

TEAM HANDBALL STUDY GUIDE

I THE GAME.

Team handball is a team sport consisting of 7 players if played indoors and 11 players if played outdoors. It is a combination of basketball, hockey, lacrosse, baseball, and is currently the second most popular sport in Europe and Scandinavia.

The game is started with a throw on. The offensive team lines up a mid-court. The ball is put into play by a man in the middle passing the ball to a teammate behind the line. Then all players may go to their positions. Offensive players are allowed to dribble the ball, take 3 steps with the ball, and hold the ball for 3 seconds. The man with the ball may take 3 steps, then dribble and take 3 more steps. To score, a player must throw the ball into the goal. Offensive players should spread out and maintain their respective positions. The ball should be passed and handled quickly from player to player. Utilize 3 steps and look for openings in the defense. Shooting is accomplished by throwing the ball. There are 3 basic shots--the set shot, jump shot, and dive shot. The set shot is similar to throwing from the outfield in baseball, momentum forward and throw. The jump shot is similar to a lay up in basketball except you throw the ball instead of laying it up.

To defend against the offense, you play a zone defense. The defender may check the offensive man with his body. Tackling, grabbing, and tripping are illegal. Extremely hard checking is not only illegal but also is a defensive error because the defender is left out of position. The defense plays a zone which concentrates on the ball. If a man enters your zone with the ball, you check him. If he enters your zone without the ball, you have to know where he is at all times. A defensive foul results simply in giving the ball back to the offense. Fouls are not recorded, but there can be penalties such as in hockey.

The court is wider and longer than a basketball court. Both teams play the whole court, unlike soccer.

In playing the game, use quick passes, don't dribble too much, spread out, shoot at the corners of the goal, and keep your momentum going toward the goal when shooting.

II TERMINOLOGY

1. Throw on - A team lines up at the center line. A player in the middle throws the ball to a teammate. All offensive players must be in their respective half of the court on the throw. All of the offensive players may then go to their positions. At the time of the throw on, the defense must be 3 meters (10 feet) from the center line. A goal cannot be scored directly from a throw on. A throw on takes place after every goal, and at the start of each half.
2. Throw in - Takes place when the total ball goes out of bounds on the side lines. The throw in shall be taken from the point where the ball crossed the side line by a player opposite to the player who last touched the ball. The thrower shall stand with both feet outside the side line. A goal cannot be scored from a throw in.

