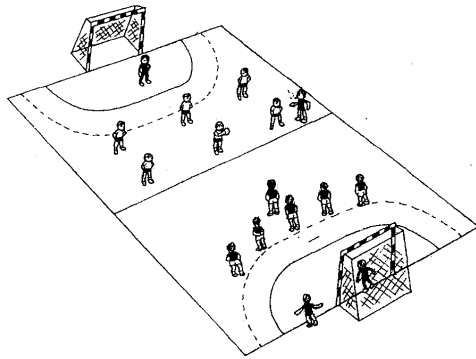


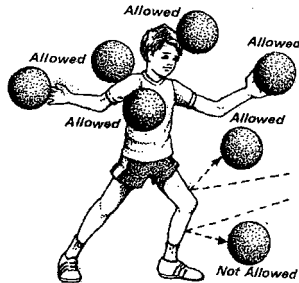
Handball Rules:

Each team has 6 players on the court, plus a goalie. Each team begins in their own half. The game starts with a throw-on at center. After half-time, the other team begins with a throw-on.



Playing the ball

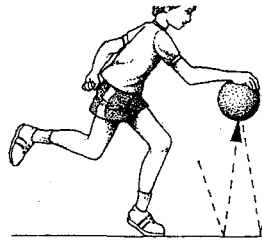
1. A player is permitted to play the ball in any manner with his hands, arms, head, body, thighs and knees. He is not allowed to play it with his legs below his knee or his feet. (Free throw). He is not penalized however, if it does not give his team an advantage or if an opponent throws the ball at his legs or feet.



2. The ball may not be held for more than three seconds by any player while not moving. (free-throw)

3. A player may take a maximum of three steps while holding the ball. (Free-throw)

4. The ball may be bounced once or repeatedly with either hand while moving or standing.



Once the ball has been seized with one or both hands, it must be played off either within three seconds or after 3 steps have been taken. (free-throw) The ball may

be held for three seconds after the steps have been taken.

5. The ball may be rolled repeatedly on the ground with one hand.

6. After voluntarily giving up possession of the ball, a player may not again play the ball until it has touched the ground, another player or the goal. For example, air dribbling is not allowed.

(Free throw) however, it is permissible to place the ball from, one hand into the other, and no penalty is given for fumbling.

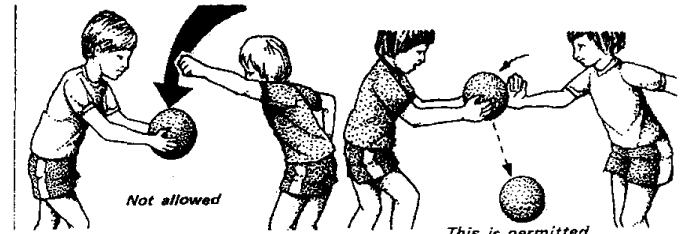
7. Players are not allowed to dive for balls rolling on the ground. (Free throw)



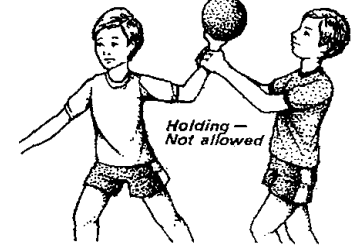
8. The game is not interrupted if the ball happens to touch a referee.

Approach to Opponent

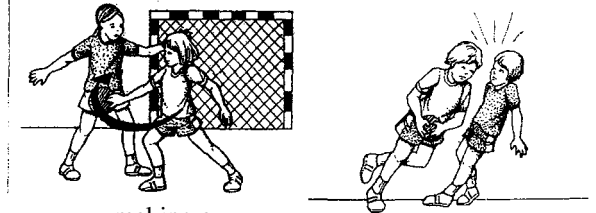
1. The flat of the hand may be used to get the ball from an opponent, but a player is not allowed to snatch or violently strike the ball from the hands of an opponent (free-throw)
2. A player is permitted to obstruct an opponent with his body regardless of whether the opponent has the ball or



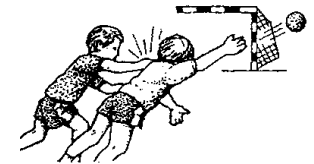
not. He is not, however, allowed to obstruct or push an opponent using his arms, hands or legs such as in



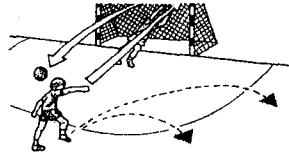
holding, hitting, pushing, jumping into, running into, or tripping him. Nor, may a player throw himself or the ball at an opponent or endanger him in any other way such as in



3. It is not permitted to push or force a player into the goal area (free-throw)
4. In the case of seriously infringements of any one of the rules in this section by which a clear chance of scoring is destroyed, a penalty-throw is awarded.



- A court player may enter the goal area after playing the ball (such as after taking a shot) providing the entering does not give a disadvantage to the opponents. The ball must be released before a touch to the goal area is made.

