

Hand ball is a ball game. As the hand is used more in this game, it is called hand ball. It is mentioned that in 600 B. C. a game similar to the modern hand ball was played in Athens. In the latter half of the 19th century this game was played in Germany, its credit goes to the German gymnastic coach master Conrad (1890 A. D.). In beginning as this game was not so popular, it was controlled by the International Amateur Athletic Federation. Gradually, this game became popular and on 4th August 1928 A. D. during Amsterdam Olympic Games, for the control and development of the game, an organizational board was established, in the year 1946 known as the International Handball Federation. Men's Handball was introduced in the 1936 Berlin Olympics for the first time, and Germany became champion. But, after that this game was not played in Olympics. In 1972 Munich Olympics, men's Hand ball was reintroduced. Women Handball was added in 1976 Montreal Olympics. Countries like Germany, Russia, Yugoslavia, Croatia, Spain, France, Egypt, Switzerland etc. have always dominated the men's Hand ball, while in women's handball countries like Denmark, Norway, China, Germany, Angola and U.S.A. are leading.

Almost all the Indian states are associated with "Handball Federation of India" which was established in 1972. Teams from all the states and union territories, and the teams of services, Birla, and Tata Steel Plant participate in the open national level tournament and hold top position. At present, School games federation of India(SGFI) which administers and regulates the National levels school games and for other competitions handball federation of India is looking for it. Administering and regulating the national level school games, School game federation of India (SGFI) and for other competitions handball federation of India looking for it. Handball is played in most of the states in both the ways as indoor or outdoor game.

