



Team Handball Study Guide



Team handball originated in Europe in the late 1920's. German sport instructors are credited with the game's origin. Today, team handball is enjoyed with great popularity throughout the world. A men's handball competition was included on the Olympic calendar at the Munich Games in 1972, followed by the inclusion of women's competition in the 1976 Games in Montreal.

Team handball is a dynamic court game that is fun. Players describe team handball as soccer with your hands, but they also notice elements that remind them of basketball, water polo and ice hockey.

Game Rules:

- Game of 3's
 - Hold the ball for 3 seconds
 - Dribble the ball 3 times
 - Take 3 steps
- Other rules
 - Jump ball - begins each game
 - MUST take at least one dribble before taking a step
 - Goalie restarts the game after a goal
 - Goalie has no restrictions inside the crease.
 - Goal is 1 point
- Violations
 - Stepping over the crease when attempting to score
 - Exceeding 3 steps, 3 seconds, 3 dribbles
 - Violations result in a turnover
- Fouls
 - Making physical contact with another player
 - Results in a free shot if the player is shooting at the goal.
 - Results in a free pass if the player was attempting a pass.

Player Positions:

- Offense - players with possession of the ball
- Defense - players without possession of the ball are trying to prevent the other players from scoring
- Goalie - player that protects the goal: privileges include: unlimited time with the ball, use of feet to protect the goal, unlimited dribbles. Once the goalie steps outside the creased area, all regulation rules apply