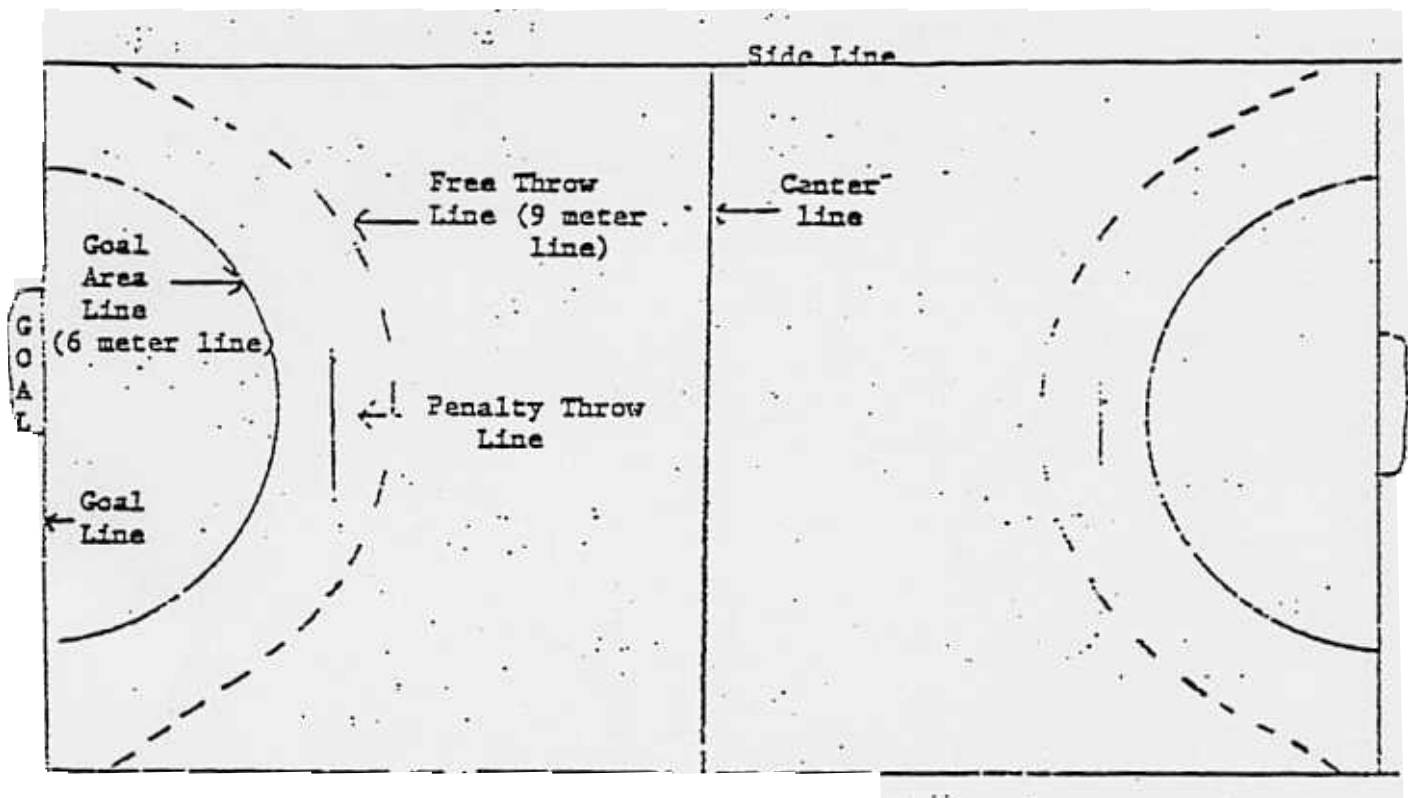
3. Corner throw - occurs when the ball passes over the goal line and was last touched by a defending court player. The offensive player to the corner nearest the play, places one foot on the corner where the goal and side lines meet and may throw the ball any way she wishes, one or two arms, after the referee blows his whistle to start play. A goal cannot be scored directly from a corner throw.
4. Throw off - Occurs when the ball passes over the goal line and was last touched by the offense or the goalie, or when the ball has been played directly into the opposite goal by a throw that cannot be scored directly (throw on, throw off, throw in, corner throw.) The goalie gets the ball, enters his area, and throws the ball to one of his court players. A goal cannot be scored directly from a throw off. On the throw the opposing team must be behind the free throw line.
5. Free Throw - This is the foul call. If the rules are broken, but they don't warrant a penalty throw, a free throw is given. Examples are illegal checking, holding, hitting the shooting arm, too many steps, double dribble, faulty throw on, or throw in, or holding the ball more than 3 seconds. A free throw is taken from the point where the foul occurred. A free throw must take place outside the free throw line. If the violation was committed by a player of the defending team between his goal area line and the free throw line, the free throw shall be taken from the nearest point outside the free throw line. All offensive players must be outside the free throw line when the ball is put into play. The defense must be three meters (10 feet) away from the ball. To start a free throw, an offensive player goes to the point of infraction, or where the referee points and picks the ball up. He must either pass or shoot with one foot staying in place.
6. Penalty Throw - This is given when the offensive player has a clear shot at the goal and is hit or held illegally, when a defending player intentionally enters the goal area for the clear purpose of defense, or when the goalie fetches the ball from outside the goal area. The shooter stands at the penalty throw line. All other players except the goalie must be outside the free throw line. The shooter must keep his front foot planted and may not move it laterally nor may the shooter step on or over the line before the ball has left her hands. The shooter tries to throw the ball into the goal, past the goalie. She has three seconds after the referee's whistle.

Note:

\* On all "throws"

- (A) Execution should be within 3 seconds of the referee's signal.
- (B) The opposing players shall keep a distance of at least 3 meters (10 feet) from the thrower until the throw has been made (except the penalty throw).