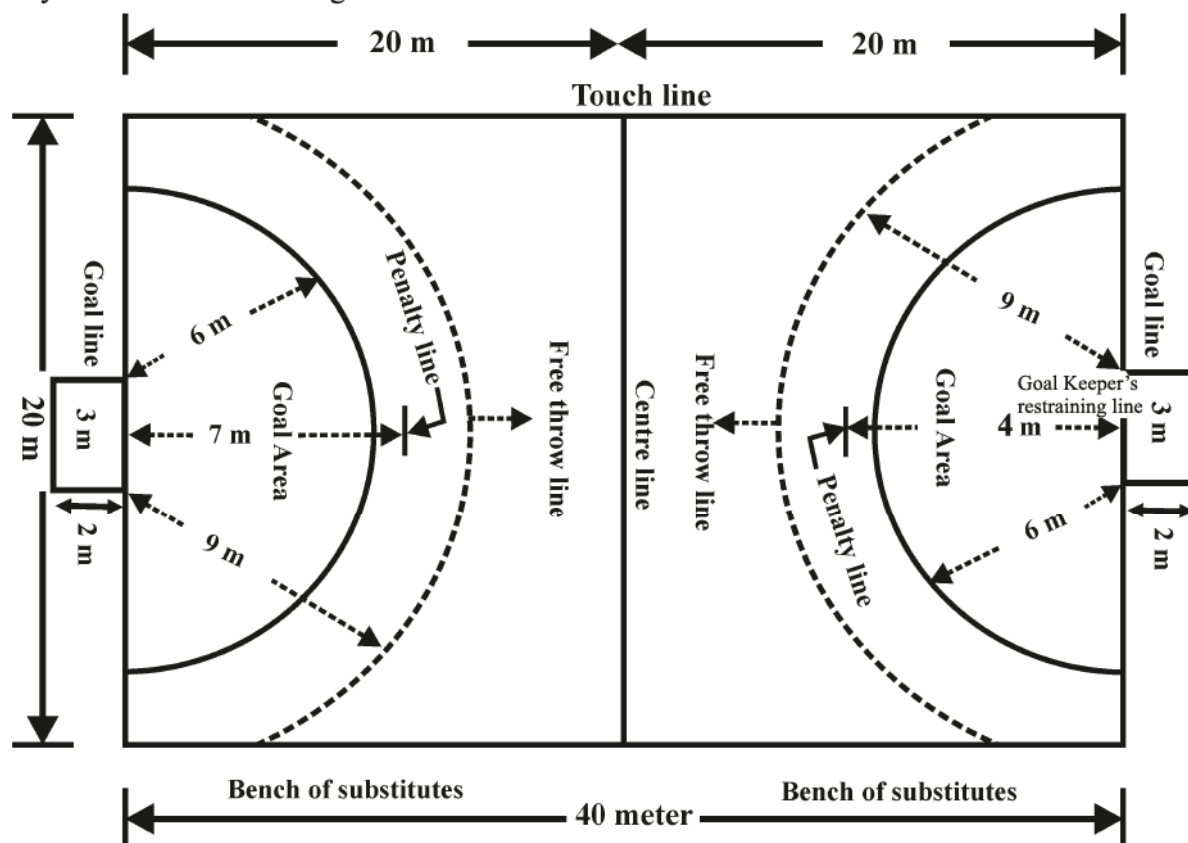


Figure of Hand ball ground

As shown in the figure the hand ball court is rectangle in shape. It is 40 metres in length and 20 metres in width. The 40 metre line is called 'side line' while 20 metres line is called as a 'goal line'. A 20 meters long line is drawn in the middle so as to divide the ground in two equal parts. This parallel line, to the goal line is known as 'centre line'. Except the middle line between two goal posts all the lines on the ground area 5 cm wide, while the lines between two goal posts are 8 centimetres in width.

The surface of the ground is even, dust free and hard. The indoor ground is wooden or made from such synthetic material which will neither be injurious nor is slippery.

The ground sector lines and its measurements

(1) Goal posts :

The goal posts are kept in such way that back side of goal posts touches the goal line at back and each goal post is at the center of the goal line at the distance of 3 metres. A 3 metres long pole is kept across on the two standing poles at such height so that the inside measurement is 3 metres x 2 metres. Poles are 8 cm wide and 8 cm thick. The poles are coloured with different colours like white & black or white & red. At the joining area across & down poles of 28 centimetre part is colored with dark color. After leaving 20 cm space, then it is colored black and white or white and red bands one by one. The goal posts should be made of hard material, hard wood, light metal or other synthetic material. The net is tied in such a way that the ball thrown in net remains in it only instead of bouncing back.

(2) Goal area :

A line parallel to the goal line but 6 metres away, 3 metres long line is drawn from goal post on the inside part of ground in front of each goal post. Taking 6 metres radius a semicircle is drawn from the goal line taking the goal post at centre. This 6 metres away line from the goal is called a goal area.

(3) Free throw line :

Taking the goal post as center 9 metres radius line is drawn on both the sides, 3 metres long, parallel to the goal area are joined at the end. This 9 metre distance from goal line is drawn as a arc with 15 cm gaps (dotted line). It is known as free throw line.

(4) Penalty line :

A one metre long parallel to the goal line 7 metres away from the goal line is drawn inside the ground towards the middle line on both the sides. It is known as penalty line or '7 metres line.'

(5) Goal keeper's restraining line :

Goal keeper's boarder line is 15 cm long in the middle side lines and 4 metre away from the goal line, but parallel to it.

(6) Place for substitutions :

A 15 cm long and 15 cm outside and at the distance 4.45 metre line from the middle of sideline is drawn near the scorer and time keeper. This area is used for the substitute players to enter the ground or for the in play player to come out.

Ball : The upper part of the ball is of leather, rubber or synthetic material (which does not cause injury) and it should be of one colour. The surface of the ball should not be shined or smoother to slip away.

The circumference of the ball shall be 58 to 60 cms and weight 425 to 475 gms. For boys and girls the circumference of the ball shall be 54 to 56 cms and weight 325 gms to 400 gms,

Equipment for game :

Ball, net, stop watch, score sheets, green card, yellow card, red card, (Each card should be 9 x 12 centimetre).

Skills of Hand ball :

To improve the hand ball game or to get the command over the game following skills to be needed:

(1) Throwing, (2) Passing, (3) Catching, (4) Shooting, (5) Goal keeping, (6) Defence & attack.

