TEAM HANDBALL



**Handball** (also known as **team handball**, **Olympic handball**, **European team handball**, **European handball**, or **Borden ball**) is a [team sport](https://en.wikipedia.org/wiki/Team_sport) in which two teams of seven players each (six outfield players and a goalkeeper) pass a ball using their hands with the aim of throwing it into the goal of the other team. A standard match consists of two periods of 30 minutes, and the team that scores more goals wins.

There is evidence of ancient Roman women playing a version of handball called *expulsim ludere*.There are records of handball-like games in medieval [France](https://en.wikipedia.org/wiki/France), and among the [Inuit](https://en.wikipedia.org/wiki/Inuit) in [Greenland](https://en.wikipedia.org/wiki/Greenland), in the [Middle Ages](https://en.wikipedia.org/wiki/Middle_Ages). By the 19th century, there existed similar games of *håndbold* from [Denmark](https://en.wikipedia.org/wiki/Denmark), [*házená*](https://en.wikipedia.org/wiki/Czech_handball) in the [Czech Republic](https://en.wikipedia.org/wiki/Czech_Republic), *hádzaná* in [Slovakia](https://en.wikipedia.org/wiki/Slovakia), *gandbol* in [Ukraine](https://en.wikipedia.org/wiki/Ukraine), and [*torball*](https://en.wikipedia.org/wiki/Torball) in [Germany](https://en.wikipedia.org/wiki/Germany).

The game was codified at the end of the 19th century in northern Europe and Germany. The modern set of rules was published in 1917 in Germany, and had several revisions since. The first international games were played under these rules for men in 1925 and for women in 1930. Men's handball was first played at the [1936 Summer Olympics](https://en.wikipedia.org/wiki/1936_Summer_Olympics) in Berlin as outdoors, and the next time at the [1972 Summer Olympics](https://en.wikipedia.org/wiki/1972_Summer_Olympics) in [Munich](https://en.wikipedia.org/wiki/Munich) as indoors, and has been an Olympics sport since. Women's team handball was added at the [1976 Summer Olympics](https://en.wikipedia.org/wiki/1976_Summer_Olympics).

The [International Handball Federation](https://en.wikipedia.org/wiki/International_Handball_Federation) was formed in 1946, and as of 2013[[update]](https://en.wikipedia.org/w/index.php?title=Handball&action=edit) has 174 member federations.[[2]](https://en.wikipedia.org/wiki/Handball#cite_note-2) The sport is most popular in continental Europe, whose countries have won all medals but one in [men's world championships](https://en.wikipedia.org/wiki/IHF_World_Men%27s_Handball_Championship) since 1938, and all [women's titles](https://en.wikipedia.org/wiki/IHF_World_Women%27s_Handball_Championship) until 2013, when Brazil broke the series. The game also enjoys popularity in the Far East, North Africa and Brazil.

**THE BASICS**

**\*Team handball** combines the skills of running, jumping, catching and throwing. Elements of SOCCER, BASKETBALL, HOCKEY and WATER POLO can be seen in Team Handball.

**Number of Players:** There are seven (7) players on each team (six court players and one goalie). A maximum of 12 players may dress and participate in a game for each team. Substitutes may enter the game at any time through own substitution area as long as the player they are replacing has left the court.

**Duration of the Game:** For players 18 years and over, the game consists of 2, 30-minute halves with 10-minute half-time. Overtime consists of 2, 5-minute periods.

**Passive Play:** It is illegal to keep the ball in a team's possession without making a recognizable attempt to attack and to try to score. In other words, a team cannot stall (free-throw awarded to the other team).

**Throw-Off:** A throw-off is taken by the team that wins the coin 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. Following a whistle, the ball is passed from center court to a teammate and play begins. Throw-off is repeated after every goal scored and after half-time.

**Scoring:** A goal is scored when the entire ball crosses the goal line inside the goal. A goal may be scored from any throw (free-throw, throw-in, throw-off, goal-throw).

**Playing The Ball**

*A player is allowed . . .* -To run with the ball for 3 steps -To hold the ball for 3 seconds -Unlimited dribble with 3 steps allowed before and after dribbling (no double-dribble).

*A player is NOT allowed . . .*

* To endanger an opponent with the ball.
* To pull, hit or punch the ball out of the hands of an opponent.
* To trip, push, hit, clinch, charge or hold a player.
* To contact the ball below the knee.
* To dive on the floor for a rolling or stationary ball.
* **‘Walking’**: If a handball player takes more than three steps without dribbling (bouncing the ball) or holds the ball for more than 3 seconds without bouncing it, shooting or passing, then that is deemed ‘[walking](http://www.realbuzz.com/articles/the-perfect-walking-technique)’ and possession is lost.
* **'Double dribble’**: Handball players cannot receive the ball and bounce it, then hold the ball, and bounce it again. This is termed ‘double dribble’ and is against the rules.
* **‘Kicking’**: Handball players (other than the goalkeeper) must not kick the ball. If the ball touches the foot, then possession is awarded to the opposition.

**Defending the Opponent:**  A player is allowed to use the torso of the body to obstruct an opponent with or without the ball. However, using the outstretched arms or legs to obstruct, push, hold, trip or hit is NOT allowed. The attacking player is not allowed to charge into a defensive player.

**Throw-In:** A throw-in is awarded when 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 endline. The throw-in is taken from the spot where the ball crossed the sideline, or if it crossed the endline, from the nearest corner. The thrower must place one foot on the sideline to execute the throw. All opposing players must stay 3 meters away from the ball.

**Referee Throw:** A referee throw is awarded when . . . The ball touches anything above the court after a simultaneous infringement of the rules after simultaneous possession of the ball.

The Referee throws the ball vertically between two opposing players. The jumping players may grab the ball or tap it to a teammate. All other players must be 3 meters away from the throw. The referee throw is always taken at center court.

**Free-Throw:** For a minor foul or violation, a free-throw is awarded to the opponent at the exact spot it took place. If the foul or violation occurs between the goal area line and the 9-meter line, the throw is taken from the nearest post outside the 9-meter line. The thrower must keep one foot in contact with the floor, then pass or shoot.

**7-Meter Throw (PENALTY THROW):** The 7-meter throw is awarded when . . .

* A foul destroys a clear chance to score
* The goalie carries the ball back into his or her own goal area
* A court player intentionally plays the ball to his or her own goalie in the goal area and the goalie touches the ball
* A defensive player enters his or her goal area to gain an advantage over an attacking player in possession of the ball.

All players must be outside the free-throw line when the throw is taken. The player taking the throw has 3 seconds to shoot after referee's whistle. Any player may take the 7-meter throw.

**Goal-Throw:** A goal-throw is awarded when . . . The ball rebounds off the goalkeeper over the endline The ball is thrown over the endline by the attacking team.

The goalie takes the throw inside the goal area and is not restricted by the 3-step/3-second rule.

**Corner Throw:** A corner is taken by the attacking side when a defender has knocked the [ball over the goal](http://www.realbuzz.com/articles/get-fit-playing-football) line (other than in the goal). The player puts one foot on the corner of the side line and the goal line and passes the ball in.

**Progressive Punishments:** Depending on the seriousness of the offenses, the referee can award players with either a yellow card (warning), suspension (2 minutes sitting out), or a red card (dismissal).

**References:**

[**http://www.realbuzz.com/articles/the-rules-of-handball/**](http://www.realbuzz.com/articles/the-rules-of-handball/)

[**https://en.wikipedia.org/wiki/Handball**](https://en.wikipedia.org/wiki/Handball)