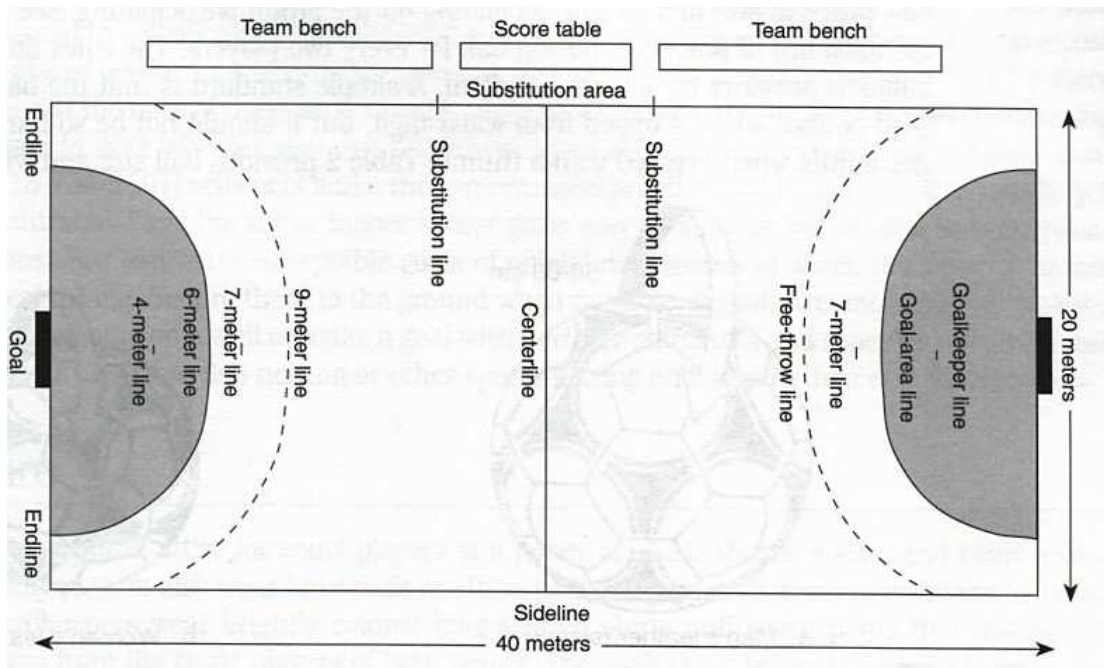


Team Handball Study Guide

Team Handball is a fast and exciting sport. It combines elements of basketball, soccer, hockey and lacrosse, and has been described as water polo played on land.

The Court:



Number of Players:

There are seven players on each team (six court players and one goalie). A maximum of 12 players may dress and participate in a game for each team. Substitutes may enter the game at any time through own substitution area as long as the player they are replacing has left the court.

How to Begin The Game:

The game starts with a throw-off. This is taken by the team that wins the coin toss and elects to start with the ball in its possession. The throw-off is taken in any direction from the center of the court, and it is preceded by a whistle, following which it must be taken within 3 seconds. The player taking the throw-off must take a position with at least 1 foot on the center line, and the other foot on or behind the line, and remains in this position until the ball has left his hand. The teammates of the thrower are not allowed to cross the center line prior to the whistle.

Playing the Ball:

- 3 steps with the ball (landing after catching the ball is step 0)
- 3 seconds holding the ball
- Unlimited dribble with 3 steps allowed before and after dribbling (no double-dribble)

Rules for the Goal Keeper:

- only player allowed in the goal area (6m semi-circle)
- only player allowed to touch the ball with their feet (below the knees), but only to save a goal, not to direct it out of the goal or to control the ball when it is not being shot at goal

Rules for the Goal Area:

- attackers (offense) may shoot from in the air above the goal area but must shoot before landing
- A defender (or an attacker cannot travel through the goal area in order to get an advantage at another spot, (no short cuts)
- Casual entry into the goal area is OK; the rule only applies if you are seen to gain some advantage by entry into the goal area

A Player is NOT allowed to:

- To endanger an opponent with the ball.
- To pull, hit or punch the ball out of the hands of an opponent.
- To contact the ball below the knee.
- To dive on the floor for a rolling or stationary ball.
- No barging or head ducking (you lose the ball)
- No using the elbow or palming off
- No swiping away the defenders arms with your hands to get past them

Passive Play:

It is illegal to keep the ball in a team's possession without making a recognizable attempt to attack and to try to score. In other words, a team cannot stall (free-throw awarded to the other team).

Defending the Opponent:

A player is allowed to use the torso of the body to obstruct an opponent with or without the ball. However, using the outstretched arms or legs to obstruct, push, hold, trip or hit is NOT allowed. The attacking player is not allowed to charge into a defensive player.

Goal-Throw:

A goal-throw is awarded when . . . The ball rebounds off the goalkeeper over the end line. The ball is thrown over the end line by the attacking team. The goalie takes the throw inside the goal area and is not restricted by the 3-step/3-second rule.

Throw-In:

A throw-in is awarded when ball goes out of bounds on the sideline or when the ball is last touched by a defensive player (excluding the goalie) and goes out of bounds over the endline. The throw-in is taken from the spot where the ball crossed the sideline, or if it crossed the endline, from the nearest corner. The thrower must place one foot on the sideline to execute the throw. All opposing players must stay 3 meters away from the ball.

Referee Throw:

A referee throw is awarded when . . . The ball touches anything above the court after a simultaneous infringement of the rules after simultaneous possession of the ball. The Referee throws the ball vertically between two opposing players. The jumping players may grab the ball or tap it to a teammate. All other players must be 3 meters away from the throw. The referee throw is always taken at center court.

Free-Throw:

For a minor foul or violation, a free-throw is awarded to the opponent at the exact spot it took place. If the foul or violation occurs between the goal area line and the 9-meter line, the throw is taken from the nearest post outside the 9-meter line. The thrower must keep one foot in contact with the floor, then pass or shoot.