

Team Handball Study Guide

History

Team Handball originated in the European countries in 1904. The Amateur Handball Federation was started with 11 countries in 1928. Team Handball was introduced into the Olympic games as an exhibition contest in the 1968 Olympics and became an official Olympic event in 1972.

Rules

- The game is played on a court approximately the size of a basketball court with a goal on each end.
- Only the goalie is allowed inside the goal area (3-point line). If any other player enters the goal area and gains an advantage for doing so, a penalty will be assessed.
- Team Handball is a non-contact sport. Defense must be played without hitting or touching the opponent. Making contact will result in a penalty.
- An individual player is allowed 3 steps, 3 dribbles and 3 seconds TOTAL with the ball before they need to pass it to a team mate or shoot the ball.
- The game is started with a jump ball in the center of the court.
- Court players may only use their upper body (arms and trunk) to contact the ball. No use of the legs is permitted (kicking the ball is not allowed).

Goalie

- Is the only player allowed inside the goal area.
- May use any part of his or her body to defend the goal.
- Within the goal areas with the ball, the goalie has no restrictions on number of steps he or she may take or how long he or she takes to get rid of the ball.
- May step outside the goal area at anytime without the ball but must follow court rules.
- Cannot reach outside the goal area to get the ball.
- The goalie must pass to another teammate, they cannot directly score a goal.

Terms

- **Throw-In:** Occurs when a ball goes out of bounds over the sideline. Ball goes to the team who did not cause the ball to go out of bounds. A throw in occurs with two hands over the head and both feet must remain on the ground (much like a soccer throw-in).
- **Corner Throw:** Occurs when the ball goes over the end line and is last touched by the defending team (with the exception of the goalie). Throw is taken from the corner of the court on the side where the ball went out and the thrower has 3 seconds to throw it. A GOAL CANNOT BE SCORED DIRECTLY FROM A CORNER THROW.
- **Throw Off:** Occurs when the ball crosses the end line and was last touched by the offensive team. This is thrown by the goalie inside the goal area. A GOAL CANNOT BE SCORED DIRECTLY FROM A THROW OFF.

- **Penalty Throw:** It is a free direct shot to the goal from the top of the 3-point line. Occurs for one of the following reasons:
 - Making any kind of contact with an opponent.
 - Pushing or forcing any player into the goal area.
 - Throwing the ball at an opponent intentionally.
 - Entering the goal area and gaining an advantage from doing so

Relative to other Sports

- **Basketball:** In Team Handball a game is started by a jump ball in the center of the court. Players dribble the ball on the ground as they advance towards the goal. Once a player has used all 3 dribbles they cannot move anymore and must pass the ball to a teammate by pivoting on one foot.
- **Soccer:** When a shot is taken by the offensive team and the shot goes high and/or wide of the goal without the goalie touching the ball the play will result in a goalie throw. If the goalie does make contact with the ball as it goes behind the end line the play will result in a corner throw (corner kick in soccer).

Situational Strategies

- **Scoring:** When attempting to score a goal an offensive player may want to aim low at the goalies feet to cause the goalie to change levels.
- **Defense:** A team may decide to play a man to man defense where everybody is responsible for another person. A team may also decide to play a zone where an individual is responsible for an area of the floor.

The Court

