

## Handball Rules

The origins of handball can be traced back to medieval times but it was in 1906 that the rules of modern handball were first created in Denmark. The game is hugely popular in Northern and Eastern Europe but is played around the world.

The governing body of the game is the International Handball Federation, who also organise the World Championships. It is believed that there are around 19 million handball players in the world today.

Handball is traditionally played indoors but there have been variations such as field handball and beach handball (sometimes referred to as sandball) that have been played outdoors.

## Object of the Game

The object of handball is to score more points than your opponent.

## Players & Equipment

The standard handball games features 5 players on court for each side, 4 outfield players and 1 goalkeeper. A team will also have up to 3 substitutes, which can be used on a rolling basis and with no need to notify the referee.

There is semi-circle area around each goal area, sometimes referred to as the crease or the zone. There is also a line which lies 9 metres from goal, which is the free throw line.

## Scoring

A goal is scored in handball when the ball is thrown into the opponent's goal.

## Winning the Game

To win in handball you must score more than your opponent.

## Rules of Handball

- A match consists of 4 periods of 10 minutes each.
- Each team consists of 5 players; a goalkeeper and 4 outfield players.
- Outfield players can touch the ball with any part of their body that is above the knee.
- Once a player receives possession, they can pass, hold possession or shoot.
- If a player holds possession, they can dribble or take three steps for up to three seconds without dribbling.
- Only the goalkeeper is allowed to come into contact with the floor of the goal area.
- Goalkeepers are allowed out of the goal area but must not retain possession if they are outside the goal area.

### Attacker :

1. Is entitled to bounce the ball as often as the attacker likes to do so
2. If the attacker catches the ball he/she is allowed to take a maximum of three steps with it then the attacker has to pass or shoot .

### Defender:

1. Is allowed to body contact in a player on player situation off the ball (zoning a player)
2. Must not hit a player
3. Must not strike or pull back opponents throwing arm
4. Must not hold or restrain
5. Must not spoil a clear chance of scoring with illegal means. This always leads to a 4 metre throw!