a ball. Official games will see teams where uniforms.

## **Scoring**

A goal is scored in handball when the ball is thrown into the opponent's goal from outside the goal line (3 point line).

## **Winning the Game**

To win in handball you must score more than your opponent.

If the handball game is drawn then there must be a winner; then periods of overtime with a maximum of 2 5-minute periods are played. If the scores are still level, a shoot-out is used to determine the result of the game.

# Rules of Handball

- A match consists of two periods of 30 minutes each.
- Each team consists of 7 players; a goalkeeper and 6 outfield players.
- Outfield players can touch the ball with any part of their body that is above the knee.
- Once a player receives possession, they can pass, hold possession or shoot.
- If a player holds possession, they can dribble or take three steps for up to three seconds without dribbling.
- If a player double dribbles it is a turnover. A double dribble is when a player dribbles picks up ball with 2 hands (catch) and dribbles again.
- Players are not allowed to enter goal area with the ball.
- Only goalie may obtain ball in goal area.
- Only the goalkeeper is allowed to come into contact with the floor of the goal area.
- Goalkeepers are allowed out of the goal area but must not take the ball outside the goal area or cannot bring the ball back into the goal area.
- If the ball goes out of bound on the sideline there will be a throw in. It goes for corners of court a corner throw in.
- If the ball is shot and bounces off the goalie it is still the goalies ball.
- Defenders cannot take the ball from player's hands.
- Penalty shots will be taken from free throw line. Making contact with shooter or stopping a breakaway play rewards a penalty.
- Smaller infractions will result in possession where foul occurred.
- Defender must stay above free throw line in goal area or a penalty may be awarded.

