

Handball & Hand the Ball

Handball is a team sport with girls' and boys' teams. You use your hands to pass the ball to your teammates. The aim of the game is to get the ball in your opponent's goal. During a match, many players are substituted, which means there can be many goals and many people get to play. This makes it a sport where every player in the team is needed to succeed. Internationally, Sweden is one of the leading nations in both women's and men's handball.



Hand the Ball is a more relaxed version of handball that is neither competitive nor goal-oriented. The game is very open and playful, with all ideas welcomed to help develop the sport together. A soft green ball is used as a tool with a focus on inclusion, communication and the joy of movement.

What does it mean to be part of an association?

Sport associations are run by people who volunteer, which means they are not paid. In Sweden, sport associations are widely considered to be important. This is why most associations receive grants from both the municipality and the state. These are often not enough to cover all costs, such as for training sessions, teaching coaches, equipment, competitions, travel and so on.

The members decide

Non-profit associations are democratic. At least once a year, each association holds an annual meeting at which the members, that is, everyone who has paid the membership fee, gather to discuss and decide what the association is to do and how its funds are to be used. Each member has the right to vote at the annual meeting. The members also get to decide who is to sit on the association's board. The board is then responsible for how the association is run until the next annual meeting. The board also ensures that the association follows its articles of association, which are the rules applicable to all members and stipulating how the association is to be run.



Why does it cost money to play when everyone is volunteering?

Because many members get involved and help out, the costs can be kept down so that as many people as possible can afford to join and play, but the association still has costs to pay, such as for renting training facilities, equipment and insurance.

What is the difference between the membership fee and the training fee?

The membership fee is paid to the association and gives you the right to have your say in how the association is run, such as by sitting on the board and voting at the annual meeting. Paying this fee also means that you are insured when you or your child participates in the association's sporting activities. The membership fee is paid once a year.

The training fee is a fee to cover the association's other costs. These include purchasing materials and team kit, renting premises, teaching coaches and paying referee fees.

The Swedish Handball Federation

A sport federation coordinates activities within a sport. Svenska Handbollförbundet, the Swedish Handball Federation, works together with everyone who participates in the sport to ensure that it is characterised by fun, participation, fairness and respect, as well as innovation and diversity. The federation's work shall be based on the needs of the associations and the values represented by the sports movement in Sweden. All associations in Stockholm are members of Stockholms Handbollförbund, the Stockholm Handball Federation.



www.handtheball.se

