



# STA Physical Education Department Handball

Team Handball				
	Excellent 4 pts	Proficient 3 pts	Developing 2 pts	Beginner 1 pts
<b>Dribble-Step Sequence</b>	Excellent  Always dribbles to advance the ball according to the sequence pattern permitted by the rules.	Proficient  Mostly dribbles to advance the ball according to the sequence pattern permitted by the rules.	Developing  Sometimes dribbles to advance the ball according to the sequence pattern permitted by the rules.	Beginner  Rarely dribbles according to the rules and proper technique when attempting to advance the ball.
<b>Passing</b>	Excellent  Always makes quick, accurate passes to teammates or partners. Uses Correct form all of the time according to cues for each pass type (chest, bounce, overhand)	Proficient  Mostly makes quick, accurate passes to teammates or partners. Uses correct form following the cues the majority of the time.	Developing  Sometimes makes quick, accurate passes to teammates or partners. Uses correct form following the cues some of the time.	Beginner  Rarely passes to teammates or partners when playing, or passes are inaccurate and incomplete. Does not use correct form at all, absence of use of cues.
<b>Catching</b>	Excellent  Always uses both hands successfully when receiving the ball from a teammate or partner.	Proficient  Sometimes, uses both hands successfully when receiving the ball from a teammate or partner.	Developing  Mostly uses one hand when receiving the ball from a teammate or partner, and often drops the ball.	Beginner  Only uses one hand when receiving the ball from a teammate or partner, and often drops the ball.
<b>Shooting</b>	Excellent  Jumps and throws using one hand and steps with the opposite foot. Uses enough force to make it to the target all of the time.	Proficient  Jumps and throws using one hand and steps with the opposite foot. Uses some force to make it to the target the majority of the time.	Developing  Throws with one hand without stepping towards their target and uses enough force to make it all the way to the target half of the time.	Beginner  Throws with two hands without stepping towards their target and doesn't use enough force to make it all the way to the target none of the time.
<b>Use of Strategy</b>	Excellent  Always implements strategies during game play on offense and defensive sides of the ball, including teamwork & communication	Proficient  Mostly implements strategies during game play on offense and defensive sides of the ball, including teamwork and communication.	Developing  Sometimes implements strategies during game play on offense and defensive sides of the ball, including teamwork and communication.	Beginner  Rarely uses strategy on either side of the ball. Limited use of teamwork concepts and communication during games.

## 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).

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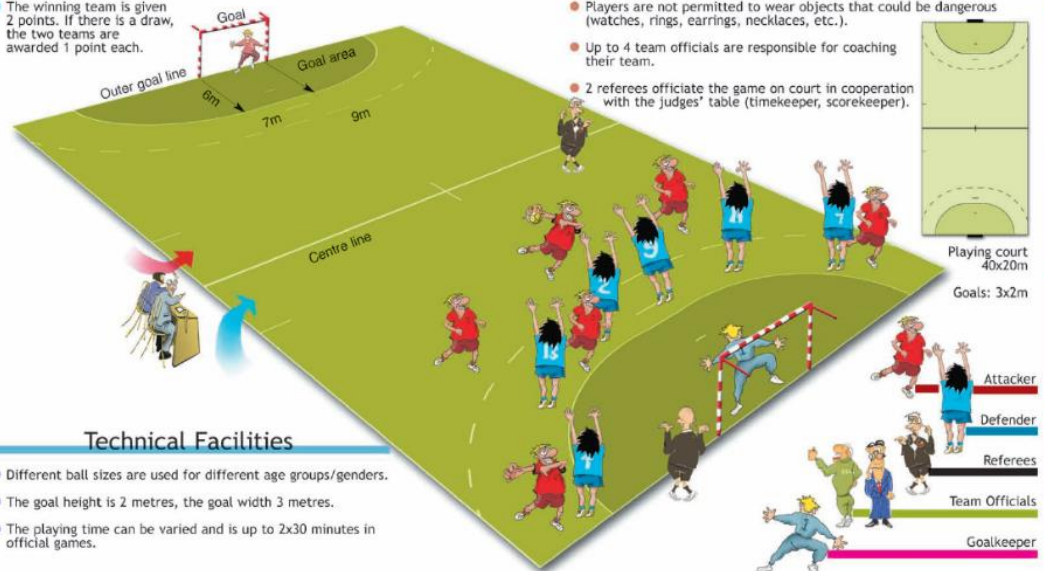
## BASIC HANDBALL – The traditional game

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)

### The Basic Principles of Handball

- Handball is a team sport based on "fair play" principles.
- On court there are two male or female teams playing against each other, both trying to score goals with a handball.
- The team that has scored the most goals when the playing time is over is the winner.
- The winning team is given 2 points. If there is a draw, the two teams are awarded 1 point each.



### Teams/Players/Team Officials/Referees

- Each team consists of up to 14 players. On court a team has 6 field players and 1 goalkeeper.
- Within each team the players are interchangeable during the game.
- All field players of a team wear identical, coloured uniforms. Goalkeepers wear uniforms that differ from those of the field players.
- Players are not permitted to wear objects that could be dangerous (watches, rings, earrings, necklaces, etc.).
- Up to 4 team officials are responsible for coaching their team.
- 2 referees officiate the game on court in cooperation with the judges' table (timekeeper, scorekeeper).

### Technical Facilities

- Different ball sizes are used for different age groups/genders.
- The goal height is 2 metres, the goal width 3 metres.
- The playing time can be varied and is up to 2x30 minutes in official games.

Playing court  
40x20m  
Goals: 3x2m

Attacker  
Defender  
Referees  
Team Officials  
Goalkeeper