(1) Throwing :

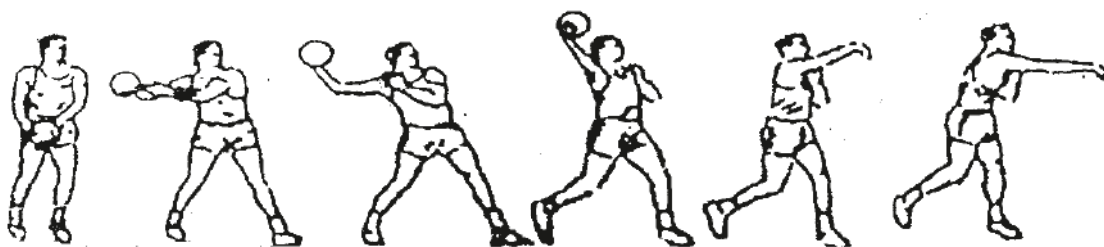
The releasing of ball in the game from various places in the ground according to the requirement with one hand (with two hands if required) for doing a goal is called as throwing. It is essential to have strong wrist, elbow and shoulder joints for effective and good throw. If a player knows from which place at what height and with what force the ball should be thrown and if he decides quickly and acts accordingly, then throwing is effective. If there is a slight error in throwing the aim or throw is not fulfilled and the ball goes in the control of opponent team.

Throwing is mainly done in 4 different situations : (a) Throw - off (b) Throw - in (c) Penalty throw (d) Free throw

(a) Throw - off: The game begins with throw off. The team which wins the toss chooses the ground or throw-off. Throw-off can be taken on either direction of the ground from the middle line. After the referee blows the whistle, the ball is passed to another player by throw-off. After each goal opponent team restarts the game by throw-off, from the middle line of ground. In second half the game starts with the throw-off by the side other than the one who began the game. When the throw-off is taken all the players should be at least at the distance of 3 metres from the throw-off player.

(b) Throw - in: During the game when the ball goes out of the touch line (sideline), throw-in is given to the team other than the team's player through whom the ball had gone out. The player who is doing the throw-in takes the position from where the ball had gone out; his one leg should be on the sideline and another leg a step behind it. The ball is to be thrown with the opposite hand of front leg, with the body weight being brought to front leg from the back leg and the hand with the ball is brought ahead from shoulder or head. When the ball is released his face should be towards the ground and his eg should be in touch with the side line.

(c) Penalty Throw: When during the game the defending team intentionally comes in between the direct goal then the attacking team gets the penalty throw. The penalty throw player will stand 7 meters away, not touching the penalty line and keeping his strong leg behind it and his other leg



Penalty Throw

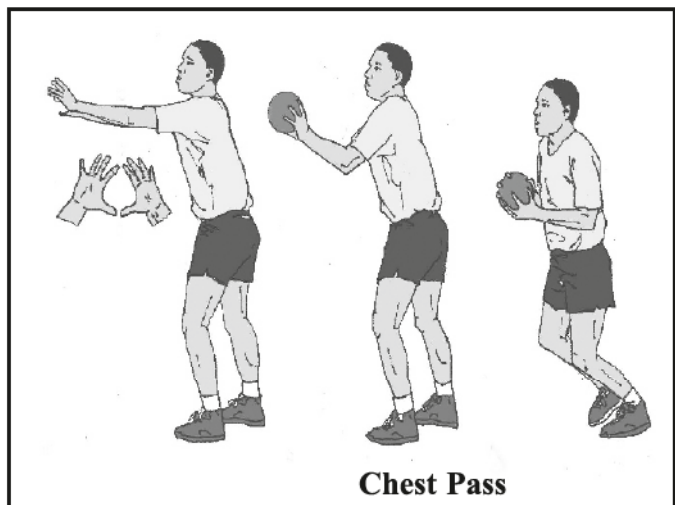
behind the front leg according to his convenience. His strong arm (the one opposite to the front leg) will throw the ball bringing his back stretched hard with ball above the head the body weight is on the back leg. For throw quickly the back leg is brought ahead and body weight is shifted to the front leg. The hand with the ball is brought ahead in front with complete wrist power and the ball is shot for goal.