### III Court



### IV Rules

1. **Players - 6 court players and 1 goalie**
  - (a) Substitution is done by a court player leaving the court. Substitutes may enter at any time during the game, but the substituting player cannot enter the court until the player she is replacing leaves the court. Both players must leave and enter at mid court.
  - (b) Faulty substitution is penalized by a free throw.
2. **Start of the game -** The game is started by a toss of a coin. Winner gets the choice of getting the ball for a throw on or an end of the court. At half time the teams switch ends of the court, and the team on defense at the beginning of the game starts the second half with the ball.
3. **How to move the ball -**
  - (a) You are allowed to make three steps, dribble and hold the ball for a maximum of three seconds. You may take three steps, then dribble, then take three more steps. Or you may take three steps and then dribble or vice versa. Dribbling infractions are the same as basketball. No double dribbling.

### How to move the ball (Continued)

- (b) It is permitted to stop, catch, throw, bounce, and strike the ball in any manner by using hands, fists or open hand, arms, head, body, thighs, or knees.

Kicking the ball is illegal, and the ball will be given to the opposing team for a free throw. Diving for the ball is also illegal.

### 4. Defending Opponent -

- (a) Checking - The defensive player may check the offensive player by using his chest (body) and going after the ball in the shooter's possession, but a player shall not block an opponent with arms, hands or legs. It shall be noted not to check too hard. Good defense is to hit, go for the ball or shooting arm, make sure your opponent won't shoot, release him, and shift back to the goal area line following the flow of the ball.
- (b) Tackling, grabbing, holding, tripping or pushing the offensive player is illegal. The defender must always go for the ball, not the man. Bump, and hold your position, but don't hit and run through the man as in football.
- (c) A rule of thumb in determining the maximum hit a defensive man can make or an offensive man is decided by momentum. The defender may not hit the offensive man with more momentum than the offensive man has going at the defender.
- (d) The only way to legally steal the ball is to make a clean catch on a pass, to make a clean tip on the dribble, or to bat the ball out of the shooter's hand without touching him. Grabbing the ball away from an opponent's grip merely gives the ball to him for a free throw. The same is true if you check someone and the ball pops loose. The referee gives the ball back to him for a free throw.

Another rule of thumb concerning free throws is that anytime you visibly impede a man from shooting or passing, and it results in his losing the ball or making a weak shot, the ball is returned to him for a free throw.

### 5. The Goal Area

- (a) The goalkeeper is the only person allowed to play in the goal area. The six court players are not allowed to step on the line or into the goal area. The penalties for entering the goal area are as follows:
  1. Free throw for entry by a player of the attacking team, however, court players may dive into the goal area as long as they release the ball before they land in the area. This is done in shooting and in passing.
  2. Penalty throw for entry by a player of the defending team provided the entry is intentional and for the clear purpose of defense.
  3. In all other cases the penalty is a free throw. There shall be no penalty, if a player enters the goal area after playing the ball, provided there is no disadvantage to the opponents.

The Goal Area (continued)

- (b) If the ball is rolling out of the goal area, the court players must wait until it is totally out of the area. However, if the ball is bouncing out of the goal area, an offensive court player may reach in or dive into the area, but he must shoot the ball or bat it toward the goal before he lands in the goal area.
- (c) The ball may not be played back into one's own goal area intentionally. The penalties are as follows:
  1. goal, if the ball reaches the goal
  2. penalty throw, if the goalkeeper touches and prevents a goal
  3. free throw in all other cases

6. The Goalkeeper

- (a) The goalkeeper is allowed to use any part of his body to protect the goal. He may also enter the playing court as a court player (without the ball.) In this case he is considered a field player and the same rules apply to him as to the rest of the team. He may not leave the goal area with the ball - (free throw.)

The goalkeeper may not touch the ball when it is lying or rolling outside the goal area when he is inside the area, nor may he get the ball outside his goal area and bring it into the area. The penalty for the first violation is a free throw, for the second a penalty throw.

If during a shot, the goalkeeper touches the ball, and it goes out over the goal line, it is his ball (throw off.) If a shot or pass goes over the goal line, it is also his ball, assuming the other team touched it last.

7. Offensive Techniques

This is a fast moving, exciting game. The American athlete adapts very quickly to it.

Start out in a basic three-three offense. Pass the ball rather than dribbling. Keep the offense spread.

The shooter should keep her momentum going toward the goal.

- (d) It takes time to adjust, but learn to use the three steps
- (e) In shooting the jump shot, jump off the leg opposite the shooting hand with the momentum going toward the goal.
- (f) Another point to remember is to try diving into the goal area line on close shots.

8. Scoring - One point is counted for every goal. After every goal the team against whom the goal has been awarded has the throw on.