

Team Handball Study Guide



Grotthuss

History

Team Handball originated in northern Europe (Denmark, Germany, Norway and Sweden) in the end of the 19th century. The Dane Holger Nielsen drew up the rules for modern handball in 1898. It is a court game with similarities of basketball and soccer.

Players

The game is played with 7 players at one time. Numbers may vary in Physical Education class.

Offensive players are: left and right wingman (perimeter side players who shoot the angles of the goal, left position should be a right handed player and vice versa), Left and Right Backcourt (attempts goals by jumping and shooting over defenders, usually tall players will serve this position well), Center Backcourt (The point guard of the team or play maker), Pivot (sets picks and attempts to disrupt the defense, this player should have good ball control and physical strength).

Defensive Players are: Far left and far right. The opponents of the wingmen.

Half left and half right. The opponents of the left and right backcourts.

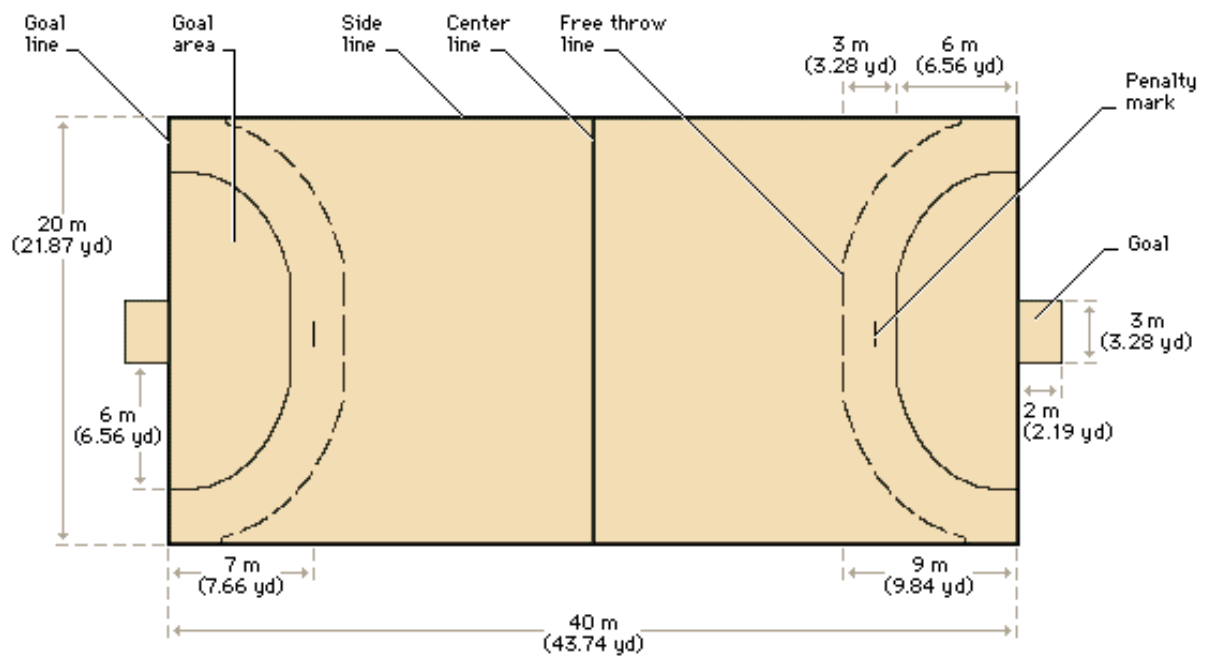
Back Center (left and right opponent of the pivot). Front Center.

Opponents of the center backcourt may also be set against another specific backcourt player.



Playing field

The court is 40 meters long and 20 meters wide, with a dividing line in the middle and a goal in the center of either end. A semicircular 6-meter line surrounds the goals. This semicircular **area** is also called the goal area/crease/zone. There is also a dashed semicircular line that is 9 meters away from the goal called the free throw line. The 7-meter line is the penalty throw line.



Objective

The object of Team Handball is to gain points by scoring goals (1 point per goal).

A goal is scored when the ball hits in the goal in Kovler and Sunny Gym the maroon/red pads on the wall. The team with the most points at the end of the game wins!



Time

Games will consist of two 30-minute periods.

In the event of a tie at the end of regulation, there will be two overtime periods for 5 minutes. If each of these ends in a tie, the winner is determined by an individual shootout from the 7-meter line, where each team is given 5 shots. If after ten shots a winner is still not found, the players return to shooting until one team has missed and the other scored. (Sudden-Death). In class time will be based on class size.

Throw-Off

A throw-off takes place from the center of the court. The thrower must touch the middle line with one foot and all of the other players must be on their half of the court. Defensive players must be at least three meters from the thrower. A throw off occurs to start each period and after a goal is scored.

A goal may not be scored directly from the throw-off.

Playing Rules

*Players are allowed 3 steps when in possession of the ball. When using one's dribble, a player may take 3 steps, then pick up their dribble, then take 3 more steps.