(d) Free Throw: When during the game the defence player gets the ball from opponent against the law (rule) or tries to take the ball away from attacker in wrong way, then attacking team gets a 'free throw'. Free throw is done from the 9 metre line. When free throw is taken all the players should be behind the 9 metre line excepting the goal keeper. The free throw player will also stand behind the 9 metre line and he will pass the ball to his teammates or shoot for the goal. When it is free throw, then there should be distance of 3 metre between the free thrower and the defence players.

(2) Passing :

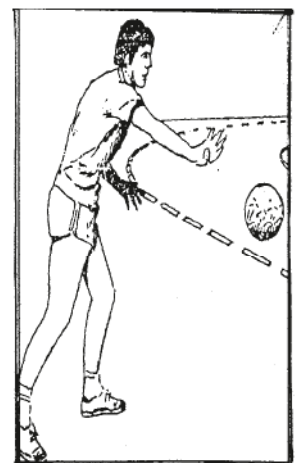
The process of giving the ball to other team mates is called passing. It is necessary for the players of the team to play with co-operation & cleverly in hand ball. Passing skill is very important in the situation like to take the ball ahead quickly, to break the cover when surrounding in it. According to the situation and need the passing is done in different styles. The styles are as follows:

(a) Chest Pass : During the play if the team mate is very near (2 to 3 metre) and there is no opponent player present in between then Chest pass is done. Chest pass is done with one hand or both hands. The two legs are normally apart or are kept a little in - front and back side. The ball is hold by keeping the fingers apart from back side. For passing the ball the



body weight is shifted ahead, both hands are straightened from elbow and with jerk the ball is passed to the team-mate at chest height. The balance is maintained by putting the back leg in front. For passing with one hand, the ball is held with the fingers of stonger hand keeping them apart in which the back side of palm will face the chest and supporting the ball with other hand. The back leg is brought forward and with strong hand's jerk the ball is passed to the team mate at chest height.

(b) Bounce Pass : When the own team player is near, and opponent player is in between and that time for attacking no other pass can be done then bounce pass is used. It is same as chest pass, only it is make sure that in this pass the ball bounces at the feet of the opponent player on the ground and reaches the team mate (see the figure). While realising the ball instead of one or both the hands parallel to the ground, one or both the hands are stretched in the direction, where the ball is going to bounce and the pass is completed.



(c) Wrist Pass : While offending in the game to pass the ball quickly to the team player this pass is used.

In Comparasion to the other passes the ball is released quickly in this pass by giving powerful push from the strong wrist. Wrist pass is done by moving one/two steps on the sides. The legs should be slightly apart. The strong hand is lightly brought

inside with a jerk; the ball is passed above waist and parallel to chest height of the opponent with straight hands. While passing, the opponent is kept in sight.

(d) Overhead Pass : When the opponent is in between the passer and his team-mates, chest pass or wrist pass cannot be performed. Hence overhead pass is made. The legs are apart and front-back and the passing hand is stretched away from the shoulder and the ball is passed from over the head.

(e) Push Pass : In this type of pass the process is same as chest pass. The ball is held halfway from backside with both the hands, straightening the arms from elbows the ball is thrown to other player with a push.

(3) Catching or Ball-receiving :

In the hand ball game, catching is as important as passing. If the ball is not caught properly or if he fails to catch, he does not get good result.

While catching, the catcher's body should be under full control so that after catching also his body remains balanced to throw the ball. To catch the ball the player has to emphasis on following points :

(1) One should presume from what distance and speed, the ball is coming.

(2) Instead of waiting for the ball to come, go forward and catch it.

(3) To stretch both the hands, both the wrists should be near the fingers to be kept open and the eyesight should be in front and toward opponent.

(4) As soon as the ball touches the hands grip it tightly, bend the hands from elbow and take them in direction of motion of the ball so that the reaction of the ball shall minimise and the ball does not bounce back.

(5) Hold the ball from the height after jumping and landing on one leg or both legs on toes bend the knees to maintain the balance.

