

2.4 The sport of handball is formed by technicalities such as...

...the playing court and indoor arenas

The goal

Each goal has a circle clearance area of three meters in width and two meters in height. *The goal posts and the crossbar must feature a quadratic cross section with sides of 8 cm.*



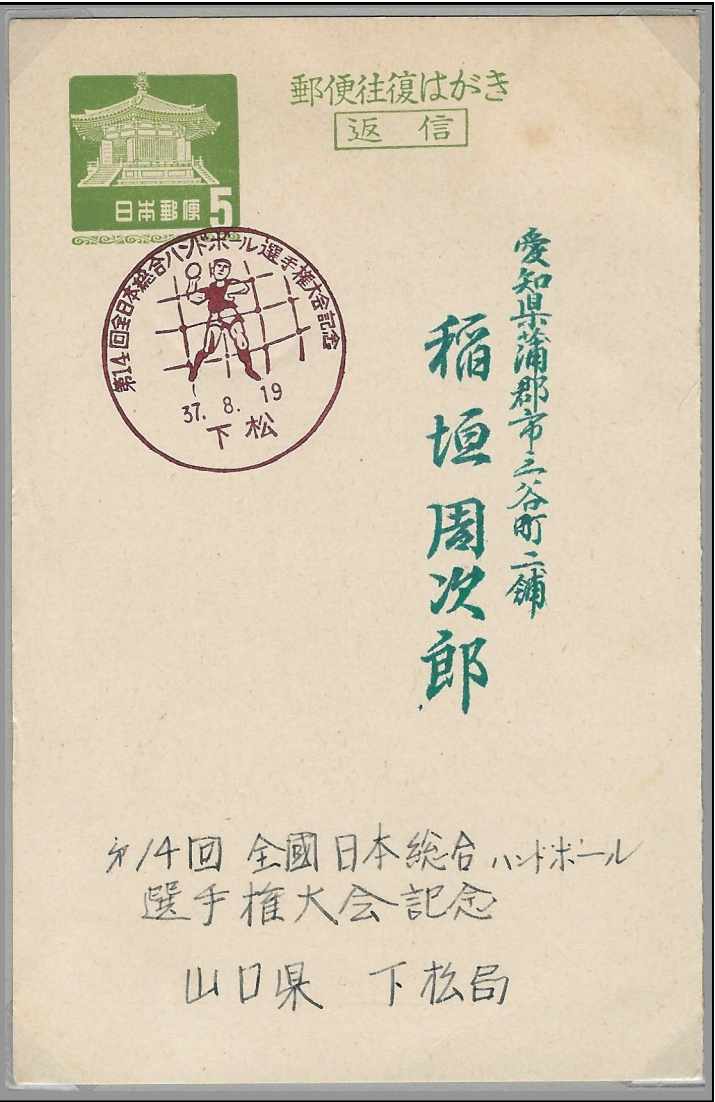
The goal posts and crossbar are always dashed.



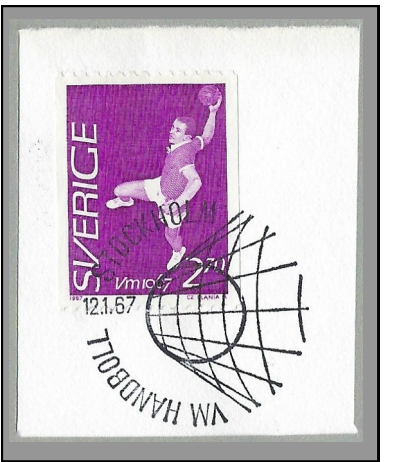
The three sides of the beams visible from the playing field must be painted alternatingly in two contrasting colors (*black, white or blue*) which both have to contrast against the background.



The net is based on a grid system of 10x10 cm large squares. It can be made of different fabrics are *hand knotted* and available in double and single color.



The goal keeper is the only player to access the goal.



Each goal must feature *a net*. This must be fastened in a such a way that a ball thrown into does not *leave or pass* the goal under normal circumstances



The goal got an inner net to slow down the ball before reaching the goal net.

