Team Handball

(School rules are same as real rules on the backside, except the variations below)

**Scoring**

If the ball hits any part of the mat it is worth 1 point, including the corners and edges. The ball may not be throw more than half the length of the court to score or pass.

**Teams**

The number of players and goalies playing depend on grade, teacher, and class

**Goalkeeping**

The goalkeeper may NOT leave the goal area (inside the 6 meter line)

**6 Meter Line**

The 6 meter line will be either the 3 point line for basketball or marked off by cones.

**Start**

The team with the jerseys starts with the goalie throwing the ball in to his/her teammates from the goal area. The game does not start over on substitutions, so the team that had the ball at the end of the time limit, begins play with the ball where ever they had it when the whistle blew, IF they threw the ball to a teacher instead of continuing after the whistle.

**Out of Bounds**

There are no out of bounds for the ball, only for the players. Players who are on the court can NOT go past the sidelines. Likewise, the sideline players may not step past the sideline onto the court to get or throw the ball. The penalty is a turnover and the opposite team throws the ball in from that spot or where ever the ball is if it is not an advantage.

**Sideline Players**

Sideline players may not score, pass to another sideline player, or switch places in line. They must stay in the exact same order boy/girl /boy/girl or how ever the teacher directs. Sideline players MUST spread out on the sideline so the entire sideline is covered by sideline players. Grades are reduced if sideline players are not paying attention, not spread out, and not ready for balls that go past the sideline.

**Resuming Play after a Goal**

After a goal is scored, the team’s goalie whom was just scored on, is given the ball to immediately start play again.
REAL Team Handball Rules

Teams
six players and a goalie

Scoring
A goal is worth one point

Touching
A player may stop, catch, throw, bounce or strike the ball in any direction, using hands, arms, head, body, thighs or knees. However, a player may not intentionally kick the ball. The ball is almost always played with the hands.

Possession
A player with the ball may stand stationary for only 3 seconds before shooting, passing or dribbling.

Dribbling
A player in possession of the ball may not take more than three steps without shooting, passing or dribbling the ball. In handball, dribbling typically involves bouncing the ball and catching it (a slight variation on dribbling in basketball).

Goalkeeping
Once the goalkeeper leaves the goal area, s/he must adhere to the rules for other players.

Defense
Defensive players may not hold, hit, push or trip an offensive player. Among the tactics a defensive player may use to gain control of the ball is by shielding the opponent with the body, whether or not the player has the ball. It is forbidden to snatch the ball with one or both hands or violently strike or slap the ball from an opponent's hands.

Offense
Offensive players may set basketball-style picks in order to shield a teammate from a defensive player.

Goal Area
Only the goalkeeper is permitted to enter the goal area

Yellow Cards
In case of excessive roughness or unsportsmanlike conduct, a player is warned by the referee and shown a yellow card, as in soccer. The next infraction, the player will have to sit out two minutes, and his/her team must play short-handed. A third means a red card and the player is disqualified from the game. His/Her team must play short the rest of the game.

Start
The game starts with a throw-off from the center of the court after the referee's whistle.

Fouls
Depending on the severity of a foul, a free throw or penalty throw can be awarded from 7 meters (1 meter past the throwing line (6 meter line))

Out of Bounds
The boundary line on the floor is IN and it extends up in the air as an invisible line. The ball is out if the entire ball crosses the invisible line on or above the ground.

Substitutions
There are no limits on substitutions, which can be made during the action. During play, the athlete entering the game must wait until the player s/he is replacing has completely stepped off the playing field.

6-Meter Line
The most important line, marking the goalkeeper area. Neither offensive players nor defenders may enter this area or step on the line. Offensive players are allowed "air rights," meaning they can jump from behind the 6-meter line, shoot from above the goalkeeper area, then land in it after releasing the ball.

Court Dimensions
An Olympic handball court measures 20 meters by 40 meters (65 feet, 7 inches by 131 feet, 2 inches), which is slightly larger than a basketball court.
Team Handball Skills

Shooting – using “air rights”

Shooting – aiming for top and bottom corners

Team work passing – hot potato

Teamwork passing and shooting – each team has time limit or is timed and has to each touch the ball before each team member shoots and scores (keep records)

Dribbling down court and weaving then shooting

Dribbling during running lines (1 person in each line gets a ball)