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Lecture Title

Introduction to Handball

Introduction

Hello and welcome to this special module on Bachelor of Physical Education series, today we are talking about Handball. Handball (also known as team handball or Olympic handball) is a team sport in which two teams of seven players each (six outfield players and a goalkeeper) pass a ball using their hands with the aim of throwing it into the goal of the other team. A standard match consists of two periods of 30 minutes, and the team that scores more goals wins.

Modern handball is played on a court 40 by 20 metres (131 by 66 ft), with a goal in the middle of each end. The goals are surrounded by a 6-meter (20 ft) zone where only the defending goalkeeper is allowed; goals must be scored by throwing the ball from outside the zone or while "jumping" into it. The sport is usually played indoors, but outdoor variants exist in the forms of field handball and Czech handball (which were more common in the past) and of course the beach handball. The game is fast and high-scoring: professional teams now typically score between 20 and 35 goals each, though lower scores were not uncommon until a few decades ago. Body contact is permitted by the defenders trying to stop the attackers from approaching the goal.

Men's handball was first played at the 1936 Summer Olympics in Berlin as outdoors, and the next time at the 1972 Summer Olympics in Munich as indoors, and has been an Olympic sport since. Women's team handball was added at the 1976 Summer Olympics.

Origins

The International Handball Federation was formed in 1946, and as of 2016 has 197 member federations. The sport is most popular in continental Europe, whose countries have won all medals but one in men's world championships since 1938, and all women's titles until 2013, when Brazil broke the series. The game also enjoys popularity in the Far East, Northern Africa and parts of Southern America. There is evidence of ancient Roman women playing a version of

handball called *expulsim ludere*. There are records of handball-like games in medieval France, and among the Inuit in Greenland, in the Middle Ages. By the 19th century, there existed similar games of *håndbold* from Denmark, *házená* in the Czech Republic, *hádzaná* in Slovakia, *handbol* in Ukraine, and *torball* in Germany.

The team handball game of 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 team handball rules was published in 1906 by the Danish gym teacher, lieutenant and Olympic medalist Holger Nielsen from Ordrup grammar school north of Copenhagen. The modern set of rules was published on 29th October 1917 by Max Heiser, Karl Schelenz, and Erich Konigh 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.

In 1926, the Congress of the International Amateur Athletics Federation nominated a committee to draw up international rules for field handball. The International Amateur Handball Federation was formed in 1928, and the International Handball Federation was formed in 1946.

Men's field handball was played at the 1936 Summer Olympics in Berlin. During the next several decades, indoor handball flourished and evolved in the Scandinavian countries. The sport re-emerged onto the world stage as team handball for the 1972 Summer Olympics in Munich. Women's team handball was added at the 1976 Summer Olympics in Montreal. Due to its popularity in the region, the Eastern European countries that refined the event became the dominant force in the sport when it was reintroduced.

The International Handball Federation organised the men's world championship in 1938 and every four (sometimes three) years from World War II to 1995. Since the 1995 world championship in Iceland, the competition has been every two years. The women's world championship has been played since 1957. The IHF also organizes women's and men's junior world championships. By July 2009, the IHF listed 166 member federations - approximately 795,000 teams and 19 million players.

Rules

The rules are laid out in the IHF's set of rules.

Two teams of seven players (six field players plus one goalkeeper) take the field and attempt to score points by putting the game ball into the opposing team's goal. In handling the ball, players are subject to the following restrictions:

After receiving the ball, players can pass, keep possession, or shoot the ball.

If possessing the ball, players must dribble (similar to a basketball dribble), or can take up to three steps for up to three seconds at a time without dribbling.

No attacking or defending players other than the defending goalkeeper are allowed to touch the floor of the goal area (within six metres of the goal). A shot or pass in the goal area is valid if completed before touching the floor. Goalkeepers are allowed outside the goal area, but are not allowed to cross the goal area boundary with the ball in their hands.

The ball may not be passed back to the goalkeeper when they are positioned in the goal area.

Notable scoring opportunities can occur when attacking players jump into the goal area. For example, an attacking player may catch a pass while launching inside the goal area, and then shoot or pass before touching the floor. Doubling occurs when a diving attacking player passes to another diving team-mate.

Playing field

Handball is played on a court 40 by 20 metres (131 ft × 66 ft), 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 meters from the goal. A dashed near-semicircular line nine metres from the goal marks the free-throw line. Each line on the court is part of the area it encompasses. This implies that the middle line belongs to both halves at the same time.

Goals

Each goal has a circle clearance area of three meters in width and two meters in height. It must be securely bolted either to the floor or the wall behind.

The goal posts and the crossbar must be made out of the same material (e.g., wood or aluminium) and feature a quadratic cross section with sides of 8 cm (3 in). The three sides of the beams visible from the playing field must be painted alternately in two contrasting colors which both have to contrast against the background. The colors on both goals must be the same.

Each goal must feature a net. This must be fastened in such a way that a ball thrown into the goal does not leave or pass the goal under normal circumstances. If necessary, a second net may be clasped to the back of the net on the inside.

D-Zone

The goals are surrounded by the crease. This area is delineated by two quarter circles with a radius of six metres around the far corners of each goal post and a connecting line parallel to the goal line. Only the defending goalkeeper is allowed inside this zone. However, the court players may catch and touch the ball in the air within it as long as the player starts his jump outside the zone and releases the ball before he lands (landing inside the perimeter is allowed in this case as long as the ball has been released).

If a player without the ball contacts the ground inside the goal perimeter, or the line surrounding the perimeter, he must take the most direct path out of it. However, should a player cross the

zone in an attempt to gain an advantage (e.g., better position) their team cedes the ball. Similarly, violation of the zone by a defending player is penalized only if they do so in order to gain an advantage in defending.

