



HANDBALL -2

INTRODUCTION

Team handball is a team game and is played popularly by the worldwide nations and is recognized by the International Olympic Association. It is also played professionally in many European countries. In Asia, including India this game has become significant among other popular games. Today Handball is played in 183 countries. There are 31 million players, trainers and referees worldwide. Handball is also known as team handball, field handball, European handball, or Olympic handball. It is a team sport where two teams of seven players each (six players and a goalkeeper) pass and bounce a ball trying to throw it in the goal of the opposing team.

RULES AND REGULATIONS

RULE 1 Playing Court

The playing court is a 40 meter long and 20 meter wide rectangle, consisting of two goal areas and a playing area. The longer boundary lines are called side lines, and the shorter ones are called goal lines (between the goalposts) or outer goal lines (on either side of the goal).

There should be a safety zone surrounding the playing court, with a width of at least 1 meter along the side lines and 2 meters behind the goal lines.

A goal is placed in the centre of each outer goal line. The goals must be firmly attached to the floor or to the walls behind them. They have an interior height of 2 meters and a width of 3 meters.

a) a 3 meter long line directly in front of the goal ; this line is parallel to the goal line and 6 meters away from it.

b) two quarter circles, each with a radius of 6 meters, connecting the 3 meter long line with the outer goal line.

The free-throw line (9-meter line) is a broken line, drawn 3 meters outside the goal-area line. Both the segments of the line and the spaces between them measure 15cm.

The 7-meter line is a 1 meter long line, directly in front of the goal.

The goalkeeper's restraining line (the 4-meter line) is a 15cm long line, directly in front of the goal. The center line connects the midpoints of the two side lines .

Rule 2 Playing Time, Final Signal and Time-Out

Playing Time

1 The normal playing time for all teams with players of age 16 and above is 2 halves of 30 minutes. The half-time break is normally 10 minutes.

The normal playing time for youth teams is 2 x 25 minutes in age group 12-16 and 2 x 20 minutes in age group 8-12. In both cases the half-time break is normally 10 minutes.

2 Overtime is played, following a 5-minute break, if a game is tied at the end of the regular playing time and a winner has to be determined. The overtime period consists of 2 halves of 5 minutes, with a 1-minute half-time break.

If the game is again tied after a first overtime period, a second period is played after a 5-minute break. This overtime period also has 2 halves of 5 minutes, with a 1-minute half-time break.

If the game is still tied, the winner will be determined in accordance with the rules for the particular competition. In the case that the decision is to use 7-meter-throwing as tie-breaker to decide a winner.

Final Signal

The playing time begins with the referee's whistle for the initial throw-off. It ends with the automatic final signal from the public clock or from the timekeeper. If no such signal comes, the referee whistles to indicate that the playing time is over.

TIME OUT

1. A time-out is obligatory when:

- a) A 2-minute suspension or disqualification is given;
- b) A team time-out is granted;
- c) There is a whistle signal from the timekeeper or the delegate;
- d) Consultations between the referees are necessary in accordance with Rule.

2 Each team has the right to receive one 1-minute team time-out in each half of the regular playing time, but not in overtime.

Rule 3 The Ball

1 The ball is made of leather or a synthetic material. It must be spherical. The surface must not be shiny or slippery.

2 The ball sizes, i.e. the circumference and weight, to be used by different categories of teams are as follows:

58-60cm and 425-475g (IHF Size 3) for Men and for Male Youth (over age 16)

54-56cm and 325-375g (IHF Size 2) for Women, Female Youth (over age 14), and Male Youth (age 12 to 16) ;

50-52cm and 290-330g (IHF Size 1) for Female Youth (age 8 to 14) and Male Youth (age 8 to 12).

RULE 4 The Team, Substitutions, Equipment,

Player Injuries

The Team

1 A team consists of up to 14 players.

No more than 7 players may be present on the court at the same time. The remaining players are substitutes.

At all times during the game, the team must have one of the players on the court identified as a goalkeeper. A team must have at least 5 players on the court at the start of the game.

2 A team is allowed to use a maximum of 4 team officials during the game. These team officials may not be replaced during the course of the game

Player Substitutions

1. Substitutes may enter the court, at any time and repeatedly, without notifying the timekeeper/scorekeeper, as long as the players they are replacing have already left the court.

2. The players involved in the substitution shall always leave and enter the court over their own team's substitution line. These requirements also apply to the substitution of goalkeepers.

3. The substitution rules also apply during a time-out (except during a team time-out).

Equipment

1. All the court players on a team must wear identical uniforms. The combinations of colours and design for the two teams must be clearly distinguishable from each other.

