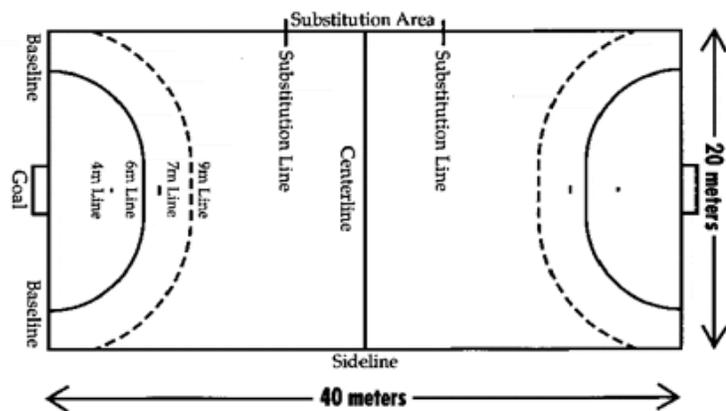


European Handball

History: There are records of games similar to handball being played in medieval France, among the Inuits in Greenland, in the Middle Ages, Denmark, Germany, Slovakia, Ukraine, and the Czech Republic. However, the handball we play today was codified at the end of the 19th century in northern Europe – primarily in Denmark, Germany, Norway and Sweden. The first written set of handball rules was published in 1906 by Danish gym teacher, lieutenant and Olympic medalist Holger Nielsen. The modern set of rules was published on October 29, 1917 by Max Heiser, Karl Schelenz, and Erich Konig from Germany. After 1919 these rules were improved by Karl Schelenz. The first international games were played under these rules, between Germany and Belgium for men in 1925 and between Germany and Austria for women in 1930.

Court: Handball is played on a 40m x 20m court, with a goal in the centre of each end. The goals are surrounded by a near-semicircular area, called the zone or the crease, defined by a line six metres from the goal. A dashed near-semicircular line nine metres from the goal marks the free-throw line.



Rules: Two teams of seven (6 field players and 1 goalie) attempt to score points by putting the game ball into the opponent team's goal. After receiving the ball, players can keep possession of it, pass the ball, or shoot it. With possession of the ball, players must either dribble the ball or take a maximum of three steps before shooting or passing. Players must not "keep" the ball for over 3 seconds. No players may step into the goal zone. The ball cannot be passed back to the goalkeeper, and the goalkeeper may not go outside of the goal zone. Three team time-outs (TTO) and unlimited substitutions are permitted. Physical contact is permitted only if you are directly in front of the person you are contacting. Contact from the side or from the back is considered dangerous, resulting in penalties.

Play: For youths 12-16 years old, the match durations are halves of 25 minutes each with 10-15 minute intervals (breaks) in between. Players try to score as many goals as possible within the 25 minutes.

