

Team Handball Rules

Team: consists of 7 players, one of which is a goalie

Positions: goalkeeper, center half, right and left backs, center forward, right and left wingers

Time of Play: Two 30 minute halves with a 10 minute break for men

Two 25 minute halves with a 10 minute break for woman and junior males

Field: 40 meters long x 20 meters wide, goal area is a 6 meter line, penalty throw line is a 7 meter line, goals are 2 meters high x 3 meters wide (indoor)

Ball: The ball for men is 15-17 oz. and 23-24" (58-60 cm) in circumference. Women use a ball that is 12-14oz. and 21-22" (54-56 cm).

History

In 1919 Professor Carl Schelenz of the Berlin Physical Education School in Europe combined two previously created games, the soccer playing field, and dribbling from basketball (to advance the ball) to create handball. This handball was an eleven player outdoor game. Handball was an official Olympic sport in 1936 but because of the wars, Olympic handball play was halted. Handball then came back to the Olympics in 1972 as a seven-player game. Women's handball was started in 1976. Scores often reach into the twenties.

Start of Play

1. A coin is tossed to decide who throws off and which end each team defends.
1. All players remain on their half of the court for the throw-off.
2. After each score, the other team will re-start the game at center of court with a throw-off.
3. A throw-off is taken at center court. Throw must be thrown laterally or backwards and must be soccer style (2 hands overhead). Opposing players must be at least 3 meters from ball.
4. Goal cannot be scored off of a throw-off directly.

Player Privileges

1. May take 3 steps with ball before and after the dribble; hold ball for up to 3 seconds; pass; shoot; unlimited dribble.
2. May not double dribble, hold ball more than 3 seconds, kick ball or take more than 3 steps with ball – *Penalty: Free Throw* ☒
3. Stalling not allowed (ex. – standing still while dribbling) – *Penalty: Free Throw* ☒
4. Defensive obstruction by body is allowed whether or not opponent has possession of ball.
5. Players are not allowed to take away or strike the ball out of opponent's hands; obstruct opponent with hands, arms, legs; and hit, trip, or push opponent. – *Penalty: Free Throw* ☒
6. No diving for ball – *Penalty: Free Throw* ☒
7. Ball can be played by using all body parts except below knee – *Penalty: Free Throw* ☒

Ball Out of Bounds

1. Ball over sideline is a regular throw-in for opposing team with 1 foot being stationary. A goal cannot be scored directly off of this throw-in.
2. Ball over goal line by defending team results in corner throw for the attacking team.
3. Ball over goal line by offensive team or by goalie (if no defender touch it) results in a throw-in by goalkeeper, goal cannot be scored directly by the goalie.

Goalkeeper Privileges

1. May defend the goal in any way possible, including arms and legs.
2. While in possession of ball has no time and step restrictions in the goal area.
3. May leave goal area but must play by regular player rules.
4. Cannot leave goal area if in possession of ball - *Penalty: Free Throw* [X]
5. Cannot pick up ball outside goal area and bring it in – *Penalty: Penalty Shot* [X]
6. A ball cannot be thrown to a goalkeeper in the goal area by his/her own teammate – *Penalty: Penalty Shot* [X]

Common Fouls –Penalty: Free Throw [X]

Faulty throw-in; double dribble; more than 3 steps; hold ball more than 3 seconds; offensive charge, illegal picks, obstructing opponent with hands, arms, legs; hitting, holding, pushing, unnecessary rough play; taking away or striking ball out of opponent's hands; player with ball entering goal area; player entering goal area to gain defensive advantage; non-goalie kicking ball; air dribble.

Flagrant Fouls - Penalty: Penalty Shot [X]

Grabbing, pushing, or forcing opponent into goal area; fouled while in the act of shooting at goal; throwing ball at opponent intentionally; unsportsmanlike conduct.

[X] **Free Throw** - At spot of infraction, throw within 3 seconds, a goal may be scored directly from free throw, opponents must be 3 meters away, player cannot touch ball a second time until ball touches another player after the free throw.

[X] **Penalty Shot** – Throw must be made from behind the 7-meter line, one foot must remain on the ground, throw within 3 seconds, only goalkeeper can defend.