

**Course Name: Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Skill and Prowess**

**Paper No.: I (Part-B 1)**

**Topic No. A (6)**

**Topic Name: Handball**

**Lecture No.: 41**

### **Lecture Title**

#### **Introduction to Handball**

#### **F.A.Q's**

**Q1. When were the first written handball rules written?**

**A1.** The first written set of team handball rules was published in 1906 by the Danish gym teacher, lieutenant and Olympic medallist Holger Nielsen from Ordrup grammar school north of Copenhagen.

**Q2. What is the rule for game while possessing the ball?**

**A2.** If the 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.

**Q3. What is meant by D-zone ?**

**A3.** 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.

**Q4. What is the standard time out in the handball ?**

**A4.** A standard match for all the teams of atleast 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.**

**Q5. How is substitution done in the game ?**

**A5.** 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.