

HANDBALL

GENERAL INFORMATION

Objective: To put the ball in the goal of the other team. The team that scores the more goals wins.

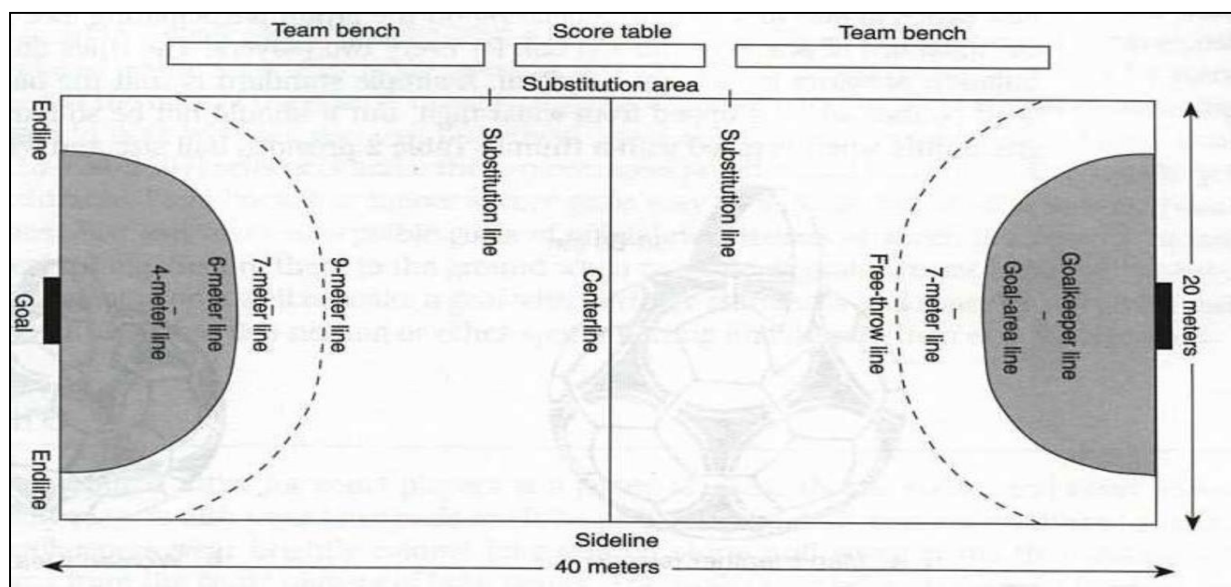
Duration: The game is divided into two 30-minute halves. There is a 10-minute break in the middle of the game, called half time.

Players: Each team has 7 players on the field (6 field players and 1 goalkeeper). Each team has 5 reserve players, who can be changed for a field player at any time during the game.

Referees: A handball match is led by 2 referees; one court referee and one referee behind the goal.

Ball: Handball is played with 1 ball. The ball is a different size and weight depending on if men, women or children are playing.

HOW TO PLAY: Rules of Handball



- The dimensions of a handball court are **40m x 20m**, with a goal at each end. There is a 6-meter "**goal-area**" in front of each goal.
- Players cannot enter the goal-area, only the defending goalkeeper can.
- Field players can touch the ball with any part of their bodies **EXCEPT** with their feet.
- A player who has possession of the ball can take 3 steps or stand without moving for only 3 seconds. They must then shoot, pass or dribble the ball.
- Players are allowed an unlimited number of fouls.
- **Throw off:** It occurs at the beginning of each period and after the opposing team scores a goal.
- **Throw in:** When the ball goes out of bounds you put the ball in play with this.

MOST COMMON FOULS:

- **TRAVELLING:** taking more than 3 steps without dribbling the ball.
Penalty: free throw for the opponent
- **DOUBLE DRIBBLING:** When a player bounces the ball with two hands, or stops and restarts the dribble.
Penalty: free throw for the opponent
- **KICKBALL:** touching the ball with your feet.
Penalty: free throw for the opponent.

- **ENTERING THE GOAL AREA:** field players **CAN'T** enter the goal area.
Penalty: free throw for the opponent.

Jump Shot: field players can jump into the goal area, but must shoot the ball before they land.



- NOTE: Only the goalkeeper can stand in the goal area.

- **PUSHING or HOLDING:** Defending players **CAN'T** push or hold the attacking player.
Penalty: free throw for the opponent.

- NOTE: Defending players can only block the path of the attacking player with the torso.



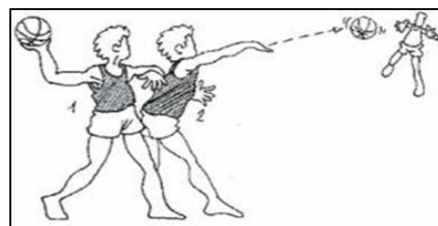
- If a foul occurs inside the goal area or stops a clear scoring opportunity, it is a **PENALTY SHOT:** this is an undefended throw from the 7-meter line.



THE BASIC ACTIONS: Handball Skills

PASSING: moving the ball between teammates.

There are different ways to pass the ball: jump pass, shoulder pass, low pass, bounce pass, underhand pass, etc.

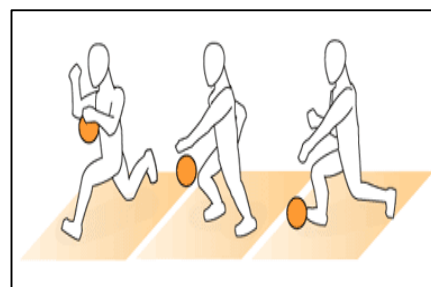


SHOOTING: throwing the ball at the goal.

There are different ways to shoot the ball: jump shot, set shot, bounce shot, etc.



DRIBBLING: bouncing the ball while keeping possession. It allows the player to move forward with the ball.



RECEIVING AND HANDLING THE BALL: it is when a team mate passes you the ball and you control it. It's important to get a **good grip** on the ball so that it does not fall out of your hand.



GET OPEN: When the attacking players try to get away from the defenders to receive the ball.



DEFENDING or BLOCKING: stopping the ball and/or stopping the attacking player from scoring.