Often in larger handball courts a *large net* is fasten in the ceiling and cover whole of the base line of the court. Saving all balls that miss the goal.



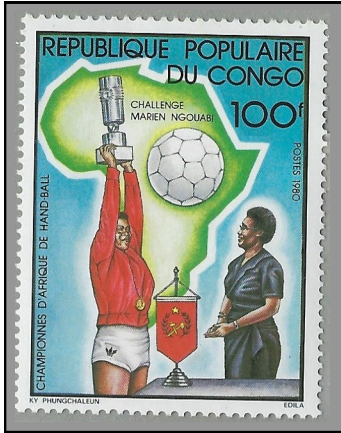
The goal must be securely bolted either *to the floor* or *the wall behind*.



2.5 The sport of handball is formed by technicalities such as...

...its regulatory

The referee and his support



The referee is the authority of a handball match.



He is responsible to *determine a winner...*

...prevent the game from turning in to a *wrestling game...*



The referee is equipped with two instruments. First he need to have a *clock* which run perfectly.



...and no game of *rugby*.



The referee need to know *all aspects* of handball and regularly *educate* him self about the rules.



The referee is dressed in either *black* or *light*



The referee also is equipped with a whistle. He blow the whistle every time he make a judgment. To attract the players attention.

To his help the referee got a *time-keeper* and a *scorekeeper* check the time and note goals, penalties and personal penalties. To maintain the scoreboard.



2.5 The sport of handball is formed by technicalities such as...

...its regulatory

A standard match for all teams over 16 years is two periods of 30 minutes, total 60 minutes. With an interval of 10-15 minutes.



Each team may call one team *timeout* (Team Time Out) per period which lasts one minute. This right may only be invoked by team in ball possession.

By pointing with his hand, the referee show which team that should get the ball in an interference.



Conditions of the game



The referee may call *time out* according to his sole discretion; typical reasons are injuries and suspensions. This is necessary to avoid not time fly away.



At half-time, teams switch sides of the court as well as benches.

When time out is called the referee blows his whistle two times and raise his arms and form a "T" by laying his right underarm horizontal on his other vertical arm.



Out on the court are 14 players allowed to be present, 7 players per team. Each team endures of 6 field players and 1 goalkeeper. Breaking against this rules will result in a penalty.



When the attacking team don't use their opportunity to score and play on time has the referee the chance to stop them by raising his hand and if the players haven't throw the ball after 3 seconds the opposite team get the ball.

2.5 The sport of handball is formed by technicalities such as...

...its regulatory

If a *throwing player* would be disturbed in his action by a opponent he may be injured.



The Warning - Yellow card



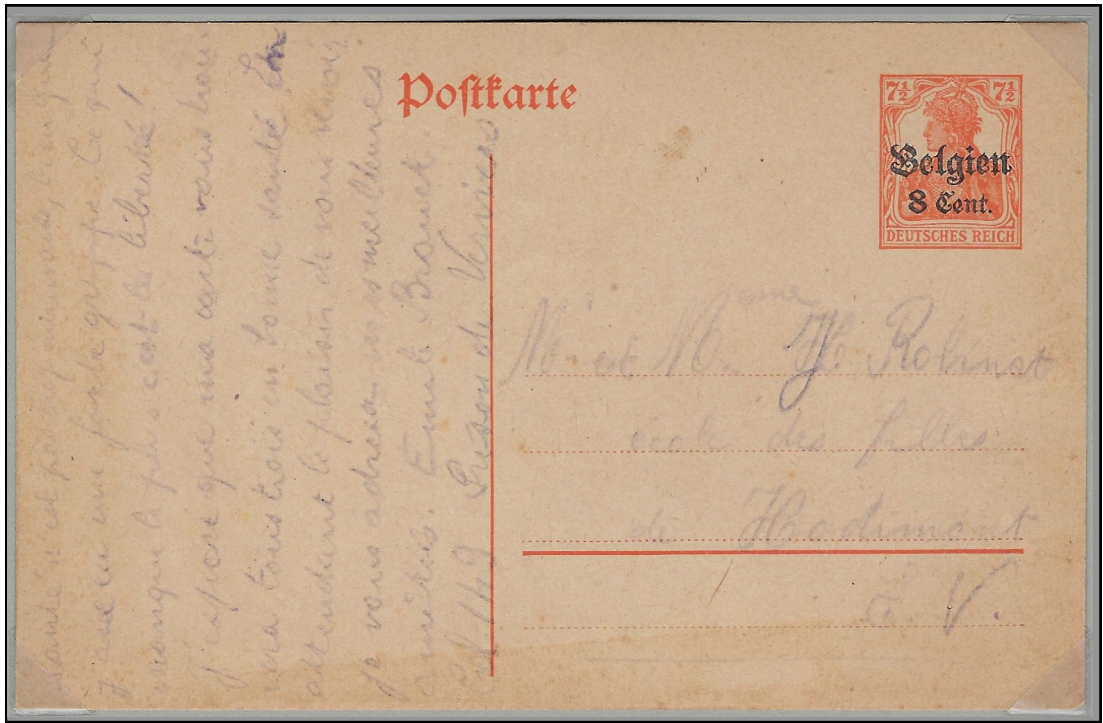
A correct performance of a defender is to *let go of the attacker* if he is aiming for the goal and have passed the defense.