*The ball may be played with any body part except leg below knee and feet.

* Any ball that touches a referee and or goal post is still playable.

* Offensive players may land in the goal area if the ball was released before landing. Otherwise no one is allowed in the goal area at any time except the goalkeeper.

*Players have 3 seconds in which to play the ball once they have possession. This is a three second holding limit in all situations.

*Defensive players may, obstruct, steal, or deflect the ball when defending. Defenders cannot violently strike, grab, tackle, or strike the ball from the offensive player hands.

* In class defenders must be 3 feet from the offensive player with the ball

Throw-In

A throw-in is awarded to the team which did not touch the ball before it went out of bounds (sideline or ceiling). When a throw-in occurs, defenders must be 3 meters back from the thrower.

A goal cannot be scored directly from a throw-in.

Free Throw

A Free Throw is awarded from these infractions: traveling, holding the ball for more than 3 seconds, double dribble, kicking the ball, and getting closer than 3 feet to the offensive player

A free throw restarts play after a turn over. A free throw happens at the spot where the turn over occurred. The thrower may pass the ball in to teammates or attempt a shot at the goal.

Penalty Shot (7 meter throw)

A 7 meter throw is awarded when a clear chance of scoring is illegally destroyed anywhere on the court by the opposing team player. Also known as a foul.

The thrower (fouled player) steps with one foot on the 7-meter line with only the goalie able to defend. All other players must be behind the free-throw line until the shot is made.

Other fouls include: holding, pushing, hitting, tripping, jumping into and reaching around opponents, will all result in a penalty shot, if the shot is prevented or interfered with. If these fouls occur when a player is not shooting, then a warning and yellow card will be given. On a second infraction a two-minute suspension and red card will be given. In class a two-minute time out will be given.



Goalkeeper- throw

When the ball passed the goal line without the goalie last touching it, a goalkeeper throw is award. (In class we call it goalie throw). The goalie can throw the ball from anywhere in the goal area.

Goalkeeper

The only player allowed in the goal area. He/she may defend in anyway except he/she can only use feet and leg below knee line when the ball is coming towards the goal.

Offensive and Defensive formations

2-4 offense, 1-5 offense, 1-3-2 offense
6-0 defense, 4-2 defense, 5-1 defense

Offensive play in team handball are also distinguished in 3 waves.

- **First wave**-When there are no defensive players around the perimeter of the goal. A very high chance of success usually occurs after an interception.
- **Second wave**- when the first wave is not successful and the offense still out numbers the defensive players in the perimeter area. Again chance of success is high.
- **Third wave**- In the third wave, the attackers use standardized attack patterns usually involving crossing and passing between the back court players who either try to pass the ball through a gap to their pivot, take a jumping shot from the backcourt at the goal, or lure the defense away from a wingman. This happens as defenders close the gaps around the zone.



Terminology

Corner Throw- When the ball is played over his own goal line by defending player (except the goalkeeper), on either side of the goal; the game is restarted by means of a throw from the corner of the court by one of the attacking players. The player must place one foot on the corner of the court by one foot on the corner and throw the ball in, using either hand.

Court Player- Member of the handball team actually playing on the court, except the goalie.

Dive Shot- A means of trying to score a goal by launching the entire body into the air toward the goal in an attempt to gain more distance.

Dribble-The skill of bouncing the ball and moving forward. This is similar to dribbling in basketball, except that a player may take three steps when the ball is seized. After dribbling a player is allowed 3 steps and 3 seconds to throw or shot the ball.

Free Throw- A throw awarded to the opposing team when the other team is in violation of certain rules of the game.

Free-Throw Line- The broken line parallel to the goal-area line at an extra distance of 10 feet; from this line free throws awarded near the goal area are taken.

Goal- A goal is considered scored when the ball has passed wholly over the goal line between the uprights and underneath the crossbar of the goal.

Goal-Area Line- The semicircular line that is drawn in front of and on either side of the goal.

Goalkeeper (Goalie)- The player who is allowed to play freely inside the goal area to defend the goal.

Goal Line- The line forming the end of the court, which runs between the uprights of the goal and meets the sidelines at the corners of the court.

IHF- International Handball Federation is the administrative and controlling body for international handball. This federation organizes world championships.

Jump Shot- A shot which involves the use of the shoulder throw pass in which the ball is released at the height of the jump with the momentum of the body directed toward the goal rather than falling away.

Penalty Throw- A shot attempted by any offensive player when an offensive player is prevented from making a clear goal-scoring chance by fouls means. The player attempting the penalty throw is required to make a direct attempt to score a goal from the penalty-throw line.

Throw-Off- Taken by the team that wins the toss and chooses to start the game with the ball. Each team must be in its own half of the court with the defense 3 meters away from the ball. A throw-off is repeated after every goal scored and after half-time.

Throw-In- Awarded when ball goes out of bounds on the sideline or when the ball is last touched by 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 it crossed the endline, from the nearest corner. The thrower should have one foot on the sideline to execute the throw. Opposing players must stand 3 meters away from the ball.