

Team Handball Handout

History

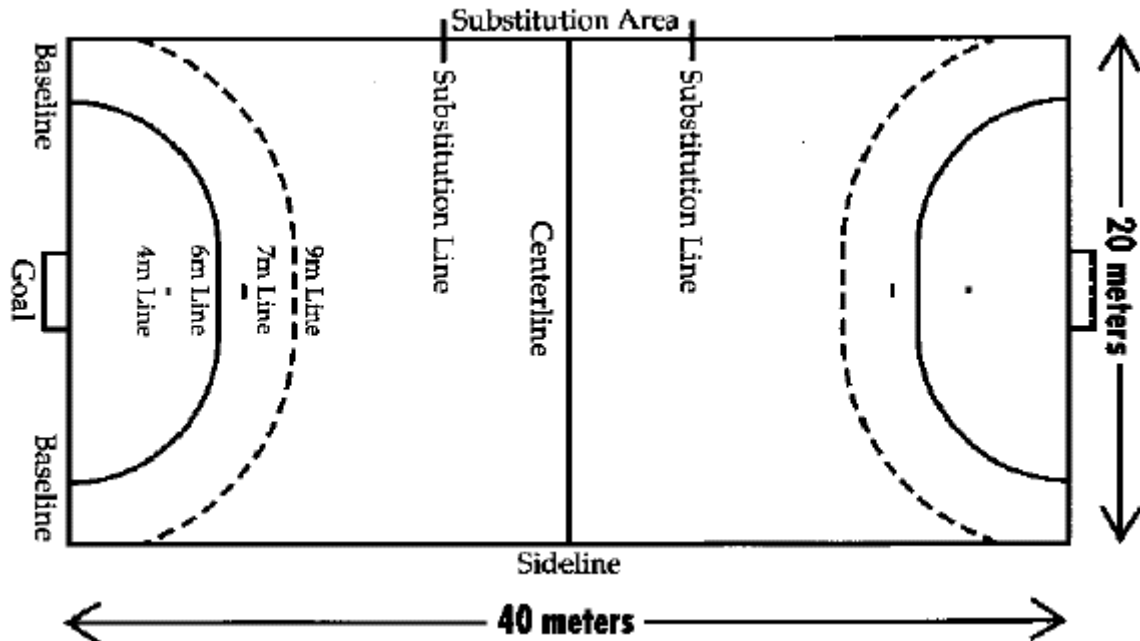
Team handball has existed in the United States since 1959, but only in the last few years has it been recognized as something entirely different from the four wall variety of handball. The inclusion of team handball in the Olympics in 1972 in Munich, Germany. Canada has given the sport more exposure.

The sport was developed in Denmark in the early 1900's as a way to keep soccer players in good physical shape during the long Scandinavian winter months. It is now the second most popular sport in Europe, second only to soccer in popularity.

The Game

Team handball combines the skills of running, jumping, catching, and throwing into a fast-moving, exciting game. Elements of soccer, basketball, hockey, and water polo all can be seen in team handball. The basic objective of the game is to outmaneuver the opponent by passing the ball quickly and then throw the ball past the defense and goalie to score. The rapid continuous play, spectacular leaps and dives into the air by players attempting to score, and the quick reactions of the goalie make the game equally enjoyable for spectators as well as players.

The Playing Court



All court lines in team handball are referred to by their measurement in meters. A regulation court is larger than a basketball court, 20 x 40 meters (6.5' x 131'). The goals are 2 x 3 meters (6' x 10'). Regulation goals have nets, but in class we simply use the area marked with white lines.

The most significant line on the court is the 6 meter line (three-point line) of the goal area. The area is enclosed by the 6 meter line called the goal area or "circle". *Only the goalie is allowed to stand inside the goal area.* However, an offensive or defensive player may be in the air over the circle as long as their takeoff was from outside the goal area line. The player cannot interfere with play in any way after landing in the goal area and must exit in the shortest route possible. The 9

meter line, or free throw line, is used for minor penalties in the game. The 7 meter line, or penalty line, is used for major penalties.