To *follow the attacker* and affect his possibilities to throw the ball is considered as a foul.



Violating the goal area by *step on the 6-meter line* is penalized by a free throw for the opposite team.



The purpose of penalize violation of the goal area is to give the goal-keeper space to act. *The attackers is prevented to get to close to him.*



The defenders may only defend *in front of the attackers* and not *from the side.*



The referee will give a warning yellow card for an illegal action. A player can get only one warning before receiving a two-minute suspension.

2.5 The sport of handball is formed by technicalities such as...

...its regulatory

An illegal action direct mainly for the opponent and not the ball is penalized by a 2 minutes suspension.



10. Weltmeisterschaft
im Hallenhandball der Männer
23. 2. – 7. 3. 1982
Bundesrepublik Deutschland

In rough situations illegal actions can be made without intention. This action will be penalized as if the player had intention.



Two minutes suspension



The referee blows his whistle and *put up two fingers* in the air and point on the player that will get suspended. One player is only permitted three two-minute suspensions; after the third time, they will be shown the red card.

A seven-meter throw is awarded when a clear chance of scoring is illegally prevented anywhere on the court by an opposing team player.



The thrower steps with one foot behind the seven-meter line, he must keep one of his foot fixed at the floor .



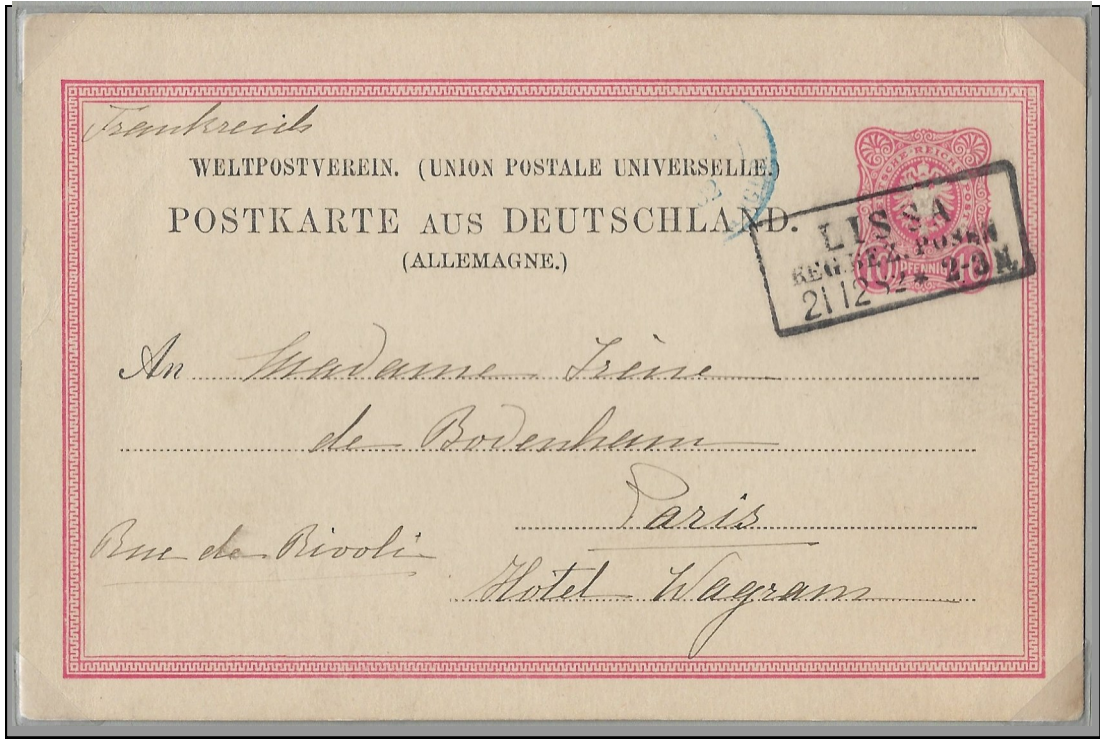
If the player *move his fixed foot* the referee interrupts the seven meter throw and the ball is awarded to the opposite team.



