**Team Handball Study Guide**

**Rules & Regulations of Team Handball**

Team handball is considered the number two sport in the world. It originated in the early 1900’s in Europe.

**Basic Rules of Team Handball:**

* The players consists of two teams that each have seven players including one goalkeeper and six court players per team.
* The players have to throw the designated ball past the goalkeeper in hopes of it going into their opponent’s goal.
* Players can advance the ball by throwing it from player to player down the court.

**Possession of The Ball:**

* A player can run with the ball, but must stop every three steps and then will have 3 seconds to get rid of the ball.

**Dislodging The Ball From Another Player:**

Players are not permitted to hit, pull or punch the ball. Players cannot try to dislodge the ball from another player. They also cannot use the ball to try to endanger their opponent, or make contact with the ball below their opponent’s knees. These are considered major or minor fouls.

**Penalty For Committing A Foul:**

When a player commits a foul, the other team is allowed a free throw.

**Free Throw:**

When a foul occurs a “free-throw” is given either at the point of the violation or at the point nearest the 10 yard line if the foul happened between the goal-area line and the 10 yard line.

**Keeping The Ball From Being Passed:**

Players are allowed to use their body to block the ball from being passed, but they are not allowed to charge into another player.

**Length of The Game:**

A match will consist of two thirty minute periods including a half time of 10 minutes.

The game is started at center court with a Jump Ball.

**Ball Possession After A Player Scores:**

After a score the other team’s goalie may throw the ball back into the court for play without the game being stopped.

Goalie can dribble unlimited amount of time in the crease and if they leave the crease they become a regular court player.