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**Topic Name: Handball**

**Lecture No.: 43**

### **Lecture Title**

### **Handball: Rules and Gameplay**

#### **Introduction**

Hello and welcome to this special module that has been created for the students of Bachelor of Physical education. We are talking about Handball and today we are talking about the equipment and the gameplay.

All the court players on a team must wear identical uniforms. The combinations of colors and design for the two teams must be clearly distinguishable from each other. All players used in the goalkeeper position on a team must wear the same color, a color that distinguishes them from the court players of both teams and the goalkeeper(s) of the opposing team.

The players must wear numbers that are at least 20 cm high in the back of the shirt and at least 10cm in the front. The numbers used should be from 1 to 20. A player who is switching between the court player and goalkeeper positions must wear the same number in both positions.

The color of the numbers must contrast clearly with the colors and design of the shirt.

The players must wear sports shoes. It is not permitted to wear objects that could be dangerous to the players. This includes, for instance, head protection, face masks, bracelets, watches, rings, visible piercing, necklaces or chains, earrings, glasses without restraining bands or with solid frames, or any other objects which could be dangerous. Flat rings, small earrings and visible piercing may be allowed, as long as they are taped over in such a way that they are no longer deemed dangerous to other players. Headbands are allowed, as long as they are made of soft, elastic material. Players who do not meet this requirement will not be allowed to take part until they have corrected the problem. A player who is bleeding or has blood on the body or uniform must leave the court immediately and voluntarily (through a normal substitution), in order to have the bleeding stopped, the wound covered, and the body and uniform cleaned off. The player must not return to the court until this has been done. A player who does not follow the instructions of the referees in connection with this provision is deemed guilty of unsportsmanlike conduct.

In the case of an injury, the referees may give permission (through hand signals no. 16 and 17) for two of the persons who are entitled to participate to enter the court during a time-out, for the specific purpose of assisting an injured player from their team. If additional persons enter the court after two persons have already entered, it shall be

punished as illegal entry, in the case of a player under Rule 4:6 and 16:3a, and in the case of a team official under Rules 4:2, 16:1c, 16:3d and 16:6a. A person who has been permitted to enter the court but, instead of assisting the injured player, gives instructions to players, approaches opponents or referees etc., shall be considered guilty of unsportsmanlike conduct (16:1c, 16:3c-d and 16:6a).

## **Gameplay and Equipment**

### **Team officials**

Each team is allowed to have a maximum of four team officials seated on the benches. An official is anybody who is neither player nor substitute. One official must be the designated representative who is usually the team manager. Since 2012, representatives can call up to 3 team timeouts (up to twice per half), and may address the scorekeeper, timekeeper, and referees (before that, it was once per half); overtime and shootouts are considered extensions of the second half. Other officials typically include physicians or managers. Neither official is allowed to enter the playing court without the permission of the referees.

### **Ball**

#### **Size of the Handball**

The ball is spherical and must be made either of leather or a synthetic material. It is not allowed to have a shiny or slippery surface. As the ball is intended to be operated by a single hand, its official sizes vary depending on age and gender of the participating teams. Size III

Men and male over-16 Circumference of ball is 58-60 (cm) and (in) 23-24. Weight (gm) 425-475, Weight (oz) 15 -16.8 now the second class is Size II Women and male over-12 and females over 14; circumference (cm) 54-56 or Circumference (in) 21-22, Weight (gm) 325-375. Weight (oz) 11.5 - 13.2 Size I: Over - 8, Circumference : (cm) 50-52, (in) 20-20, Weight: (gm) 290-330, Weight (oz) 11.5 - Weight (oz) 10 - 12

#### **Awarded throws**

The referees may award a special throw to a team. This usually happens after certain events such as scored goals, off-court balls, turnovers and timeouts. All of these special throws require the thrower to obtain a certain position, and pose restrictions on the positions of all other players. Sometimes the execution must wait for a whistle blow by the referee.

## **Throws**

### **Throw-off**

A throw-off takes place from the center of the court. The thrower must touch the middle line with one foot, and all the other offensive players must stay in their half until the referee restarts the game. The defending players must keep a distance of at least three meters from the thrower until the ball leaves his hand. A throw-off occurs

at the beginning of each period and after the opposing team scores a goal. It must be cleared by the referees.

Modern handball introduced the "fast throw-off" concept; i.e., the play will be immediately restarted by the referees as soon as the executing team fulfills its requirements. Many teams leverage this rule to score easy goals before the opposition has time to form a stable defense line.