2. All players used in the goalkeeper position on a team must wear the same colour, a colour that distinguishes them from the court players of both teams and the goalkeeper(s) of the opposing team.

3. The players must wear visible numbers that are at least 20 cm high in the back of the shirt and at least 10cm in the front. The numbers used shall be from 1 to 99.

Fouls and Unsportsmanlike Conduct

Permitted actions

It is permitted:

- a) To use an open hand to play the ball out of the hand of another player;
- b) To use bent arms to make body contact with an opponent, and to monitor and follow him in this way;
- c) To use one's trunk to block the opponent, in a struggle for positions;

It is not permitted:

- a) To pull or hit the ball out of the hands of the opponent;
- b) To block the opponent with arms, hand, legs, or to use any part of the body to displace him or push him away; this includes a dangerous use of the elbow, both as a starting position and in motion;
- c) To hold an opponent (body or uniform), even if he remains free to continue the play;
- d) Run into or jump into an opponent;

Fouls that warrant an immediate 2-minute suspension

For certain fouls, the punishment is a direct 2-minute suspension, regardless of whether the player had received a warning earlier.

Taking into account the decision-making criteria under such fouls could be:

- a) Fouls that is committed with high intensity or against an opponent who is running fast;
- b) Holding on to the opponent for a long time, or pulling him down;
- c) fouls against the head, throat or neck;
- d) Hard hitting against the torso or throwing arm;

Fouls that warrant a disqualification

A player who is attacking an opponent in a way that is dangerous to his health is to be disqualified. The reckless attitude demonstrated by the guilty player when committing the foul.

Scoring

A goal is scored when the entire ball has completely crossed the goal line, provided that no violation of the rules has been committed by the thrower, a teammate or a team official before or during the throw. The goal line referee confirms with two short whistle signals and hand signal that a goal has been scored.

OFFICIALS AND THEIR RESPONSIBILITIES**OFFICIALS**

2 referees conduct the game on court in cooperation with the judges' table (timekeeper, scorekeeper).

Upto 4 team officials are responsible for coaching their teams.

THE REFEREES

- Two referees with equal authority shall be in charge of each game. They are assisted by a timekeeper and a scorekeeper.
- The referees monitor the conduct of the players and team officials from the moment they enter the premises until they leave.
- The referees are responsible for inspecting the playing court, the goals, and the balls before the game starts; they decide which balls will be used.
- The referees also establish the presence of both teams in proper Uniforms. They check the score sheet and the equipment of the players.
- The coin toss is undertaken by one of the referees in the presence of the other referee and the 'responsible team official' for each team.
- Both referees are responsible for keeping the score. They also take notes about warnings, suspensions and disqualifications.
- Both referees are responsible for controlling the playing time
- The referees are responsible for ensuring after the game that the score sheet is completed correctly.
- Decisions made by the referees on the basis of their observations of facts or their judgments are final.
- The referees have the right to suspend a game temporarily or permanently
- The black uniform is primarily intended for the referees.
- The referees and the delegates may use electronic equipment for their internal communication. The rules for their utilization are determined by the respective federation.

The Timekeeper and the Scorekeeper

- In principle, the timekeeper has the main responsibility for the playing time, the time-outs, and the suspension time of suspended players.
- The scorekeeper has the main responsibility for the team score sheet, the entering of players who arrive after the game has started, and the entering of players who are not entitled to participate.

IMPORTANT TOURNAMENTS

INTERNATIONAL TOURNAMENTS

- Hense cup
- Berlin handball cup
- Verler handball
- Arnhem cup
- Kolding handball cup
- Olympic games

NATIONAL TOURNAMENTS

- All India late sh. Hanuman Singh Ji handball championship
- National championship
- Federation cup
- Inter zone men handball championship
- Inter zone women handball championship
- Senior men handball championship
- Senior women handball championship

CONCLUSION

The presented methodical procedure is only one of the possible examples of procedures which can be carried out. Depending on time, conditions and the level of players it can be carried out in a shortened or even in an extended version. Some exercises can be repeated more often, some can be skipped. If any exercise is too difficult for a large number of players, then it is necessary to make it easier (for example by omitting or decreasing the number of circulating players in attacking roles) or to go back to an already managed methodical - organizational form. It is also acceptable to carry out various exercises for different levels of groups at each goal area. Nevertheless, we should not approach the practising of attacking systems, before our players have managed basic skills of moving into free space (both with and without the ball) and passing.