

# Team Handball



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# Description of Sport

Team handball is a very fun game played in teams. The game is best played on a full court usually indoors. There are usually 5 people playing on each team. It is played with a round ball the size of a soccer ball. The ball is soft so there is better grip on the ball and so it wont hurt anyone when they get hit with it. The game is a pretty quick game, moving back and forth on the court.



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# Team Handball Rules

## **Number of Players**

Teams shall consist of five (5) players. At least three (3) players must be on the court at all times.

## **Equipment**

The intramural supervisor will provide the game ball. An official team handball weighs 15-17 ounces, and is 23-24 inches in circumference.

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# Team Handball Rules

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## **Game Time**

The game shall consist of two twenty-minute halves, running time. If a tie game, penalty throws will be taken to decide the outcome of the game. Each team selects three players to attempt the penalty throws that will be taken alternately by the teams. The team with the most goals after the shoot-out will be declared the winner. All rules of penalty throws apply. If still tied, a sudden death shoot-out will determine the winner.

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# Defensive Rules

## **Defending The Opponent**

Defensive players are allowed to use their body to obstruct an opponent either with or without the ball. Using the arms or legs to push, hold, trip or hit, however, is a violation. Offensive players are not allowed to charge into player, or a free throw is awarded.

## **Corner Throws**

A corner throw is awarded to the offense when a defensive player is the last person to touch the ball as it goes out-of-bounds over the goal line

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# Offensive Rules

## **Scoring**

All goals will count one point. A goal is scored when the entire ball has passed over the goal line, between the goal posts and under the crossbar, provided it has been thrown, carried or propelled by hand or arms of a member on the attacking team. \*\*There will be a 30 second shot clock\*\*

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# Offensive Rules

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## **Playing the Ball**

A player is allowed to run three steps with the ball, or hold it for three seconds. A player is not allowed to play the ball with their legs below the knee. There is no limit on dribbling the ball. A double dribble, however, results in a free throw for the opponent. A player may not pass the ball in the air with the intention of catching it him or herself. This is an air dribble. Players are not permitted to dive on the floor to play the ball.

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# Offensive Rules

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## **Throw-ins**

A throw-in is awarded to an opponent when one team loses the ball out-of-bounds on a sideline. The defense must be three meters away when the ball is thrown in. The player must have both feet touching the court during the throw-in.

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# Penalties

## **Penalties**

A free throw is given for the minor infringements of the rules. The free throw is taken immediately, without the referee handling the ball, from the place the violation occurred. The defense must remain three meters away. The thrower must have one foot continuously in contact with the court, and must make a throw or pass within three seconds. A goal must be scored directly from a free throw.

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# Penalties

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## **Penalties**

If a minor foul occurs between the goal line and the free throw line, the free throw is taken from the free throw line just opposite from where the foul took place. A penalty throw is given for personal fouls of a more serious nature. The majority of penalty throws are given when an offensive player is fouled when shooting. A penalty throw is not awarded, however, unless the referee feels that the offense had a sure chance to score when fouled. The officials follow the "advantage" rule:

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# Penalties

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## **Penalties**

If a team fouled against is able to gain the advantage, play continues without a penalty. When the penalty throw is taken, one foot must remain in contact with the floor behind the seven-meter line until the ball is released. All the other players must stand beyond the nine-meter line and the opposing players must remain three meters from the thrower.

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# Penalties

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## **Suspension**

Un-sportsman-like conduct, unusually rough play or intentionally repeating three (3) personal fouls results in a free throw for the opponents and the player will have a two minute suspension from the game. During a suspension, the suspended player's team must play with one less player.

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*History Of Team Handball*

- Team Handball is very well known around the world but it is not that popular in North America.
- The sport was developed in three European countries.
- The game began much more like soccer but it changed to the use of hands instead of feet.

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*History Of Team Handball*

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- Later on in the mid early 90's the competition of team handball was entered into the Olympics.
- The game started to be played in different ways as it grew to be played in more countries.
- They changed the name of the sport to field handball because another game was being called team handball. But most people still call it by its original name.

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