#### Throw-in

The team which did not touch the ball last is awarded a throw-in when the ball fully crosses the side line or touches the ceiling. If the ball crosses the outer goal line, a throw-in is awarded only if the defending field players touched the ball last. Execution requires the thrower to place one foot on the nearest outer line to the cause. All defending players must keep a distance of three metres (9.8 ft). However, they are allowed to stand immediately outside their own goal area even when the distance is less than three meters.

#### Goalkeeper-throw

If the ball crosses the outer goal line without interference from the defending team or when deflected by the defending team's goalkeeper, or when the attacking team violates the D-zone as described above, a goalkeeper-throw is awarded to the defending team. This is the most common turnover. The goalkeeper resumes the play with a throw from anywhere within the goal area.

#### Free-throw

A free-throw restarts the play after an interruption by the referees. It takes place from the spot where the interruption was caused, as long as this spot is outside of the free-throw line of the opposing team. In the latter case, the throw is deferred to the nearest spot on the free-throw line. Free-throws are the equivalent to free-kicks in association football; however, conceding them is typically not seen as poor sportsmanship for the defending side, and in itself, they carry no major disadvantages. (In particular, being awarded a free throw while being on warning for passive play will not reset the warning, whereas a shot on goal will.) The thrower may take a direct attempt for a goal which, however, is rarely feasible if the defending team has organised a defense. However, if a free throw is awarded and the half or game ends, a direct throw at the goal is typically attempted, which occasionally goes in.

#### Seven-meter throw

A seven-meter throw is awarded when a clear chance of scoring is illegally prevented anywhere on the court by an opposing team player, official, or spectator. It is awarded also when the referees have interrupted a legitimate scoring chance for any reason. The thrower steps with one foot behind the seven-metre (23 ft) line with only the defending goalkeeper between him and the goal. The goalkeeper must keep a distance of three metres (9.8 ft), which is marked by a short tick on the floor. All other players must remain behind the free-throw line until execution and the defending field players must keep a distance of three meters. The thrower must await the whistle blow of the referee. A seven-meter throw is the equivalent to a penalty kick in association football; however, it is far more common and typically occurs several times in a single game.

## Penalties

### Yellow card shown in a handball match

Penalties are given to players, in progressive format, for fouls that require more punishment than just a free-throw. Actions directed mainly at the opponent and not the ball (such as reaching around, holding, pushing, tripping, and jumping into opponent) as well as contact from the side, from behind a player or impeding the opponent's counterattack are all considered illegal and are subject to penalty. Any infraction that prevents a clear scoring opportunity will result in a seven-meter penalty shot.

Typically the referee will give a warning yellow card for an illegal action; but, if the contact was particularly dangerous, like striking the opponent in the head, neck or throat, the referee can forego the warning for an immediate two-minute suspension. A player can get only one warning before receiving a two-minute suspension. One player is only permitted two two-minute suspensions; after the third time, they will be shown the red card.

A red card results in an ejection from the game and a two-minute penalty for the team. A player may receive a red card directly for particularly rough penalties. For instance, any contact from behind during a fast break is now being treated with a red card. A red-carded player has to leave the playing area completely. A player who is disqualified may be substituted with another player after the two-minute penalty is served. A coach or official can also be penalized progressively. Any coach or official who receives a two-minute suspension will have to pull out one of their players for two minutes; however, the player is not the one punished, and can be substituted in again, as the penalty consists of the team playing with a one player less than the opposing team.

After referees award the ball to the opponents for whatever reason, the player currently in possession of the ball has to lay it down quickly, or else face a two-minute suspension. Also, gesticulating or verbally questioning the referee's order, as well as arguing with the officials' decisions, will normally result in a two-minute suspension. If the suspended player protests further, does not walk straight off the field to the bench, or if the referee deems the tempo deliberately slow, the player can be given an additional two-minute suspension. Illegal substitution (outside of the dedicated area, or if the replacement player enters too early) is also punishable by a two-minute suspension.

## Gameplay

### Formations

Positions of attacking (red) and defending players (blue), in a 5-1 defense formation. (German captions)

Players are typically referred to by the position they are playing. The positions are always denoted from the view of the respective goalkeeper, so that a defender on the right opposes an attacker on the left. However, not all of the following positions may be occupied depending on the formation or potential suspensions.

### Offense

**Left and right wingman:** These typically are fast players who excel at ball control and wide jumps from the outside of the goal perimeter in order to get into a better shooting angle at the goal. Teams usually try to occupy the left position with a right-handed player and vice versa.

**Left and right backcourt:** Goal attempts by these players are typically made by jumping high and shooting over the defenders. Thus, it is usually advantageous to have tall players with a powerful shot for these positions.

**Centre backcourt:** A player with experience is preferred on this position who acts as playmaker and the handball equivalent of a basketball point guard.

