

Team Handball – Study Guide

History

The team handball game of today was formed by the end of the 19th century in northern [Europe](#), primarily [Denmark](#), [Germany](#), [Norway](#) and [Sweden](#). The Dane [Holger Nielsen](#) drew up the rules for modern handball (*håndbold*) in 1898 and published them in 1906, and R.N. Ernst did something similar in 1897. The International Handball Federation was formed in 1946. Men's field handball was played at the [1936 Summer Olympics](#) in [Berlin](#) at the request of [Adolf Hitler](#). It was removed, to return as team handball for the [1972 Summer Olympics](#) in [Munich](#). Women's team handball was added at the [1976 Summer Olympics](#). Since the 1995 world championship in Iceland, the competition has been every two years. The women's world championship has been played since 1957.

Object

The object of the game is to throw a ball, about the size of a cantaloupe into a goal. One point is awarded for each goal scored. The court is slightly larger than a basketball court.

Game

Two teams, each having six court players and a goalie

Coin toss determines the *throw-off* which starts the game and after each goal

A goal is when the entire ball crosses the goal line

Playing the ball

Run with ball no more than **3 steps**

Hold the ball no more than **3 seconds**

Unlimited dribble with 3 steps allowed before and after dribbling

Players not allowed to

Pull, hit or punch the ball out of opponent's hand

Contact the ball below knee

Dive on floor for a ball

Throw-in is awarded when the ball goes out of bounds. Player must have one foot on the sideline. All opposing players must stand at least 5 feet away.

Goal cannot be scored from *throw-off*.

Playing the ball

Ball can be played in any manner with any body part except below the knee

Ball last touched by defensive player over their own goal line results in a *corner throw*

Goal area

No player except the goalie may enter the area or touch the ball in it.

While in the goal, the goalie has *unlimited steps and time* (but cannot delay the game)

Goalie can use any body part to try and stop the ball

Goalie cannot leave goal area while having the ball under their control.

If goalkeeper enters the field, he or she becomes a regular player

Terms

Corner throw: defending team touches ball last and it goes over the their goal line.

Opposing team throws ball from corner with one foot on the corner.

Goal area line: the semicircular line drawn in front of the goal.

Throw-in: method of putting ball in play after it has crossed the sideline. Players must have one foot touching the sideline and can throw the ball in any manner.

Throw-off: method of putting ball in play at the start of the game and after each goal. The throw is made at center court.

Balance

Important when: shooting, accuracy and power, as goalie, able to block and pass ball out, and when running the court to be able to stop or pass in control

Shooting

Aim for corners both upper and lower. Keep it simple and the best shots are those taken

while on the move.

Standards

6th grade	1.6	Throw an object accurately and with applied force, using underhand, overhand, and sidearm movement (throw) patterns
	2.9	Identify opportunities to pass or dribble while being guarded
	5.3	Identify and define the role of each participant in cooperative physical activity
7th grade	1.3	Combine manipulative, locomotor, and nonlocomotor skills into movement patterns
	2.1	Identify and describe key elements in the mature performance of overhand, sidearm and underhand throwing
8th grade	1.4	Apply locomotor, nonlocomotor and manipulative skills to team physical activities
	5.2	Organize and work cooperatively with a group to achieve the goals of the group

Playing Area

A regulation team handball court is 20m x 40m. There are four lines marked on the court, the 6m/goal area line, the 7m/penalty line, the 9m/free throw line, and a center line midway between the two baselines. The goal is 3m wide by 2m high. Although Deaf-Olympics and Special Olympics games are usually played indoors on a basketball court surface, team handball can also be played outdoor on grass, a paved area, or beach.

