

Handball Study Guide

HISTORY:

- Handball is a fast-paced team game that was first played towards the end of the 19th century in Scandinavia and Germany. The International Amateur Handball Federation (IAHF) was set up in 1928 on the occasion of the Olympic Games in Amsterdam, leading to the first Field Handball World Championships being played in Germany in 1938, following its appearance at the 1936 Berlin Games. Handball is a team sport in which 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. Modern handball is played on a court 40 by 20 metres (131 by 66 ft), with a goal in the middle of each end. The goals are surrounded by a 6-meter (20 ft) zone where only the defending goalkeeper is allowed; goals must be scored by throwing the ball from outside the zone or while "diving" into it. The sport is usually played indoors, but outdoor variants exist in the forms of field handball and Czech handball (which were more common in the past) and beach handball.

RULES OF THE GAME:

- Two teams, composed of six players and one goalie each, face off on a court
- Players dribble, pass and shoot a ball into a goal.
- Men's and women's handballs are about 22-23 inches and 21-22 inches in circumference, respectively; easily gripped in one hand, it is built comparably to a soccer ball.
- Although about 40 feet longer than a basketball court, a handball court is similar in appearance: half circles on both ends of the court mark the "goal area," a zone that extends about 20 feet in front of the 6'7" tall and 10' wide goal. The 12 court players are not allowed to literally step foot in this area, which results in NBA-style leaps over the line to shoot while in the air.
- Successful scoring attempts result in a single point. Defensive play is fierce, however, and allows aggressive person-to-person full body contact to prevent the offense from shooting.

IN-CLASS MODIFICATIONS:

- A throw off/jump ball will start the game
- After a goal, the goalie will restart the game with a pass to a teammate.
- A goal is scored when the entire ball crosses the goal line.
- Defensive players cannot check, hack, push, or make body contact to stop a player.
- An offensive player may move the ball by passing the ball or using 3 dribbles. If standing still they must pass the ball in 3 seconds.
- When an offensive player tries to score a goal, their feet must be behind the crease line. Players may jump into the crease area and score if their feet are behind the crease line before takeoff.
- The crease line is defined as the basketball 3 point line.
- Goalies are not restricted to the 3 dribble/second rule.
- Offensive players may go into the crease to get the ball but they cannot shoot on goal.
- The goalie area is defined as inside the 3 point line
- Players may not kick the ball
- Penalty shots will be awarded for players fouled in the act of shooting.

KEY TERMS:

- Free Throw- Used by a player who was fouled in the act of passing. The defense may not interfere and a goal may not be scored off of the pass.
- Crease Line- A line where the offensive players feet must be behind when shooting the ball. No shots can be taken from inside the area.
- Violation- Also referred to as a foul. It occurs when a player pushes, hacks or interferes with another players' ability to throw the ball either on a pass or trying to score.
- Traveling- When a player in the possession of the ball takes excessive steps without dribbling the ball. Only 2 steps are allowed in full court games.
- Double Dribble- When a player dribbles the ball, picks up the ball and then begins to dribble again. Also can occur if a player dribbles the ball using both hands simultaneously.
- Penalty Shot- Award to a player who is fouled in the act of shooting a goal.

DIAGRAMS:

