

# SOPHOMORE TEAM HANDBALL

## HISTORY

Team handball is actually called handball in the rest of the world. It developed in the early 1900's in the Scandinavian countries. It is a combination of soccer, hockey and basketball. The International Handball Federation (IHF) is the governing board that is comprised of 54 nations. It became an olympic sport for men in 1972 and for women in 1976.

## RULES

- ◆ Play begins with a **throw-off** at the center of the court. All players must be on their own half of the court when the throw is taken. A throw-off is taken after every goal by the team who did not score.
  - ◆ Each team consists of seven (7) players. Six (6) court players and one (1) goalie.
  - ◆ It is considered a non-contact sport.
  - ◆ A player is allowed three steps with the ball and may hold it up to three (3) seconds.
  - ◆ A player is not allowed to play the ball with any part of the leg below the knee.
  - ◆ At WHS, dribbling in not allowed.
  - ◆ A **throw in** is awarded to a team when their opponents lose the ball out of bounds on the sideline. This throw may be done with one or both hands.
  - ◆ A **corner throw** is awarded when any defensive player (beside the goalie) is last to touch the ball before it goes over the endline (hits the bleachers).
  - ◆ If the goalie or any offensive player is last to touch the ball and it goes over the endline (bleachers), it is a free throw for the goalie. (goalie ball)
  - ◆ The goal area is a circle 9 meters from the goal. Only the goalie is allowed in this area. Goalies can come out of the area (not in possession of the ball) but they lose their goalie privileges and become a regular player. At WHS, goalies are not allowed to score.
  - ◆ At WHS, after you score a goal, you become a goalie for your team.
  - ◆ **Free throws** are awarded as a result of minor violations and are taken at the spot of the violation. Goals may not be scored off of a free throw. Defenders must be three (3) feet away on all free throws.
  - ◆ **Penalty throws** are awarded when a team intentionally passes back to their own goalie, a person is fouled in the act of shooting and a defender enters the goal area for the purpose of stopping a shot. During a penalty throw, one foot must remain in contact with the ground while in possession of the ball. A goal may be scored off of a penalty throw.
  - ◆ Offensive players stay spread out and pass the ball rapidly to try and outwit the defense.
  - ◆ Defensive players may play zone defense (position themselves between the offense and their own goal) or person to person defense.
- THB
- ◆ The official game consists of two 30-minute halves. At WHS, we play four (4) minute games during the tournament.

## **TERMINOLOGY**

- ◆ **HELD BALL:** A ball held for more than three seconds.
- ◆ **REFEREE'S THROW:** A throw from the referee to put the ball back into play after simultaneous fouls occur from both teams; does not occur often.
- ◆ **TRAVELING:** Illegally moving more than three steps in any direction while in possession of the ball.
- ◆ **COMMON FOUL:** Violations such as illegal throw-ins, substitutions, body contact, three seconds, three steps. A free throw is awarded from the spot of the violation.
- ◆ **GOALKEEPER:** The defender of the goal and the only one who can legally play the ball inside the goal area. They may use any part of their body to save a goal.