2.5 The sport of handball is formed by technicalities such as...

...its regulatory

The highest penalty to be given a handball player is Red card.



Red card and disqualification



The progressive rules stipulates that if you aim for the ball you receive a 2 min suspension, if you aim for the throwing arm you will receive a red card.



Pulling around the neck...



...drag from behind...

...or throw yourself against your opponent, all will be punished with a red card.

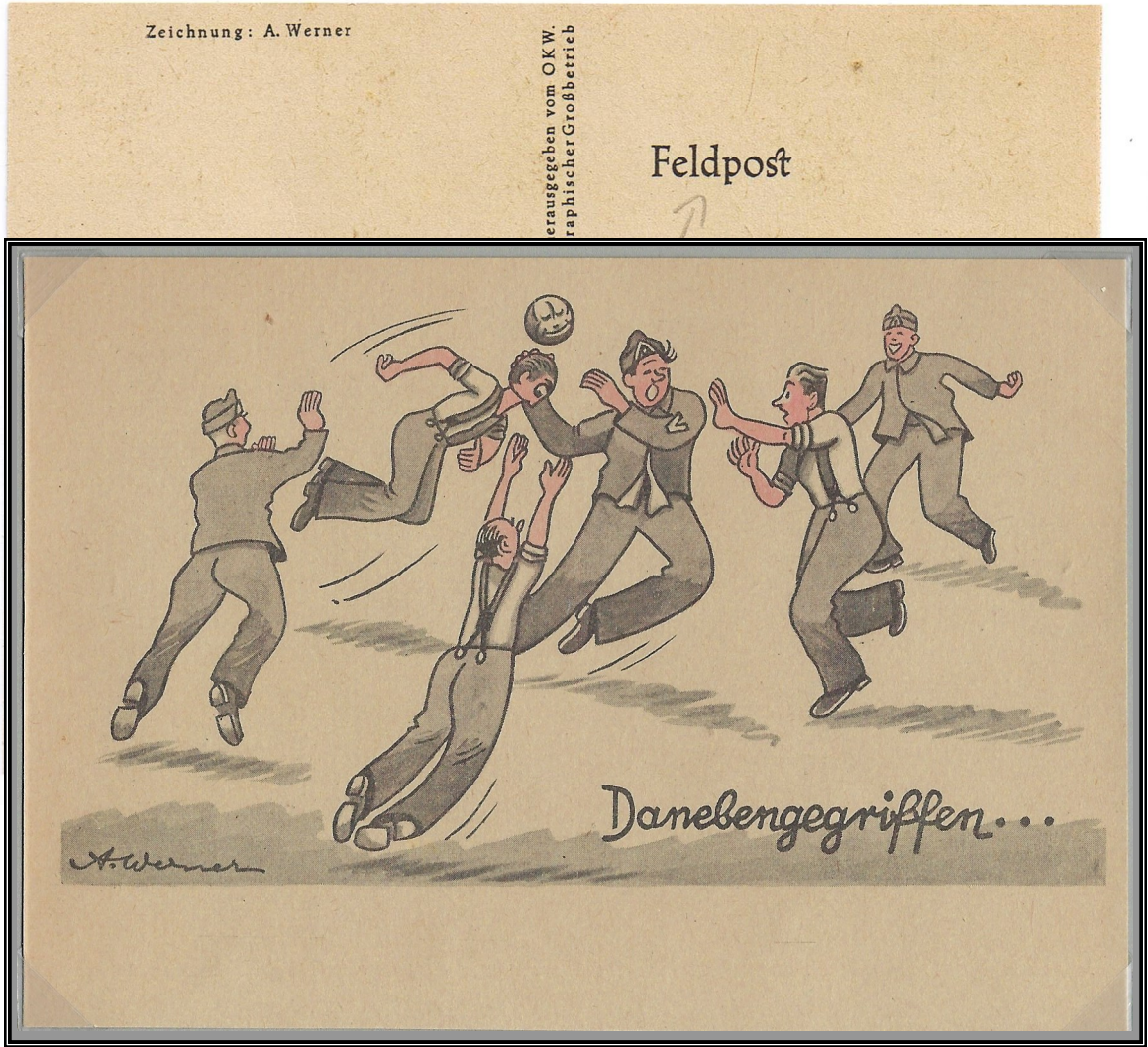


When receiving a red card you must leave the playing court at once and will not have the chance to play more time in the same match.



Atrocities that not belong to a handball court like banging or smashing someone's head, also kicking your opponent will result in a red card.

German military field postcard issued to be sent free of charge.



