

## BASIC HANDBALL – The traditional game

### Philosophy of the game

Handball is a team sport played by two male or female teams. The players are allowed to handle and throw the ball using their hands, but they must not touch the ball with their feet. The objective of the game is to score and avoid getting goals. The team that scores more goals in a given period of time wins the match. The game is played at a very high speed and body contact is permitted. As a result, Fair Play has a central importance.

Basic handball is either played in a sports hall or outdoors on a 40x20 metre court. The other variations of the game, such as Minihandball, Beach Handball or Wheelchair Handball, are all based on the fundamental rules of the game, although both facilities and rules shall be adapted to their needs.

### Who can play the game?

Handball is a team sport for two squads of 7 players (six field players and a goalkeeper). For competition handball two referees are also necessary.

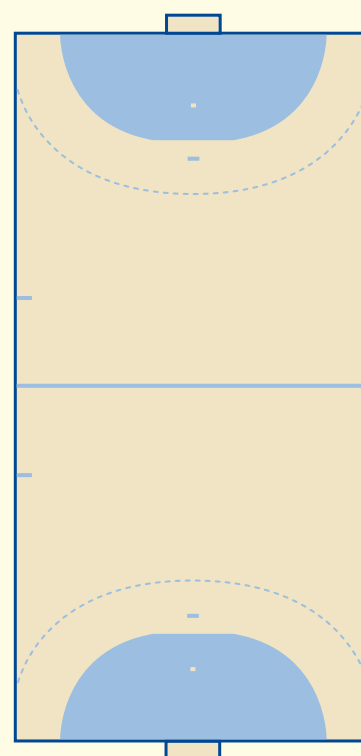
### What do you need to play?

*Regular indoor handball court (see picture):* 40x20 metre court with wooden or PVC flooring. The court has two 6m goal areas and two goals (3x2m).

*The ball:* Men play with ball size 3, women with ball size 2, but different age categories may use different sizes (size 1 and 0 balls also exist).

*Clothing:* Players need adequate sports clothing for handball. Shorts, shirts and sports shoes are required.

*Duration of the game:* A handball game is played 2x30 minutes, but this – just as the size of the ball – can vary according to the needs of the diverse age categories.



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How to play?	Allowed	Not Allowed	Consequences
<b>In attack</b> (with the ball)	Throw & catch the ball using hands & arms	Block or kick the ball using your feet	Free throw for the opponent
	Pass the ball to a team mate	Hold the ball for more than 3 seconds	Free throw for the opponent
	Take a max. of 3 steps with the ball	Take more than 3 steps with the ball	Steps, free throw for the opponent
	Bounce the ball with one hand & catch it again	Bounce the ball, catch it and bounce it again	Wrong dribble, free throw for the opponent
	Play outside the goal area	Enter the goal area with the ball	Goalkeeper throw
	Touch the ball in the air above the goal area	Touch the ball inside the goal area	Goalkeeper throw
	Break through the defence	Charge the opponent or run into the defensive player	Offensive foul – free throw for the opponent
	Put the ball on the floor when the referee takes ball possession away	Throw or push the ball away after the referee takes ball possession away	2-minute suspension
<b>In defence</b> (without the ball)	Use your hands to block the ball and use your open palms to take the ball away from the opponent	Pull or hit the ball out of the hands of an opponent	Free throw / 7m throw
	Make body contact with an opponent (in face to face position) in order to monitor the opponent's movement	Hold (body or jersey) or push, run, jump into an opponent	Free throw / 7m throw & if movement is directed at the opponent & not at the ball - personal progressive punishment
	Fair play	Endanger the opponent	Suspension (2 minutes) or disqualification (red card)
	Stay outside the goal area	Use the goal area as basic defensive position	7m throw
	Stay at least 3 metres away from the free throw	Interfere with the execution of a free throw	Warning (once) & personal progressive punishment
<b>Goalkeeper</b>	Touch the ball with any part of his body inside the goal area	Take the ball into the goal area from outside	Free throw
	Leave the goal area without the ball and play as a field player	Leave the goal area with the ball	Free throw
		Endanger the opponent while executing a save	Personal progressive punishment

**Respect Fair Play!** The elements of personal progressive punishment: Yellow Card (warning) / 2-minute suspension / Red Card (disqualification for the rest of the game)