HANDBALL

1. HISTORY

Handball was born in Berlin (Germany) in 1919.

At the beginning, there were 11 players per team and the goal-area line was 11 meters from the goal. Currently there are only seven players on each team.

Handball, as an indoor sport, became an Olympic sport in Munich 1972. Yugoslavia won the first Olympic gold medal. Women’s handball became an Olympic sport in Montreal 1976. The USSR won the gold medal.

2- WHERE TO PLAY?

The handball court measures 20 meters wide by 40 meters long.
3. HANDBALL PLAYERS POSITIONS AND THEIR ROLES

There are seven players on each team (six court players and one goalkeeper).

- **THE GOALKEEPER**

  The goalkeeper may use any part of his/her body to block a shot. There is no "corner" when the goalkeeper blocks a shot and it crosses the outer goal line.

  - **Role**: the goalkeeper has to block the shots from the other team in order to keep his goal with the least possible goals.

- **LEFT AND RIGHT WING**

  The player occupying the left wing (normally right-handed) covers the left hand side of the court. Whereas the right wing player will usually be left-handed, covering the right hand side of the court.

  - **Role**: These players stand on the far left and right side of the defense while the team is defending and they initiate counter-attacks along the lines when the team attacks.

- **LEFT AND RIGHT BACK**

  The left and right backcourt players form a large part of the back line and stand to the left and right of the center back.

  - **Role**: When defending, they try to block shots and cover the goal, and in attack they have the skills to shoot from large distances.

- **CENTER BACK**

  Often referred to as the center-back or center-half, this player occupies the middle of the court as a rule.

  - **Role**: Center players occupy the creative handball positions of playmaker, who typically directs play in defense and attack.

- **PIVOT**

  He generally plays in front of his defense.

  - **Role**: He tries to intercept the ball or prevent his opponents from passing, but when they are attacking he is also required to shoot and often has to do so while unbalanced or in the air.
4. HOW LONG IS A HANDBALL MATCH?

60 minutes (2 halves of 30 minutes each).

5. BASIC RULES

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<tr>
<th>A PLAYER IS ALLOWED TO...</th>
<th>A PLAYER IS NOT ALLOWED TO...</th>
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<tbody>
<tr>
<td>• To run with the ball for 3 steps.</td>
<td>• To step on the goal area.</td>
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<tr>
<td>• To hold the ball for 3 seconds.</td>
<td>• To take more than 3 steps without bouncing the ball (travelling).</td>
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<tr>
<td>• To dribble the ball.</td>
<td>• To bounce the ball, then stop bouncing and begin to bounce the ball again (double dribble).</td>
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THROWS AWARDED DUE TO FAULTS

| Free-throw | For a minor foul or violation, a free-throw is awarded to the opponent at the exact spot it took place. If the foul occurs between the goal area line and the 9-meter line, the throw is taken from the nearest spot outside the 9-meter line. The thrower can pass or shoot. |
| 7-meter throw | The 7-meter throw is awarded when: A foul destroys a clear chance to score. A defensive player enters his or her goal area to gain an advantage over an attacking player in possession of the ball. |
**PENALTIES**

**Yellow card:** A yellow card is a warning. The referee will show a yellow card for an illegal action.

**Two-minute suspension:** When a player has committed a dangerous foul, like striking the opponent in the head.

**Red card:** The referee will show a red card after a very rough foul or after the third time a player receives a two-minute suspension.

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**6. BASIC SKILLS**

**Jump pass**  
**Jump shot**

**Bounce pass**  
**Shot in place**

**Hip pass**  
**Overhead pass**