

TEAM HANDBALL

HISTORICAL FACTS

There are indications that Handball is one of the more ancient, traditional Olympic disciplines, like Wrestling and Athletics.

In modern times, a Danish teacher by the name of Holgen Nielsen first introduced the game of Handball ((Haanbold). In 1906, he published the Rules and Regulations of the game.

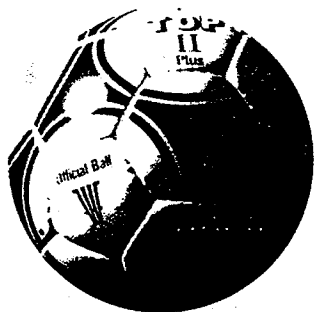
It was first played in the 1936 Olympic Games (Berlin) in the Men's category and in 1976 (Montreal) in the Women's category.

Today, 135 countries are affiliated with the International Handball Federation. In Canada, the Canadian Team Handball Federation was founded in 1962. The first Senior Men's Canadian Championship took place in Montreal in 1968. The first Senior Women's Championship was held in Edmonton in 1973.

THE SPORT OF TEAM HANDBALL

Team Handball is a fun and exciting sport enjoyed by kids of all ages. It is a very fast team game, played by both men and women. Players try to score a point by throwing the ball into the goal of the opposite team. There is no kicking of the ball.

It is an excellent activity for developing natural basic movements of running, jumping, throwing and catching. Running is the dominant movement and simple rules allow the game to be played with great enjoyment even at a basic level. The rules are the same for boys and girls and for young players, the teams are often mixed.



HOW TO PLAY TEAM HANDBALL AND MINI-HANDBALL

The Game

Two 30 minute periods for male and female teams over 18 years of age. However, for Mini-Handball it is suggested halves be 15 minutes.

Starting Play

All players begin the game in their own half. The team winning the toss starts the game with a pass from the centre line. The non-scoring team restarts from the centre line after a goal is scored. Starting play is known as the "throw-off". After the start of play, court players are allowed anywhere on the court except for either goal area. For Mini-Handball, the goalie could start the play after a goal.

Scoring

A goal is scored whenever the entire ball passes the goal line between the posts and under the cross bar.

Moving the ball

A player is allowed to run three steps with the ball before it must be bounced, passed or shot. If bounced, a further three steps are allowed but the ball must then be passed or thrown at the goalie. If a player with the ball is stationary and not dribbling, a three-second rule applies instead of three steps.

Dribbling

Dribbling is permitted. However, as soon as the ball is held with one or both hands, it must be passed after three steps or three seconds. For Mini-Handball, avoid dribbling except on the fast break.

Playing the ball

Players can throw, punch or hit the ball in any direction using hands, arms, head, back, thigh or knee. However, contact with the ball below the knee is not permitted (goalkeepers are the exception and are allowed to use feet when defending goal).

Passes back to the goalkeeper inside the goal area are also not allowed.

Substitutes

Substitutes are made at any time and without play being stopped. There is no limit to the number that can be made. Substitutions must be made in the special area near the centre line and the sub cannot enter until the player has left the court.

Contact

Body contact is limited to the torso only. Arms or legs may not be used to obstruct an opponent. Holding, pushing, hitting, running or jumping into an opponent are all fouls. For younger categories, body contact should be discouraged.

Free Throws

Infringements result in a free throw which is taken from the spot where the foul occurred. Opposition players must be a minimum of 3 meters (1.5m in Mini-Handball) away from the player taking the free throw. All attacking players must be outside the broken line.

If the infringement took place between the goal area line and the broken line, the free throw will be taken from the free throw line.

In the case of serious infringements or when a goal-scoring opportunity is spoiled by an infringement, a penalty throw is given. All other players, except the defending goalkeeper, must be outside the free throw line while the player takes the penalty from the penalty line.

For rough play, a 2 minute penalty is given. If the same player receives three such suspensions, he/she cannot take any further part in the match.

Infringements

A free throw is awarded for any of these infringements:

- ♦ an opponent is fouled;
- ♦ the ball is played incorrectly;
- ♦ the line around the goal area is touched or crossed;
- ♦ players behave in an unsporting manner;
- ♦ deliberately waste time;
- ♦ incorrect substitution

The Goal Area

Except for the goalkeeper, the goal area can not be entered by any other player from either side. Goalkeepers can leave this area provided they do not have possession of the ball. Only the goalkeeper is allowed to dive for a ball that is lying or rolling on the ground. Offensive players are permitted to jump in the air space over the goalie's area as long as the ball is released prior to landing.

Throw ins

A throw in is awarded when the ball crosses the side line. The non-offending team throws the ball back into play. The player taking the throw in must place one foot on the sideline. A goal can be scored directly from a throw in.

WHAT'S NEEDED TO PLAY

- ◆ **Court** The diagram and table illustrate the adult and modified court sizes. The goal area is marked with a "D" shaped line and the adult game has an extra area marked for substitutions. If this is not used in Mini-Handball, substitutions can be made from near the centre-line.

For Mini-Handball, an existing basketball court can be used without additional markings. The three-point throw line in basketball can be used as the goal area although this makes the playing area slightly smaller. Goals should be positioned under the backboard. In both cases, the free throw line can be ignored.

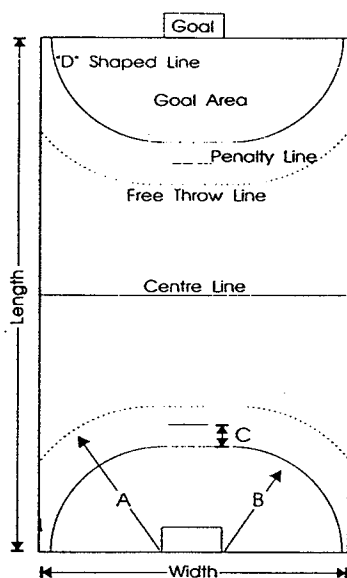
- ◆ **Ball** Men use a ball with a circumference of 58-60 cm; women one of 54-56 cm and Mini-Handball uses a ball of 47 cm or 50 cm. Players should be able to hold the ball with one hand.

- ◆ **Goals** Team Handball goals are 3 meters by 2 meters while the sizes are reduced to 2.4 meters by 1.6 meters for Mini-Handball.

- ◆ **Players** A Team Handball team consists of 14 players. At most, seven from each team are on the court at one time, including a goalie. Mini-Handball has no set number of players. Instead, teachers are encouraged to reduce the team size to five or six players, according to the available space.

◆ **Referee** Normally, two referees control the game of Team Handball. However, in a school situation, one would suffice.

- ◆ **Uniforms and footwear** Normal sport clothing should be worn. Coloured bibs are necessary to distinguish teams. Non-slip footwear is recommended.



The Dimensions of the Courts

	Mini-handball	Handball
Length	20m	40m
Width	12m	20m
Goals	2.4m x 1.6m	3m x 2m
A	6m	9m
B	4.5m	6m
C	0.5m	1m



Adapted from an article by the Australian Handball Federation, *Aussie Sport Action*, vol. 5, no 1, 1994)