

TEAM HANDBALL

History

Originating in the Scandinavian countries in the early 1900's, Team Handball was intended as an outdoor sport. However, with long winters the game was changed to be played indoors. In the 1950's the game of team handball came to the United States along the East Coast. In 1972 Team Handball was added to the Olympic Games for men and in 1976 it was added for women.

The Game

The game of Team Handball combines the rules and skills of basketball, soccer, and hockey. A team consists of a Goalie and six players: left wing, circle runner, right wing, left backcourt, center, and right backcourt. The game begins with a Throw-off. Each team must be in its own half of the court 10 yards apart. The team with the ball starts the game with a pass to a teammate from the center circle. A throw-off is repeated after every goal scored.

Players are allowed to:

- Hold the ball up to 3 seconds, run three steps with the ball, dribble as many times as desired, pass or shoot.
- Run three steps before and after a dribble but may not begin dribbling again after stopping.

Players are not allowed to:

- Endanger an opponent with the ball
- Pull, hit or punch the ball out of the hands of an opponent
- Contact the ball below the knee
- Dive on the floor for a rolling or stationary ball

Goalies are allowed to:

- Goalkeeper may defend the goal in any manner using hands, feet and body.
- Keeper cannot leave the goal area while in possession of the ball or pick up a ball outside the area and carry it back.

Throw-in: A throw-in is awarded when the 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 end-line. The throw-in is taken from the spot where the ball crossed the sideline, or if it crossed the end-line, from the nearest corner.

Free-Throw: For a minor foul or violation, a free-throw is awarded to the opponent at the exact spot that the infraction took place. The thrower must keep one foot in contact with the floor, then pass or shoot.

The Court