To shoulder your opponent from behind will result in a red card.

The first years - a joy of fun



The first contact with organized handball for the young potential players is assumed to be with a local handball club.

Most handball clubs manage some sort of *handball Scholl* where children are introduced to the sport.

After being introduced to handball the children will be put together to a coach-lead team.

The coach and the team will hopefully stick together for the future and develop handball skills and friendship.



The spirit of the first time in handball shoes should be described as "nice" with many smiles.



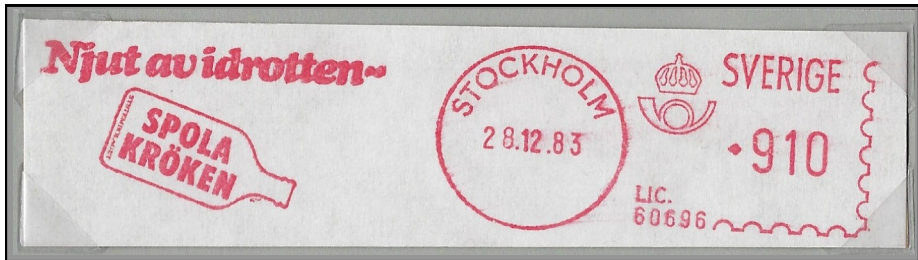
In the handball school often girls and boys met and learn the grounds of handball together.

One of the most important thing to learn for a handball player is to learn the meaning of fair play to keep up the big confidence for the sport.



