

Team Handball Study Guide

History:

Team Handball originated in Europe in the 1900s played first on soccer fields in **Denmark, Germany, and Sweden.**

- Men's handball first appeared as an indoor sport in the **Olympics in 1972**, where it was played with 7 players on each side.
- Women's handball was added to the Olympic Games in 1976.

Simplified Rules of the Game

1. Object of the Game

Handball combines the elements of soccer and basketball, as six players move the ball down a floor trying to score by throwing the ball past a goalkeeper into the net. A successful scoring attempt (when the entire ball crosses the goal line) results in the awarding of a single point. **For a goal to count in handball, the shot must be taken from behind the free throw line.**

A regulation game is played in 30 minute halves with one team timeout per half. A **coin toss** determines which team has first possession. The game begins with a throw-off and the clock stops only for team timeouts, injuries, and at the referee's discretion.

2. Field of Play

A versatile game, team handball can be played indoors in the gym, outdoors on the grass, on a paved area or on the beach.

3. The Ball

A **regulation** handball is made of leather and is about the size of a large cantaloupe. It varies in size and weight according to the group playing. In **Cherokee Handball** we use a soft **gator skin ball.**

4. The Teams

A game is played between two teams. In a **regulation game** there are **seven** players on each team allowed on the court at the same time (6 court players and 1 goalie). In **Cherokee Handball** there are **5 players** on the court at a time.

5. Playing the Ball

Regulation Rules:

Players are allowed to:

- Dribble the ball for an unlimited amount of time.
- Run with the ball for up to three steps before and after dribbles.
- Hold the ball without moving for three seconds.

Players are not allowed to:

- Endanger an opponent with the ball.
- Pull, hit, or punch the ball out of the hands of an opponent.
- Contact the ball below the knees.

5. Playing the Ball (continued)

Cherokee Rules:

Players are allowed to:

- Possess the ball for no more than 5 seconds or 3 steps.