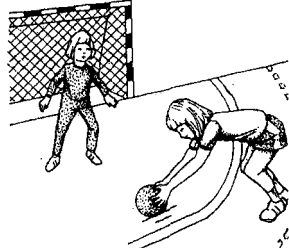


Although the ball remains in play off of the goal, this player must get out of the goal-area without interfering with it.

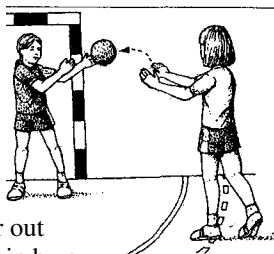
- The penalties for entering the goal area are a) free throw for entry by an attacking player, b) penalty-throw for entry by a defending player



provided the entry is for the clear purpose of defense, otherwise, it is a free-throw

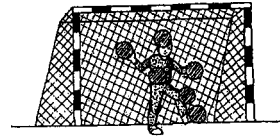


- The ball in the goal area or held by the goalkeeper in the goal area belongs to the goalkeeper (free-throw). The ball is not considered to be in the goal-area when it is in the air.



- A ball that gets into the goal area still in play is thrown by the goalkeeper out onto the court again by a

throw-out. A goal may be scored direct from a throw-out.



- For playing the ball back into one's own goal area intentionally a penalty-throw is awarded unless it comes back out untouched or a goal is scored.

The Goalkeeper

1. The goalkeeper may defend his goal in any way he chooses and move about in the goal-area without any restriction other than intentionally delaying the game (free-throw)
2. The goalkeeper may leave the goal-area without the ball and play as any court player, and is allowed to enter the goal-area again.
3. He is not allowed to leave the goal-area with the ball (free-throw)
4. He is not allowed to re-enter the goal-area carrying the ball (penalty-throw)
5. The goalkeeper may be replaced by a court player at any time provided the referee is notified in advance (penalty-throw)



THE EQUIPMENT

Before we get into the skills sessions, you should learn a little bit about how the game is set up and the equipment that we use.

The Court

The court is 40 meters long by 20 meters wide. The **center line** is found at center court and divides the length of the court in half. The goals are found at each end of the court. Their inside dimensions are 3 meters wide by 2 meters high by 1 meter deep.

The **goal area line** is made up of 2 - six meter quarter circles measured from the inside of the goal post and drawn from the goal line to a point directly in front of the post. They are joined by a straight line. We should note that the outside dimension of "the line" is at the 6 meter mark, therefore, if you touch the line you are inside the crease area.

The **free throw line** is the dotted line found 3 meters outside the goal area line. It is constructed in a similar fashion.

A **penalty line** is 7 meters out from the goal line centered directly in front of the goal.

The **goal keeper** line is 4 meters from the goal line centered directly in front of

the goal.

Substitution lines are found 4.5 meters either side of the center line.

Substitutions may take place only between the substitution line nearest your bench and the center line.

Now, most high school gyms aren't even close to this size. We would suggest that you modify the game. We use either a 4 or 5 meter line instead of the six. We keep the free throw line at the same distance, however, at 3 meters outside whatever line you choose.

THE PLAYERS

There are six court players and one goalie on the floor. The rest, usually four court players and another goalie are substitutes.

Substitutions can take place at any time, providing the substitution takes place in the substitute's area and the player coming out of the game is off the court before the substitution is made.

Players are named by position. In a 5-1 offense there are 3 backs, 2 wings and 1 pivot. In a 4-2 offense there are 2 backs, 2 wings and 2 pivots.

Game Time

Game time normally consists of two 30

minute halves. However, you may have to adjust according to the length of your lesson or the length of the practice time. Don't forget that there should always be a skill acquisition teaching part before the game. So two 30 minute halves. With smaller children perhaps two 15 minute halves or if you want to be creative, three 15 minute periods. It's up to you to adjust it and suit the age level of the child and the amount of time you have available.

Time outs are rarely called. If they are they can only be called by the referee. We change ends at half time same as in most sports and the team that did not throw off for the first half throws off for the second half.

Ball Play

What you are allowed or not allowed to do with the ball is as follows:

- You're allowed to throw or hit the ball with any part of your body except your lower leg. You're allowed to hold the ball in a stationary position for three seconds before you either throw, pass, or shoot it.
- You're allowed to dribble the ball once or several times, but as soon as you touch or hold it with two hands

you must throw, pass, or shoot it again.

- You are allowed three steps before and three steps after your dribble.

- There is one other point we must make and that is that you are not allowed to dive to gain possession of the ball, if you do it's a free throw for the other team.

Defensive Behavior

What you're allowed to or not allowed to do with your opponent is as follows:

- You're allowed to keep you opponent from going to the net in a controlled manner using your upper body. You're not allowed to use arms or legs or hands to stop them from going to the goal like this

- You're allowed to use an open hand to strip the ball away from you opponent. Any contact, however with your opponent while trying to strip the ball from him will result in a free throw for the other team.

