

Team Handball

***These are simplified rules and if you want official rules refer to the International Handball Federation official rulebook.**

Starting of Play

- The possession of the ball is determined by a coin toss. The team that wins begins in the center of the field and the opposing team must be at least three meters away from the ball.
- When the whistle is blown, the team with the ball may start play by making a **forward pass** to a team member.
- Both teams must be on their own side of the field.
- This occurs at the beginning of the game, after halftime, and after a goal is scored.

Out of Bounds

- When a ball travels out of play (out of bounds) a throw in is awarded to the other team.
- The throw in occurs where the ball went out of play.
- A player must keep one foot on the sideline during the throw-in.

Shooting

- You may shoot from anywhere outside the 6 meter line (the inner circle).
- A goal is scored when the entire ball travels over the goal line.
- If a shot goes of the goalie and out of bounds it is then the goalies ball.

The 6-Meter Line/Goalie Circle

- Only the goalie may go into the inner circle (6 meter line)

Defending

- Contact is somewhat like basketball. Players may use their bodies to defend their opponent, but not obstruct them.
- Defenders may block the ball using their hands.
- Using your hands to push, hold, trip, or hit are not permitted.
- Players may not endanger an opponent with the ball, steal the ball from an opponent with possession, dive on the ground, or contact the ball below the knees.

Penalties

- If a foul occurs in the inner circle or while a player is shooting a penalty shot is awarded at the 7-meter line.
- This may occur when a clear shot to score was destroyed by a foul, or when the goalie carries the ball back into his/her circle, or a player intentionally passes the ball back to their own goalie, or the defense intentionally enters the inner circle to gain advantage.

Penalty shot

- When a player takes a penalty shot he/she must keep one foot on the ground throughout the entire throw. All others are outside the second circle (9-meter line), except for the goalie.

Fouls

- If a minor foul occurs anywhere else the ball is awarded to the opposing team where the penalty occurred.
- If a foul occurs between the 6 and 9- meter circles the offense receives the ball at the nearest point to the foul on the 9-meter line. The player must pass or shoot the ball with one foot on the ground. The defense must be 3 meters away from the offense must be outside the 9-meter line.

* Information from **Bowling Green State University's Physical Education Methods Program** and from the book, Team Handball Steps to Success by Reita Clanton and Mary Phyl Dwight.