

Team Handball

History

Team handball originated in Europe in the 1900's, and recognizes over 140 countries as members for the International handball Federation. 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 Olympics in 1976.

Rules

1. Object of the game

Handball combines the elements of soccer and basketball, as six players move the ball down the 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 into the mid twenties.

A regulation game is played in 30 minute halves with 1 team timeout per half. A coin toss determines which team starts the game with a throw-off. The clock stops only for a team timeout, injuries and at the referee's discretion.

2. field of play

The court is slightly larger than a basketball court. 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.

3. Teams

A game is played between 2 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.

4. Playing the ball

Players are allowed to:

- Dribble the ball for an unlimited amount of time
- Run with the ball for up to 3 steps before and after dribbling
- Hold the ball without moving for 3 seconds

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

5. Penalties

- a. Free throw- for a minor foul or violation, a free throw is awarded to the opponents at the exact spot it took place.
- b. 7 meter penalty shot is awarded when:
 - i. a foul destroys a clear chance to score a goal
 - ii. the goalie carries the ball back into the goalie area
 - iii. a court player intentionally plays the ball to his or her own goalie in the goal area and the goalie touches the ball

there are also progressive punishments that require more than just a free throw. Yellow card_ more than 1 warning for rule violations to an individual and 3 to a team require a 2 minute suspension