3.1 Handling the ball, is how handball is played by...

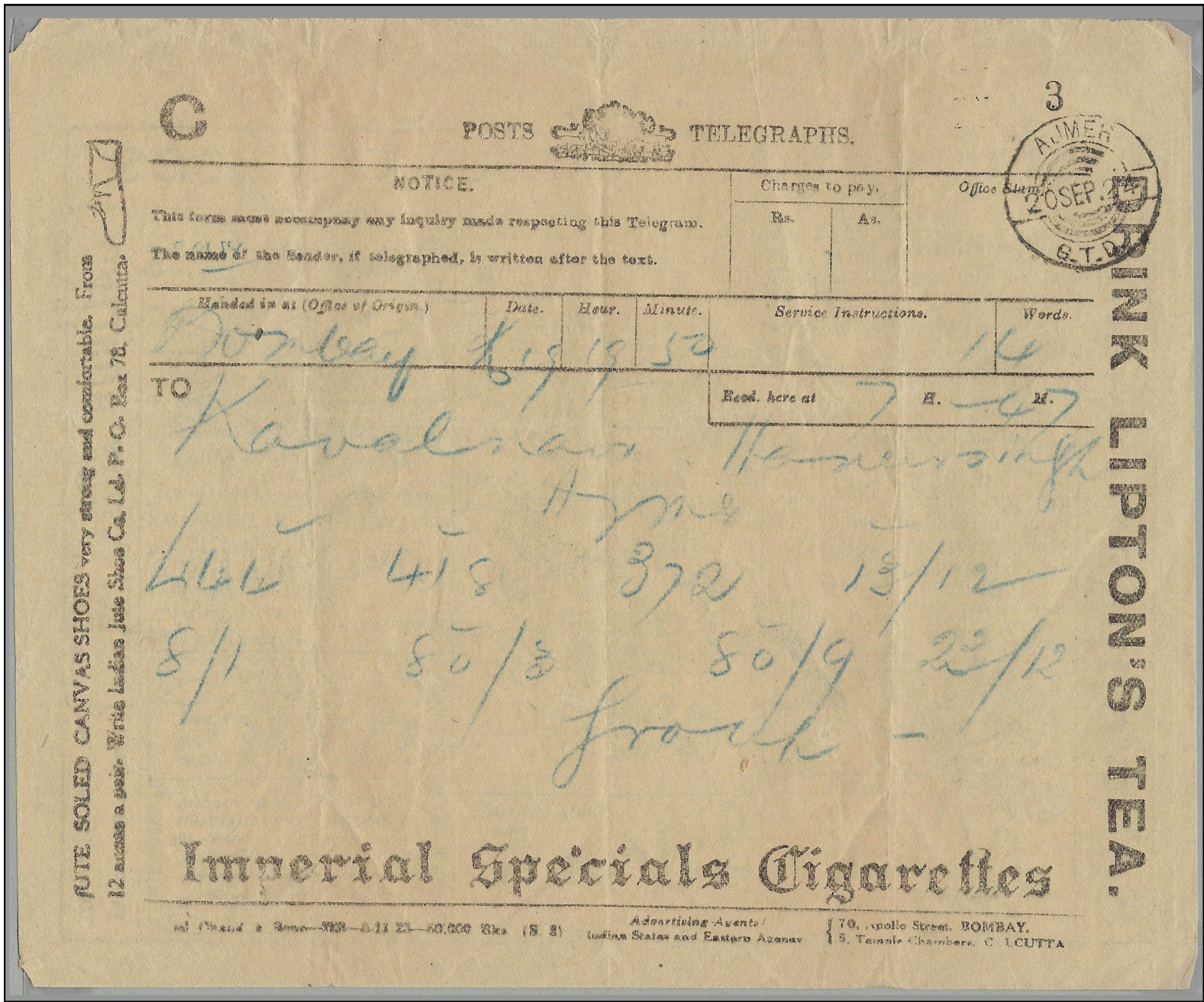
...learning how to possess the ball



Players are invited to avoid smoking and alcohol. This drugs affect condition and strength adversely.



Steroids and other performing enhancing drugs are strictly banned and penalized.



