

**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.: 43**

### **Lecture Title**

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

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

**Q1. What is not permitted to wear in the handball?**

**A1.** 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.

**Q2. What is meant by the term 'fast throw- off ' ?**

**A2.** The play will be restarted by referees as soon as executing team fulfils its requirements. Many teams leverage this rule to score easy goals before the opposition has time to form a stable defense lines.

**Q3. When is the 'seven- meter throw ' awarded in handball ?**

**A3.** 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.

**Q4. What is first wave?**

**A4.** 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.

**Q5. What is the Size of the Handball?**

**A5.** 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