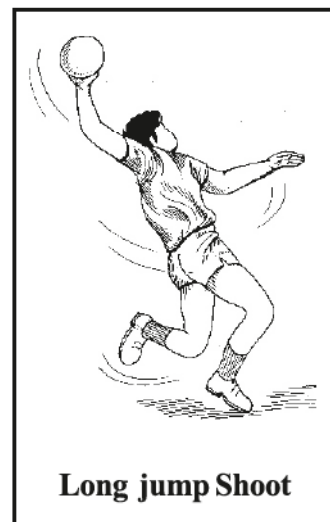
(6) After holding the ball the next action should be done without any delay.

(4) Shooting :

In the hand ball game the team getting more points in given time is declared winner. The points depend on the scored goals. The skill of throwing the ball in the goal post from the out of goal area is called shooting. The goal mainly depends on shooting thus in hand ball game each player has to master over the shooting skill. With shooting can be done by one or two hands. Mostly the player comes with dribbling for shooting. He takes one, two, three, steps before the 9 metres line and then he shoots. During shooting stronger leg should be forward and the ball should be in opposite direction. While taking last step the player goes high in air with taking long jump. At time the ball is taken back and then with full force it is brought forward and before touching the leg down on the ground, the ball is shot. Shooting is done in various ways as follows.

(a) Long jump Shoot :

This is a very important shooting skill because it can be done from all different angles and areas of ground. The body motion is used fully and the opponents can be dodged easily, so the chances of making goal are more.



When there is a space between the defenders, the offender in his last step he takes one, two or three strides with strong leg of in the air the attacker jumps once, takes his body towards the goal post bending on strong hand side. The body is kept little forward bend as shown in figure. The hand with the ball is stretched at back side. At the maximum height the hand is brought forward from the shoulder side and keeping the goal keeper in mind, shoots the ball with full force. This whole action is to be done continuous sequence with maximum speed. After the release of the ball he shall land on the toe of strong leg, knees are slightly bent, maintains the balance by keeping both the hands forward.

(b) High jump shoot :

When the defen techniques of defending team are strong and when long jump or any other shoot cannot be done then high jump shoot is very effective. Tall players are master over this skill. High jump shoot is done from 9 metre's line by taking high jump during the play.

When the player is near the 9 metres line he shoots the ball with his strong hand and towards the goal post from his maximum height and lands on the his toes. Knees bent a little and balance is maintained with both the hands kept forward.

(c) Fall Shoot :

During play when the attacking player is near the 6 metres line and alone and when but there is no chance of shooting by taking steps, he shoots the goal through 'Fall Shoot'. Mostly this skill is used by pivot players. When the defenders are near the 6 metres line to protect the attacker and pivot player of his team is alone and when suddenly he gets the ball through pass, he quickly makes a goal through fall shoot skill. While making a goal he takes a high jump from ground, bends his body towards the goal post and shoots. Body weight will be on hands and the toes of the legs.

(5) Goal keeping :

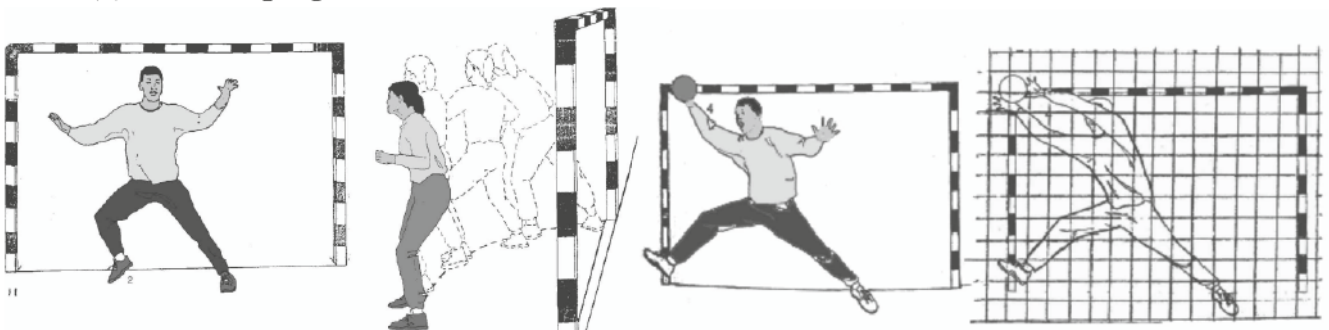


Figure Goal keeping

As much a shooting skill is important in goal, so is the goal keeping to prevent the goal.