The Ball

The ball used in team handball looks like a small soccer ball or volleyball and is made of leather. In class, we use a softer, vinyl-covered foam ball.

The Players

Each regulation team has seven players, six court players and one goalie. (Teams in class may vary in size). The players may play over the whole court (no offside rule). Players are designated by the position they play. The following diagram shows a basic offense and the names of each position.

Starting the Game

A regulation game starts with a throw-on after the official's whistle. A coin is flipped to determine who will have possession of the ball. The throw-on will restart play after a goal in a regulation game, but in class the goalkeeper restarts play after a goal.

The Goal Area

Only the goalie is allowed to stand inside the goal area. If an offensive player is in the circle or on the line, the ball is given to the opponent and the goal does not count. If the defensive gains an advantage by being in the circle, a penalty throw is awarded. A ball inside the goal area belongs to the goalie. However, the ball is not considered to be in the goal area if it is in the air.

Playing the Ball

A player is allowed to run three steps with the ball or hold it for three seconds. In competition play there is no limit to dribbling the ball, but in class you are limited to three dribbles only. We refer to this as 3-3-3 rule (3 steps, 3 dribbles, 3 seconds). A player is not allowed to play the ball with their legs below the knee. Players are also not allowed to dive on the floor in an attempt to play the ball. In addition, it is illegal to keep the ball in a team's possession without making a recognizable attempt to try and score (no stalling).

Defending the Opponent

A player is allowed to use their body to obstruct an opponent either with or without the ball. However, using the arms and legs to push, hold, trip, or hit is not allowed. The offensive player is not allowed to charge into a defensive player who is in the proper position (a free throw is awarded).

Throw-In

In a regulation game, a throw-in is taken if the ball goes out of bounds on the side line. In class, throw-ins are unnecessary because everything is considered "in play". When taking the throw-in, the defense must be three meters (10') away when the ball is passed in bounds.

Referee's Throw

A referee's throw is taken when the players from both teams infringe the rules at the same time or when the game has been interrupted with no infringement of the rules and neither team had possession of the ball. The execution is basically a "jump ball" between any one player from each team.

Penalties

A FREE THROW is given for minor infractions of the rules, similar to a violation in basketball. The free throw is taken immediately, without the referee handling the ball, from the place where the violation occurred. The defense must remain 3 meters away. The thrower must throw or pass the ball within 3 seconds.

A PENALTY THROW is given for personal fouls of a more serious nature. The majority of penalty throws are given when an offensive player is fouled while shooting. However, a penalty throw is not awarded unless the referee feels that the offense has a sure chance to score when fouled. The officials follow the "advantage rule": if a team fouled against is able to gain the advantage, play continues without penalty.

A SUSPENSION is given for unsportsmanlike conduct or intentionally repeating personal fouls. A free throw is awarded for the opposing team and the player is suspended for 2 minutes and the team must play short (like a "power play" in hockey). Additional suspension is a disqualification and in class, this results in a "0" for the day.

Goalie Rules

- When in the circle, the goalie is not limited to the 3-3-3 rule.
- Goalie may not score when inside their own defensive circle.
- Goalie becomes a regular court player when leaving the defensive circle.
- Goalie may not kick the ball.
- Goalie may not receive the ball directly from their own player.

Principles of Shooting

The best shots in team handball are simple, directed to an open space and taken on the move.

Points to Remember When Shooting

- Shoot for the high and low corners of the goal.
- Rebound the ball off the floor and into the goal.
- Do not shoot at extreme angles.
- Do not shoot with defender directly in front.
- Do not shoot from far out. The best shots are from 9 and 6 meters.
- If able to drive past the defenders, jump into the circle to get closer to the goal; watch the goalie and shoot for the corners. The ball must be released before you land.