Gameplay and field Players

Substitution area

Outside of one long edge of the playing field to both sides of the middle line are the substitution areas for each team. The areas usually contain the benches as seating opportunities. Team officials, substitutes, and suspended players must wait within this area. The area always lies to the same side as the team's own goal. During half-time, substitution areas are swapped. Any player entering or leaving the play must cross the substitution line which is part of the side line and extends 4.5 metres (15 ft) from the middle line to the team's side.

Duration

Team timeout

A standard match for all teams of at least age 16 has two 30-minute halves with a 10- to 15-minute halftime break. At half-time, teams switch sides of the court as well as benches. For youths the length of the halves is reduced—25 minutes at ages 12 to 15, and 20 minutes at ages 8 to 11; though national federations of some countries may differ in their implementation from the official guidelines.

If a decision must be reached in a particular match (e.g., in a tournament) and it ends in a draw after regular time, there are at maximum two overtimes, each consisting of two straight 5-minute periods with a one-minute break in between. Should these not decide the game either, the winning team is determined in a penalty shootout (best-of-five rounds; if still tied, extra rounds afterwards until won by one team).

The referees may call timeout according to their sole discretion; typical reasons are injuries, suspensions, or court cleaning. Penalty throws should trigger a timeout only for lengthy delays, such as a change of the goalkeeper.

Since 2012, teams can call 3 team timeouts per game (up to two per half), which last one minute each. This right may only be invoked by team in ball possession. Team representatives must show a green card marked with a black T on the timekeeper's desk. The timekeeper then immediately interrupts the game by sounding an acoustic signal and stops the time. Before that, it was one per half.

Referees

A handball match is led by two equal referees. Some national bodies allow games with only a single referee in special cases like illness on short notice. Should the referees disagree on any

occasion, a decision is made on mutual agreement during a short timeout; or, in case of punishments, the more severe of the two coming into effect. The referees are obliged to make their decisions "on the basis of their observations of facts". Their judgements are final and can be appealed against only if not in compliance with the rules.

The referees keep both teams between them.

The referees position themselves in such a way that the team players are confined between them. They stand diagonally aligned so that each can observe one side line. Depending on their positions, one is called field referee and the other goal referee. These positions automatically switch on ball turnover. They physically exchange their positions approximately every 10 minutes (long exchange), and change sides every five minutes (short exchange).

The IHF defines 18 hand signals for quick visual communication with players and officials. The signal for warning or disqualification is accompanied by a yellow or red card, respectively. The referees also use whistle blows to indicate infractions or to restart the play.

The referees are supported by a scorekeeper and a timekeeper who attend to formal things such as keeping track of goals and suspensions, or starting and stopping the clock, respectively. They also keep an eye on the benches and notify the referees on substitution errors. Their desk is located between the two substitution areas.

Team players, substitutes, and officials

Each team consists of seven players on court and seven substitute players on the bench. One player on the court must be the designated goalkeeper, differing in his clothing from the rest of the field players. Substitution of players can be done in any number and at any time during game play. An exchange takes place over the substitution line. A prior notification of the referees is not necessary.

Some national bodies, such as the Deutsche Handball Bund (DHB, "German Handball Federation"), allow substitution in junior teams only when in ball possession or during timeouts. This restriction is intended to prevent early specialization of players to offence or defence.

Conclusion

Field players are allowed to touch the ball with any part of their bodies above and including the knee. As in several other team sports, a distinction is made between catching and dribbling. A player who is in possession of the ball may stand stationary for only three seconds, and may take only three steps. They must then either shoot, pass, or dribble the ball. Taking more than three steps at any time is considered travelling, and results in a turnover. A player may dribble as many times as they want (though, since passing is faster, it is the preferred method of attack), as long as during each dribble the hand contacts only the top of the ball. Therefore, carrying is completely prohibited, and results in a turnover. After the dribble is picked up, the player has the

right to another three seconds or three steps. The ball must then be passed or shot, as further holding or dribbling will result in a double dribble turnover and a free throw for the other team. Other offensive infractions that result in a turnover include charging and setting an illegal screen. Carrying the ball into the six-meter zone results either in ball possession by the goalkeeper (by attacker) or turnover (by defender).

Goalkeeper

Only the goalkeepers are allowed to move freely within the goal perimeter, although they may not cross the goal perimeter line while carrying or dribbling the ball. Within the zone, they are allowed to touch the ball with all parts of their bodies including their feet. The goalkeepers may participate in the normal play of their teammates. They may be substituted by a regular field player if their team elects to use this scheme in order to outnumber the defending players. Earlier, this field player becoming the designated goalkeeper on the court; and had to wear some vest or bib to be identified as such. That shirt had to be equal in colour and form to the goalkeeper's shirt, to avoid confusion. A rule change meant to make the game more offensive now allows any player to substitute with the goalkeeper. The new rule resembles the one used in ice hockey. This rule was first used in the women's world championship in December 2015 and has since been used by the men's European championship in January 2016 and by both genders in the Olympic tournament in Rio in 2016.

If either goalkeeper deflects the ball over the outer goal line, their team stays in possession of the ball, in contrast to other sports like football. The goalkeeper resumes the play with a throw from within the zone ("goalkeeper throw"). Passing to one's own goalkeeper results in a turnover. In a penalty shot, throwing the ball against the head of a goalkeeper who is not moving is punished by a direct disqualification ("red card").

Outside of own D-zone, the goalkeeper is treated as a current field player, and has to follow field players' rules; holding or tackling an opponent player outside the area results in a direct disqualification. The goalkeeper may not return to the area with the ball. I hope you have gained a lot from this video lecture, Thank you so much for watching.