

OHMS Rules for Team Handball

- There are two teams. The team with more goals wins the game.
- The game starts with a **throw-off**, where a player stands with one foot on the center line and throws the ball to a teammate behind the line, signaling that each team may move into its opponent's side of the court.
- **Only the goalkeeper may enter the goal area** represented by a semicircle surrounding the goal.
- Players may use any part of their bodies except their lower legs and feet to stop, hit, catch, or throw the ball.
- **Free throws** are the right to play the ball without interference, although the person with the free throw may try to shoot instead of pass, as long as three passes have taken place. A player takes the free throw on the spot where the offense occurred.
- A free throw is awarded to the **offensive team** when: there is a foul on the defensive team, a defensive player who is not the goalkeeper enters the goal area, or the defensive team complains about a call/lack thereof by the official (the teacher).
- **A change of possession** (in favor of the **defensive team**) and free throw result when the offensive team:
 - a) fouls a defensive player (see definition below),
 - b) enters the goal area,
 - c) takes more than *two steps with the ball*,
 - d) shoots without *passing three times*,
 - e) *passes to a player closer than three meters (three giant steps) away*, or
 - f) *holds the ball for more than three seconds*.
- A change of possession will also occur when the ball touches the ground or the defensive team **intercepts** the ball.
- A **foul** occurs when there is contact between players or when a *defensive player is within one meter (one giant step) of an offensive player who is in possession of the ball*.
- A **penalty throw** is awarded for illegal interference by a defender that prevents a shot at goal, or a defender playing the ball back into the goal area and the goalkeeper touching it.
- *Three meters* is the distance of separation for all players for free throws and penalty throws.
- The offensive player takes the penalty throw from the outer edge of the goal area.
- A goalie throw-in is the method of starting play after every goal.
- Players may not pass to themselves.

Other terms to know

give and go - One offensive player passes the ball to another, then runs toward the goal to take a return pass.

person to person defense - Each player is assigned to defend, and follow the movements of, a single player on offense.

Green = new literacy terms

Bold/Italicized = previous literacy terms