- Now the chances of you stopping your opponent from going to the goal without the use of your hands is pretty well zip! So use them at all times, but be prepared for a call from the referee in the form of a free throw.

- Now, it is most important to maintain position between your opponent and the goal at all times. That means that your feet must be moving all the time. As soon as your feet stop moving the opponent will go right by you, then the warnings and the two minutes start. That shows a laziness on defence, so keep the feet moving and stay between your opponent and the net.

Goal Area

The goal area, which includes the goal area line, sometimes called the crease or the circle, cannot be entered by any player other than the goalie. You're allowed to break the plane of that line but you're not allowed to be in possession inside that line when you're

releasing the ball. This would be okay. But being down inside before you shoot is not okay.

One other thing we should mention at this point in time, is it the shot goes off the post or the goalie and comes roiling back on the ground, such as it's on the ground when I pick it up. I am considered to be down inside the line. Therefore, the other team gets the ball. If the ball comes bouncing off a goalie or a post, such that it's in the air when I pick it up from inside the area that's legal and the play's live.

The Goalkeeper

The goal keeper can take as many steps as he wishes whilst in the goal area. The goal keeper's allowed to cross the line in either direction as long as he's not in possession of the ball. Once outside the crease the goal keeper's subject to the same rules as all the other players on the court.

Goals

The name of the game in handball of course is to score as many goals as you possibly can. How do we score a goal? Quite easy. You put the ball in the back of the net. However, the rules state that the whole of the ball must pass over the whole of the line between the posts. So

It we assume that the line is an extension of the two posts, this would not be a goal, however, once it's broken the full line, that would be a goal.

REFEREE'S CALLS

As with any game. in order to play successfully we need to know not only the skills of the game but also the rules of the game. Therefore we encourage you to allow the students to take turns in refereeing.

How do we teach refereeing skills? Well number one, we have to know the rules and number two, of course, we have to know the signals. What we do in the early stages, when the referee makes a call they use the body to give the visual cue and at the same time give a verbal cue. Ideally after a few weeks of playing, the athletes on hearing the whistle will turn to the referee and will just see the visual cue. The following part of the video will show you some of the common calls made by referees and the visual cues.

Throw-Offs

Throw-offs are taken to start the game, at the beginning of the half, or after a goal is scored. The referee blows his whistle and drops his arm to start the clock and play begins. All players must

be in their own half and the opposition must be at least 3 meters away from the ball. Just toss the ball to one of the players on your own team and go.

Free Throw

Some of the reasons for calling free throws are: fouling an opponent, playing the ball incorrectly, stepping on or inside the six meter line, or after a warning or play stoppage such as a warning or 2 minutes. The referee indicates which team will be receiving the ball and where the throw should be taken from. Players on the team receiving the ball must be outside the dotted free throw line. The defenders usually fall back to set up their wall and must be at least 3 meters away from the ball.

Throw In

A throw-in is given when the entire ball goes across the side line or end line. The signal looks like this. It is taken by the opponents of the team last touching the ball at the place where the ball went out of bounds. To execute, put one foot on the out-of-bounds line and throw the ball to one of the players on your own team.

Corner Throw-In

If, on a shot on goal, the ball first hits the defender then travels over the goal line

without touching the goal keeper it is considered a corner throw-in. Here is the signal. The corner is taken by placing a foot where the side line and goal line meet, then throw the ball in.

Goal Throw

A goal throw is given when the ball last played by the attackers or the goalie crosses the end line without entering the goal. The signal looks like this. The goalie cannot push the ball deliberately over the end line. He can take the throw from anywhere inside the goal area: A goal can be scored from a goal throw.

Penalty Shot

A penalty shot is given when the attacker, having no person except the goalie between him and the net, is fouled in the act of shooting. A foul in this case can be a slight bump or anything that may affect the accuracy of the shot. To make the call the referee blows his whistle and points to the 7 meter mark.

The two most important points to stress with players on this shot are foot position and time. Now have them plant their foot about 10 centimeters back from the 7 meter mark. That foot is glued to the floor, it does not move.

Most of the weight is on the back foot. Boll's in a ready position. The referee must blow his whistle before the shot is taken. You have 3 seconds to take the shot.

Three seconds for a beginner player In a pressure situation does not seem like very much time, so what the coach should do in the practice situation is count it out for them. Most players when they're in this position and hear the whistle will take a shot like this. And the shot will be done very quickly; no planning, poor execution. What it should look like is this. The player takes the full three seconds or close to it to take the shot. This is something that is going to have to be worked on and practiced. Now lets take a look at the shot again in a game situation.

Jump Ball

A jump ball, or referee's ball, is a rare call in team handball. It's called in two instances. One, when a ball hits the ceiling or a structure hanging from it and the second where two players have simultaneous possession of the ball without fouling each other. Any two players may take the jump; all others must be 3 meter away from the ball.