**Pivot (left and right, if applicable):** This player tends to intermingle with the defence, setting picks and attempting to disrupt the defence's formation. This position requires the least jumping skills; but ball control and physical strength are an advantage.

Sometimes, the offense uses formations with two Pivot players.

## Defense

There are a lot of variations in defensive formations. Usually, they are described as  $n:m$  formations, where  $n$  is the amount of players defending the goal line,  $m$  the amount of players defending more offensive. Exceptions are the 3:2:1 defense and  $n+m$  formation (e.g. 5+1), where  $m$  players defend some offensive player in man coverage (instead of the usual zone coverage).

**Far left and far right:** The opponents of the wingmen.

**Half left and half right:** The opponents of the left and right backcourts.

**Back center (left and right):** Opponent of the pivot.

**Front center:** Opponent of the center backcourt, may also be set against another specific backcourt player.

## Offensive play

Attacks are played with all field players on the side of the defenders. Depending on the speed of the attack, one distinguishes between three attack waves with a decreasing chance of success:

**Women's handball** - a jump shot completes a fast-break.

**Men's handball** - a jump shot (Kiril Lazarov, world record-holder for the number of goals scored in one world championship) .

## First wave

First wave attacks are characterised by the absence of defending players around their goal perimeter. The chance of success is very high, as the throwing player is unhindered in his scoring attempt. Such attacks typically occur after an intercepted pass or a steal, and if the defending team can switch fast to offence. The far left or far right will usually try to run the attack, as they are not as tightly bound in the defence.

On a turnover, they immediately sprint forward and receive the ball halfway to the other goal. Thus, these positions are commonly held by quick players.

### Second wave

If the first wave is not successful and some defending players have gained their positions around the zone, the second wave comes into play: the remaining players advance with quick passes to locally outnumber the retreating defenders. If one player manages to step up to the perimeter or catches the ball at this spot, he becomes unstoppable by legal defensive means. From this position, the chance of success is naturally very high. Second wave attacks became much more important with the "fast throw-off" rule.

### Third wave

The time during which the second wave may be successful is very short, as then the defenders closed the gaps around the zone. In the third wave, the attackers use standardised attack patterns usually involving crossing and passing between the backcourt players who either try to pass the ball through a gap to their pivot, take a jumping shot from the backcourt at the goal, or lure the defence away from a wingman.

The third wave evolves into the normal offensive play when all defenders not only reach the zone, but gain their accustomed positions. Some teams then substitute specialised offence players. However, this implies that these players must play in the defence should the opposing team be able to switch quickly to offence. The latter is another benefit for fast playing teams.

If the attacking team does not make sufficient progress (eventually releasing a shot on goal), the referees can call passive play (since about 1995, the referees give a passive warning some time before the actual call by holding one hand up in the air, signalling that the attacking team should release a shot soon), turning control over to the other team. A shot on goal or an infringement leading to a yellow card or two-minute penalty will mark the start of a new attack, causing the hand to be taken down; but a shot blocked by the defense or a normal free throw will not. If it were not for this rule, it would be easy for an attacking team to stall the game indefinitely, as it is difficult to intercept a pass without at the same time conceding dangerous openings towards the goal.

### Defensive play

The usual formations of the defense are 6–0, when all the defense players line up between the 6-metre (20 ft) and 9-metre (30 ft) lines to form a wall; the 5–1, when one of the players cruises outside the 9-metre (30 ft) perimeter, usually targeting the center forwards while the other 5 line up on the 6-metre (20 ft) line; and the less common 4–2 when there are two such defenders out front. Very fast teams will also try a 3–3 formation which is close to a switching man-to-man style. The formations vary greatly from country to country, and reflect each country's style of play. 6–0 is sometimes known as "flat defense", and all other formations are usually called "offensive defense".

### Conclusion

Handball teams are usually organised as clubs. On a national level, the clubs are associated in federations which organize matches in leagues and tournaments.

The International Handball Federation (IHF) is the administrative and controlling body for international handball. Handball is an Olympic sport played during the Summer Olympics.

The IHF organizes world championships, held in uneven years, with separate competitions for men and women. The IHF World Men's Handball Championship 2015 titleholders are France. The IHF 2013 Women's World Championship title holders are Brazil, representing the first team from the American continents to hold the title.

The IHF is composed of five continental federations: Asian Handball Federation, African Handball Confederation, Pan-American Team Handball Federation, European Handball Federation and Oceania Handball Federation. These federations organize continental championships held every other second year. Handball is played during the Pan American Games, All-Africa Games, and Asian Games. It is also played at the Mediterranean Games. In addition to continental competitions between national teams, the federations arrange international tournaments between the club teams.