Fundamental values

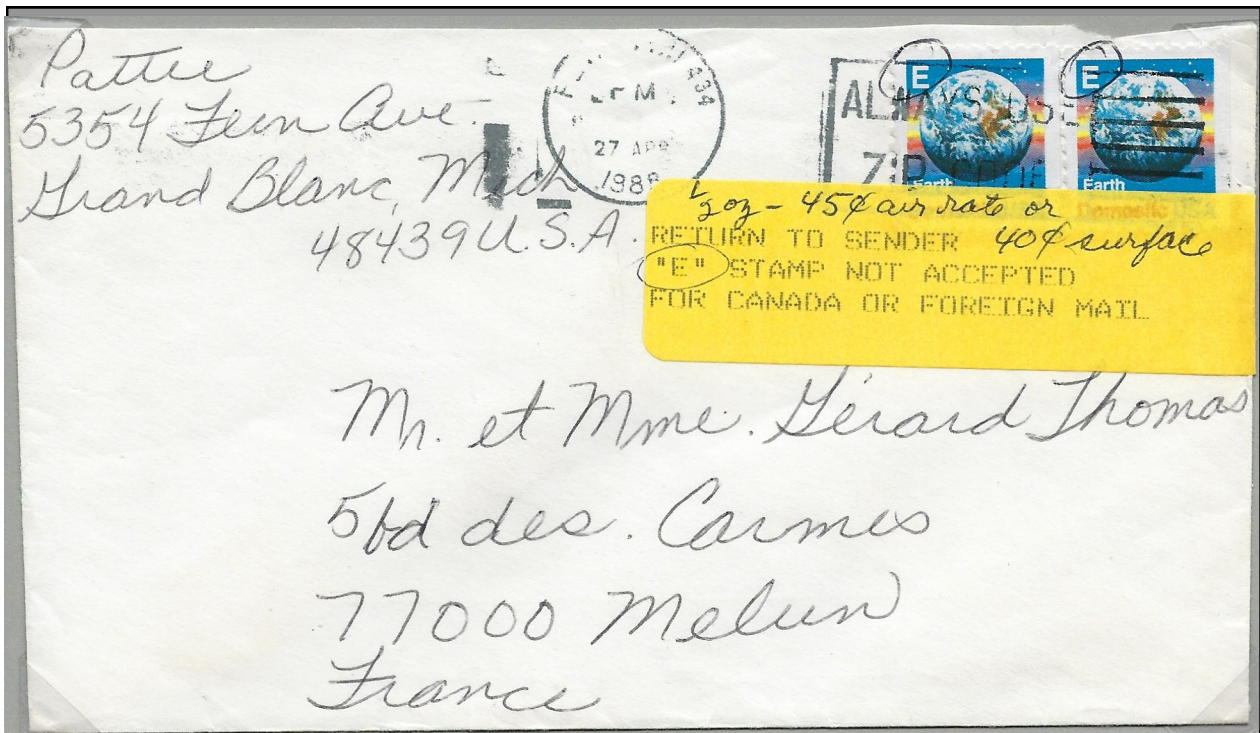
As a young handball player you need to learn the basics about handling the ball and the values of handball.



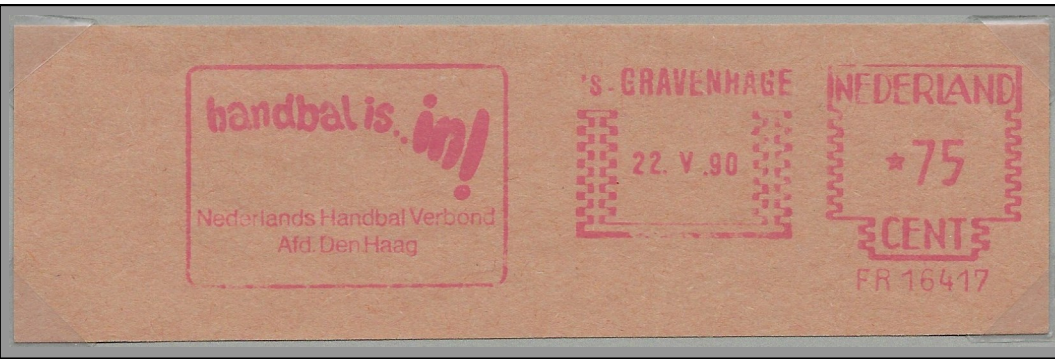
For the youngest players handball is a play not a game.



Both girls and boys play handball on equal conditions.



Handball is a sport of variations, the different game positions demand different skills and physical conditions, therefore regardless of origin all players are accepted.



Nevertheless young-sters start to play hand-ball because of the fun in the game.