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**Class:** JSS 2

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**Topic:** Handball

## HANDBALL

The current handball game was invented by a German sports master called Carl Schelenz in 1919 when he formulated some rules and regulations which reduced the court to 40m by 20m with seven players and five substitutes in each team. He was then honoured and called 'The father of handball'.

Handball became one of the Olympic event in 1936. The International Handball Federation (I.H.F) was formed in 1946. The Handball Association of Nigeria was formed in 1972.

### Nature of Handball Game

1. It is a team game played by male and female players.
2. It is played with hands.
3. The duration of the game is 60 minutes of 30 minutes in each half.
4. The ball is put into play with a throw off at the center of the court.
5. Each team is made up of seven players and five substitutes.
6. The team with the higher number of goals wins the match.

### Equipment and Facilities

1. The ball
2. Players' dress
3. A pair of goalkeeper's gloves
4. A pair of canvas shoes for each player
5. A whistle for each of the two referees
6. A stopwatch
7. The goalposts

8. The net
9. The substitution bench
10. The standard playing court.

#### Skills in Handball

1. Throwing
2. Catching
3. Bouncing
4. Dribbling
5. Passing
6. Feinting/ faking
7. Shooting
8. Guarding
9. Goalkeeping

#### Officials in Handball

1. Two referees
2. The scorekeeper
3. Timekeeper

#### Basic Rules and Regulations in Handball

1. A toss should be used to determine the choice of side or the first to take the throw- off.
2. A player is allowed to take up to three steps with the ball.
3. A player can keep the ball in hand for up to three seconds.
4. No player is allowed to bounce, catch and bounce again ( double bouncing).
5. There is no offside rule in handball.
6. After each goal, the game is restarted with a throw-off.

