

Team Handball Study Guide

History

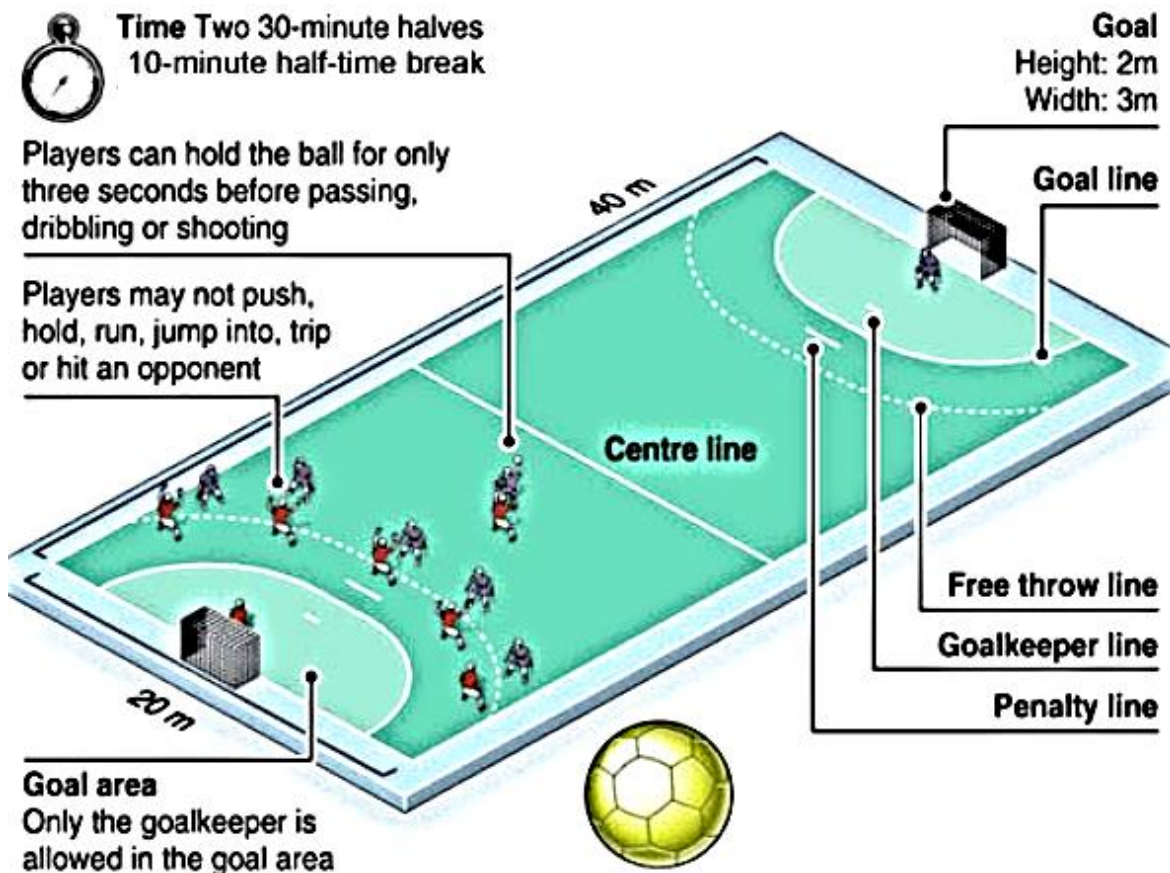
Team Handball originated in Northern Europe in the late 1800s. The game may be a derivation of ones similar to those played by the Greeks and Romans. What started as an outdoor sport moved indoors due to the popularity of the sport in snowy Scandinavia. In the 1936 Olympics, it was an outdoor exhibition sport comprised of eleven field players. It has been an indoor Olympic sport since 1972 and added women's teams in 1976.

Objective (Scoring system)

The two teams consist of seven active players (including a goalie). One point is earned for each ball that is thrown into the opponent's goal completely crossing the goal line. Jumping into the goal area is permitted and the goal will count if the ball crosses the line before they land. Scores can typically be near the twenties. The game is a combination of elements from water polo, basketball, soccer, and hockey. It is a timed game consisting of 30-minute halves with a 10-minute intermission. There are no time-outs except for injury. Substitutions can be made at any time.

