**Sport: Team Handball**

**Game Overview:** Team handball is the second most popular sport in Europe (behind soccer), but is little known in North America. The modern game actually grew out of three sports that were developed, independently, in three different European countries: The Czech hazena, the Danish handbold, and the German Torball. All three were based on soccer, but essentially replaced the foot with the hand, so that the ball could be advanced by batting or throwing, rather than by kicking.

**Field Dimensions:**

The eleven-player game is played outdoors, on a field 90-100 meters (295-360 feet) long and 55-65 meters (180-213 feet) wide, with a goal 2.44 meters (8 feet) high and 7.32 meters (24 feet) wide. The goal circle is an arc 13 meters (43 feet) from the center of the goal.

In the seven-player game, which can take place either indoors or outdoors, the playing area is 38-45 meters (125-148 feet) long and 18-22 meters (59-72 feet) wide. The goal is 2 meters high by 3 meters wide (about 6 feet by 9 feet) and the goal circle has a diameter of 6 meters (about 20 feet).

**Equipment:**

Hand-ball (15 to 17 ounces are the norm but smaller versions for youths are 11.5 to 14 ounces)

**Rules and Regulations:**

The object is to score by throwing or hitting an inflated ball into a goal. A player can move the ball by dribbling it, as in basketball; by hitting it with any part of the body above the knee; or by throwing it. Only the goalkeeper is allowed to kick the ball. (This, of course, is the reverse of soccer, where all other players have to kick the ball and only the goalkeeper is allowed to handle and throw it.)

It's against the rules to carry the ball for more than three steps or to hold it for more than three seconds.

Shots on goal must be taken from outside the goal circle, an area in which only the goaltender is allowed. Minor violations of the rules allow a team a free throw, which is an unhindered pass to a teammate, usually from a spot near where the foul was committed. Penalty throws at the goal, awarded for more serious infractions, are taken from a mark just outside the goal circle.

Handball can be either 11-player or 7-player game. A game is made up of two 30-minute halves. Youths play 25-minute halves.

For more information on Handball go to: [www.sportsrules.50g.com/handballteam.htm](http://www.sportsrules.50g.com/handballteam.htm)