

# Handball

## OLV Middle School Phys. Ed

Handball is a fast paced game involving two teams, who pass, throw and catch a small ball with their hands while trying to score goals.

### General Rules:

- The game starts with a jump ball and after each goal is made
- The team with more goals wins the game
- The player with ball is the thrower, they have 5 seconds to pass the ball
- The only foot movement the thrower can do is pivot
- The player guarding the thrower must be one giant step away from the thrower, may not touch the ball or interfere with the throw
- The defense can only have one guard on the thrower
- Any team may pick up the ball off the ground, and intercept the ball during game play
- A free throw is awarded for playing the ball illegally: Example: grabbing it out the thrower's hand

### Scoring:

- The thrower must be behind the white line to score a goal
- A goal is worth one point

### Goalies:

- May block shot on goal with any body part
- May take as many steps behind the white line with the ball in their hands
- Is the only player allowed to defend against a shot on goal