Goal keeper must always be ready as sturdy wall in the goal post. Goal keeper can stop ball with the leg in the goal area, but stopping the ball with hand is more beneficial. The eyes of goal keeper should always be on the ball and shooter's hand.

He should move his legs quickly towards the side the ball is coming. The goal keeper has to keep in mind that he has to cover most part of the goal post and stop the ball with any part of his body part. The goal keeper should throw the ball without delay and quickly to his team after stopping it. The action of hands and legs of goal keeper are speedy and agile.

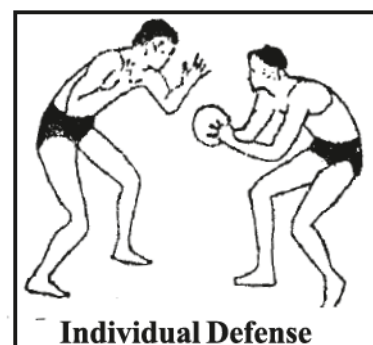
(6) Defence & offence:

Each team adopts different tactics, skills, strategies to have good command on the game and to bring win to their team. These tactics are : (a) Defence and (b) Offence both. These tactics are simultaneously applied during the game. Here we will understand both the tactics one by one

(a) Defence : There are two ways of defence against the opponents : (i) Individual Defence. (ii) Team Defence.

(i) Individual Defense :

Trying to stop the offender who is moving ahead with ball to make dribble or pass ineffective, to prevent the shoot or goal when defender tries to obstruct under the rules, it is called individual defense. Here each team player is defending against each offender of opponent side, so it is called 'man to man' defence. In the individual defence the player will follow his given opponent wherever he goes on the ground. An individual defender has to keep watch on the given opponent's place on ground. He is with or without ball, he has dribbled or not, his legs movement, eyes, shoulder sign etc. He has to keep his legs apart one hand-up towards the head and other hand straight on side. Bring the upper hand down and lower hand up. Defender players moves one leg and other leg also in the direction as the offender moved by. Thus the defender has to move in the direction, where the offender is moving by walking or dragging instead of jumping and changing his place.



(ii) Team Defence :

In this defence all the court players (defenders) together defend against the offenders team so it is called team defence or collective defence. In this the defending team makes a zone by arranging all their players in a definite shape near the 9 metre line. Thus this defence is also called as Zone Defence tactic. In the team defence, more concentration will be on the place of the ball. The defenders try to fail the attack by changing their position with less movement, maintaining attacking and going towards the direction of the offender who is leading to shoot.

(b) Offence : It is essented to win the handball game and to make more points than the opponents, the players of teams are so capable and efficient to use of various tactics according to the situation and need for attacking various methods of attacking are as follows:

(i) Fast Break : During the play when the opponent player comes near 9 metres line to shoot and if the ball by taping or hitting the goal post, bounces back to the player then he quickly, swiftly dribbles the ball and shoots it in the goal post. This fast break technique is more famillar. The ball is passed to the player who is near 9 metres line or dribbled and shoots it for the goal before the opponents come back to their court.

(ii) Two Men Pass & Shoot : When the offensive team has shot the ball, but if it has been stopped by the goal keeper or it has hit the goal post, the ball is passed to the player. Two players running parallel to the side line on both sidelines, they pass ball to each other and near the 9 metre line, whoever finds it convenient shoots the ball. Seeing the speed and movement of receiving player, the ball is passed in such way that the player gets the ball ahead of him.

Rules of Hand Ball :

(1) Each team has 12 players, 7 players are in play, while 5 players are substitutes who sit in the substitution area outside the ground. From the 7 players 6 will be as court players and one will be goal keeper. The dress of all players is same, while goal keeper's dress is different.

(2) When starting, each team should have at least 5 players in which one is the goal keeper on the ground. During play the number of players in one team should not exceed 12.

(3) The game starts with the toss. The toss winner chooses the ground or Throw off.