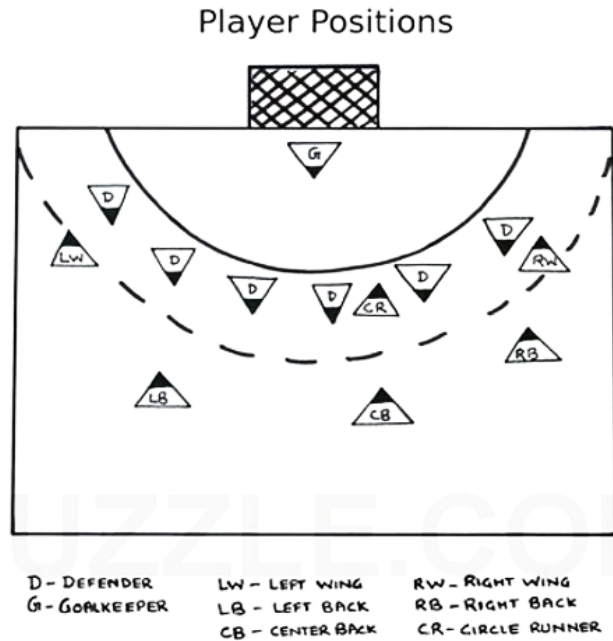
Equipment/Playing surface

The court measures 20 M by 40 M which is larger than a basketball court. Boundaries are called touchlines (side) and end lines. Goals are 2 meters high and 3 meters wide (about 6.5' by 10'). The 6 meter line designates an area that is off-limits for players except the goalie. The free throw line is marked by a dashed line 3m back from the goal line. Official balls are leather and similar in construction to a small soccer ball that can be held in one hand. Official circumference: Men - 23 to 24"; Women and youth - slightly smaller.



Players/Positions/Skills

- Goalies are the only position player that can use their feet or any other part of the body. They are the only player that can pick up the ball in their respective goal area.
- Circle runner/Pivot is quick and helps create openings between the defenders. This player usually has their back to the goal and runs along the 6m line.
- Left/Right Backs have good shoulder strength, who jump and shoot over the defenders.
- Center Back is the playmaker. They make offensive decisions similar to a quarterback in football or a point-guard in basketball. They distribute the ball and are good at finding weaknesses in the defense.
- L/R Wingers are typically shorter and more agile. They would jump from the side to score and therefor need to be good at understanding angles when shooting.



Rules/Faults

Players are allowed to run for 3 steps before they are required to bounce the ball, pass, or shoot. After dribbling, players are required to pass or shoot after the second set of 3 steps. Goalies may not touch stationary or rolling balls outside of the goal area. All throw-ins, free throws, and penalty throws must be completed with a foot maintaining contact with the ground. Throw-ins and free throws require opponents to be 3m away.

Throw-off: Throw-offs begin the game and are done following each goal. Offensive players line up on or behind the centerline and initiate play by throwing to a teammate. Defenders are already on their 6m line.

Throw in: A throw that is initiated from the side-line after going out-of-bounds.

Corner throw: A throw awarded to the offense when a defender other than the goalie touches the ball last prior to the ball going over the goal line. Otherwise, the goalie restarts play with all balls that go over the goal line.

Free throw: A throw for the opposing team from the spot of the minor foul.

- Dribbling more than once is "double dribble" and results in a turnover.
- Palming the ball (dribbling from the bottom of the ball) is also a turnover.
- Players are not allowed to pass the ball to themselves (air dribbling).
- The ball may not be held for longer than 3 seconds.
- No position players are permitted to kick the ball or dive.
- The defense is not allowed to push, hold, trip, or hit an opponent.
- Defenders are also not allowed to knock the ball out of an opponent's hand.
- Offensive players are not allowed to charge into defensive players, but may use picks or screens as a way of getting open.
- Goalies that leave the goal area while possessing the ball.

Penalty throw: A throw at the goal from the 7m line when the following major fouls occur.

- An attacker gets fouled in the act of shooting.
- Defender enters the goal area to gain an advantage.
- Passing the ball back to the goalie in the goal area.
- Goalies bringing the ball back into the goal area.

Components of Fitness

Team handball requires cardiorespiratory endurance and muscular endurance. At a competitive level, you can burn over 700 calories per hour.