

Team Handball

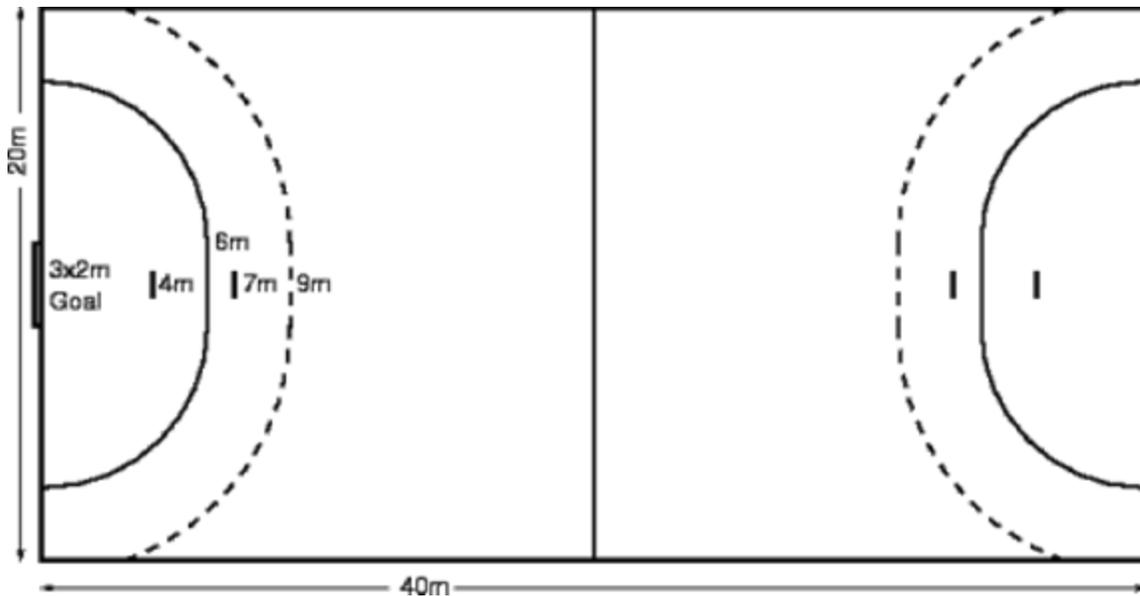
Team Handball combines the elements of soccer, basketball, hockey and lacrosse and has been described as water polo played on land. 7 players per team.

Court: 40m x 20m

Goal: 2m high x 3 m width

Goal area: 3m in front of goal, radius of 6m to goal line

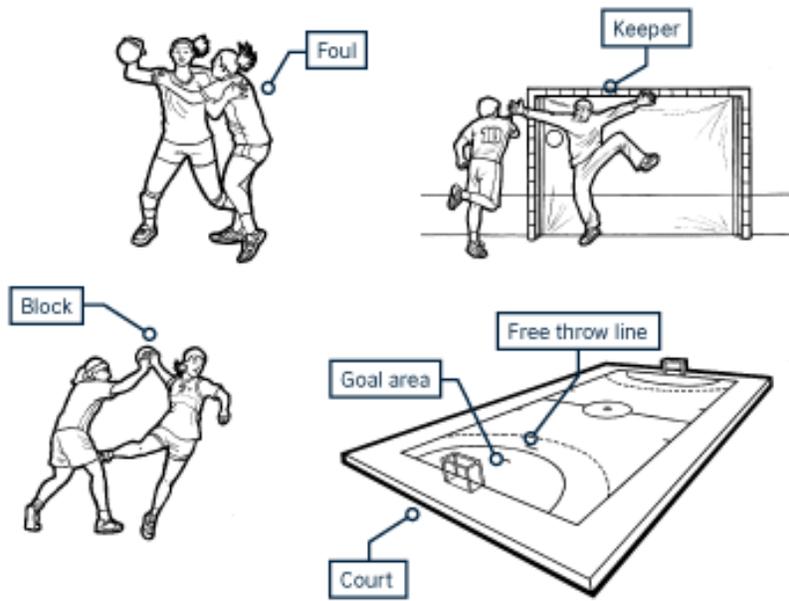
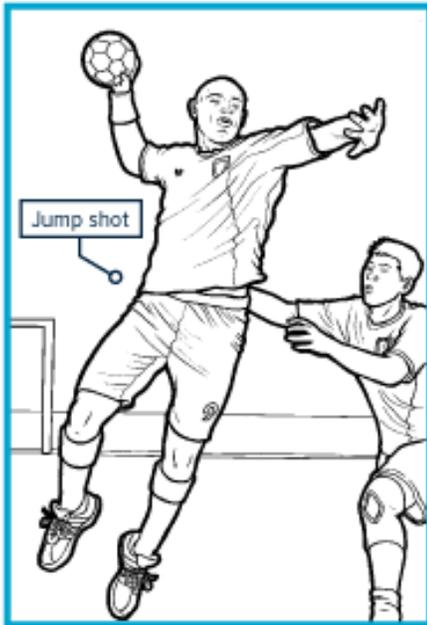
Free Throw line: 3m outside goal area line (broken line)



Contact the ball below the knees **Rules:**

1. Players are allowed to:
 - a. Take 3 steps before and after dribble
 - b. Dribble the ball 3 like a basketball.
 - c. Hold the ball without moving for 3 seconds
 - d. Shot at goal must be taken from behind the free throw line. Player may be in the air over the line when they shoot, but the ball must be released before they land.

2. Players are **not** allowed to:
 - a. Endanger an opponent with the ball
 - b. Pull, hit or punch the ball out of the hands of an opponent
 - c. Contact the ball below the knees
 - d. Push or grab players
 - e. Travel through the goal area to gain an advantage (short cut)



Handball was developed in Denmark, Sweden and Germany in the late 19th century. It is a team sport in which two teams of seven players each pass a ball to throw it into the goal of the other team.

Source = <http://learnenglish.britishcouncil.org/ar/eftg/handball>



Team Handball by Eric Martin (Sept. 22, 2014)

Team Handball originated in Europe in the 1900's and recognizes over 140 countries as members of the International handball Federation (IHF). Handball first appeared in the Olympics in the 1936 Berlin Games as an outdoor sport, with 11 players on a side. It was not played again at the Olympic games until 1972, where it was played indoors with 7 players on each side. Women's handball was added to the Olympic Games in 1976.

Handball combines the elements of **soccer**, **water polo**, **hockey** and **basketball**, as six players move the ball down a floor that is larger than a basketball court and try to score by throwing the ball past a goalkeeper into the net. A successful scoring attempt results in the award of a single point. Typical final scores in this action-packed game run in the mid twenties.



Source = <http://www.cobblearning.net/palmerhealth/posts/>