(4) Time : For above 16 years men and women, the play time is 30 minutes for each half (30-10-30 minutes). There is a break of 10 minutes between two half times. If both teams agree and if referee permits then the break period can be reduced.

(5) The game starts with the throw off from middle line after the referee's whistle. At this time all the players should be present on their half ground. The throw off players should be at least 3 metre away from their opponents.

(6) After break, and before the start of second half the ground is to be exchanged.

(7) At the end of the games time the team having more goals will be declared the winner. If at the end of the game period both teams have the same goals, then to decide the winner two halves of 5 minutes each will be given with a break of 1 minute between these two halves. After the half time the ground will be changed. Also, for the tie breaker, a coin is tossed before the first half and start is through throw off. If after extra time also, the points are same, then two more extra half-times of 5 minutes each are played after a break of 5 minutes.

(8) If the ball passes under the cross bar between the goal pole then goal will be considered.

(9) In the goal area, only goal keeper will be present, If the court player enters then it can be considered as foul.

(10) The player can play ball in any direction, through any body part, that is: head, hand, thigh, and knee. But if the ball touches any part lower than the knee then it will be considered as foul.

(11) A player can hold the ball maximum for 3 seconds.

(12) A player can hold the ball maximum for 3 steps.

(13) Any court player can play as a goal keeper and goal keeper can play as a court player. But it has to be informed to the scorer, Referee and he has to change the dress.

(14) If the ball crosses the end line of the ground opponent will be given 'throw in'.

(15) When the ball crosses the goal line and goes out of the ground goal throw will be given.

(16) The goal keeper cannot play the ball till any other player touches the ball after the goal throw.

(17) Penalty throw or '7 metres throw' will be given in following situations:

(a) When the ball has been stopped by illegal way in any place of the ground in the process of goal.

(b) If the offender has a ball and the defender court player enters the goal area to get benefit.

- (c) When the court player intentionally throws the ball to the goal keeper in the goal area.
Penalty throw is taken within 3 seconds of the referee's signal.

(18) No player can play the ball till the ball touches goal post or goal keeper after penalty throw.

(19) At the time of penalty all the players of defenders should be at least 3 metres away from the penalty throw player. If the defender crosses the free throw line, before the penalty throw is taken, it is considered a foul and for that the following decision will be taken :

(a) If the goal has gone into the goal post, it will be a goal.

(b) And if does not make goal then penalty throw will be given again.

(20) If the goal keeper crosses the 4 metres line before the release of the ball, then it is a foul. In this situation if it is goal then goal will be considered but if goal is not made than penalty throw will be given again.

(21) If there is foul by both the teams at same time, then referee gives the "referee throw". The court referee plays the ball from the corner where the foul was done by bouncing it on ground. No player can be stand within 3 metres near the referee. No player can play till the ball touches the ground. If any player commits a foul than the opponents get free throw.

Hand Ball Game's Referee officials :

The referees of handball are as follows :

- (1) Two main Referees
- (2) One score keeper
- (3) One time keeper.

Exercise

1. Explain the following skills

- (1) Throw off
- (2) Throw - in
- (3) Individual defence
- (4) Free throw

2. Answer the following questions in one or two sentences.

- (1) What is the time period for above 16 years for girls ?
- (2) What are the choices to be selected by for the toss winning team at the start of the game ?

(3) Who will take the throw off for the start of second half in Hand ball ?

(4) When is the referee throw will be given in hand ball ?

3. Write answers to the following questions by selecting correct option from the options given below.

(1) What is the length of goal line in Hand ball ?

(A) 20 metres (B) 25 metres (C) 30 metres (D) 40 metres.

(2) What is the circumference of the ball for men in Hand ball ?

(A) 48 to 50 centimetres (B) 54 to 56 centimetres
(C) 58 to 60 centimetres. (D) 64 to 66 centimetres.

(3) What is the weight of the ball in Hand ball for women ?

(A) 225 to 270 grams (B) 270 to 295 grams
(C) 295 to 325 gms (D) 325 to 400 grams

(4) How is the Hand ball game started ?

(A) Throw off (B) Penalty throw (C) Throw - in (D) Free throw.

