

Handball



History of handball

- Late 19th century in Germany and Scandinavia
- Early 20th century: first rules of handball
- 1936: field handball (**veliki rukomet, rukomet na travi**) with 11 players debuted at the Olympic Games in Berlin (played officially until 1966)
- 1946: The International Handball Federation (IHF) was established; transition to an indoor court (**teren u sali, zatvoren teren**)
- 1972: official Olympic sport for men (Munich)
- 1976: official Olympic sport for women (Montreal)
- 2016: latest rules - extra player instead of goalkeeper;
introduction of blue card



Types of handball

- Handball (also known as “team handball” or “Olympic handball”)
- Mini handball (usually played by children during Physical Education (PE) (fizičko vaspitanje) classes)



Types of handball

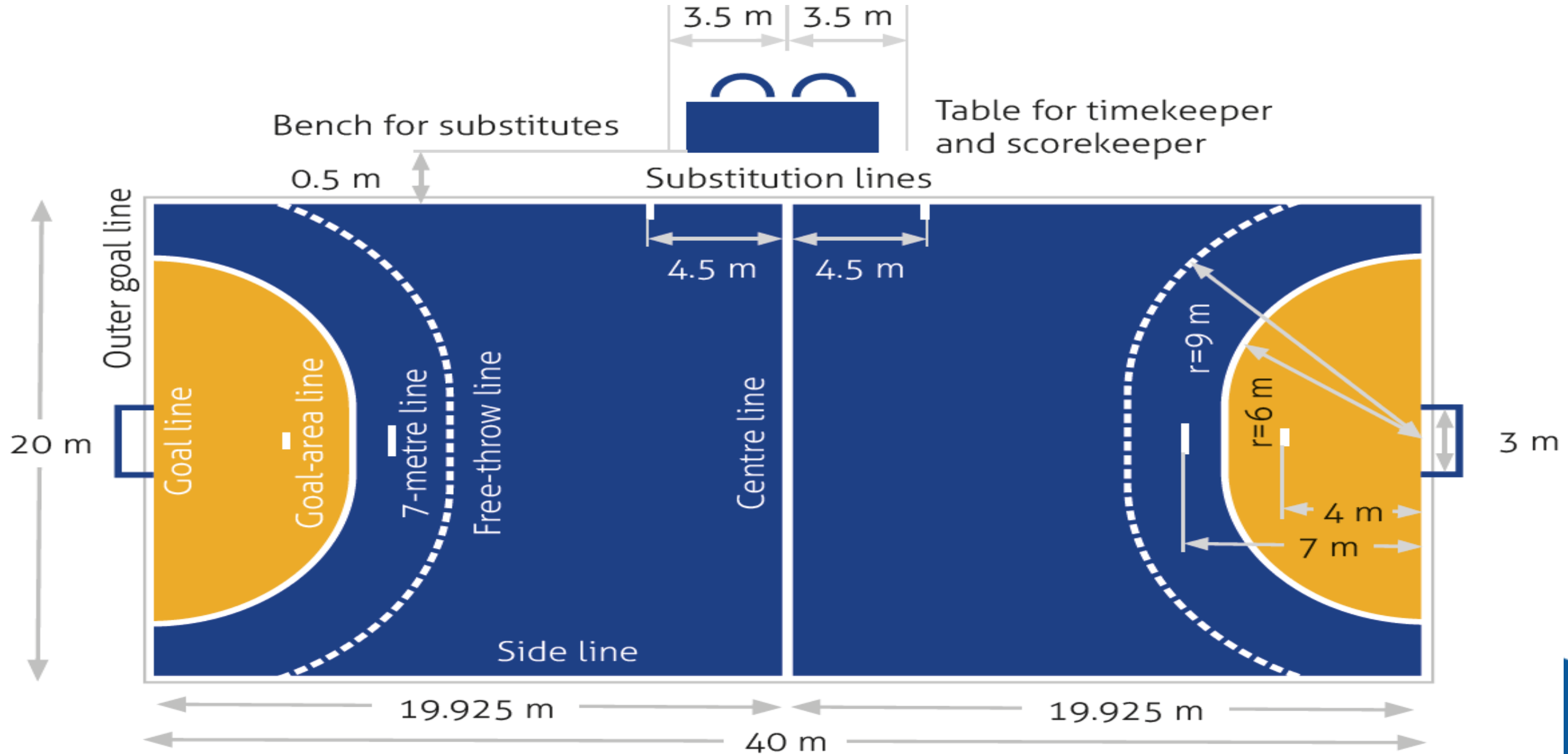
- Beach handball (rukomet na plaži)



- Snow handball (rukomet na snegu)

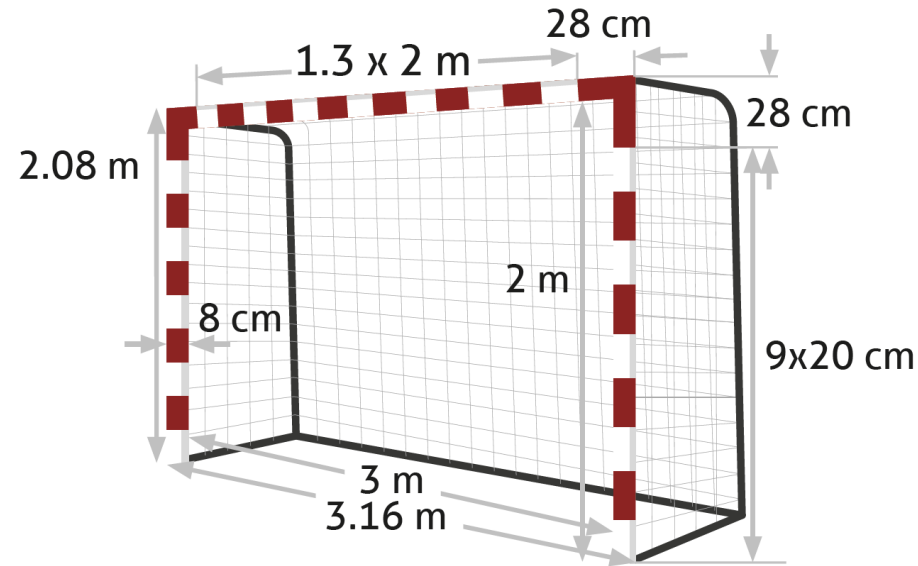


Handball court



Handball equipment

Goal



Ball



Size 2



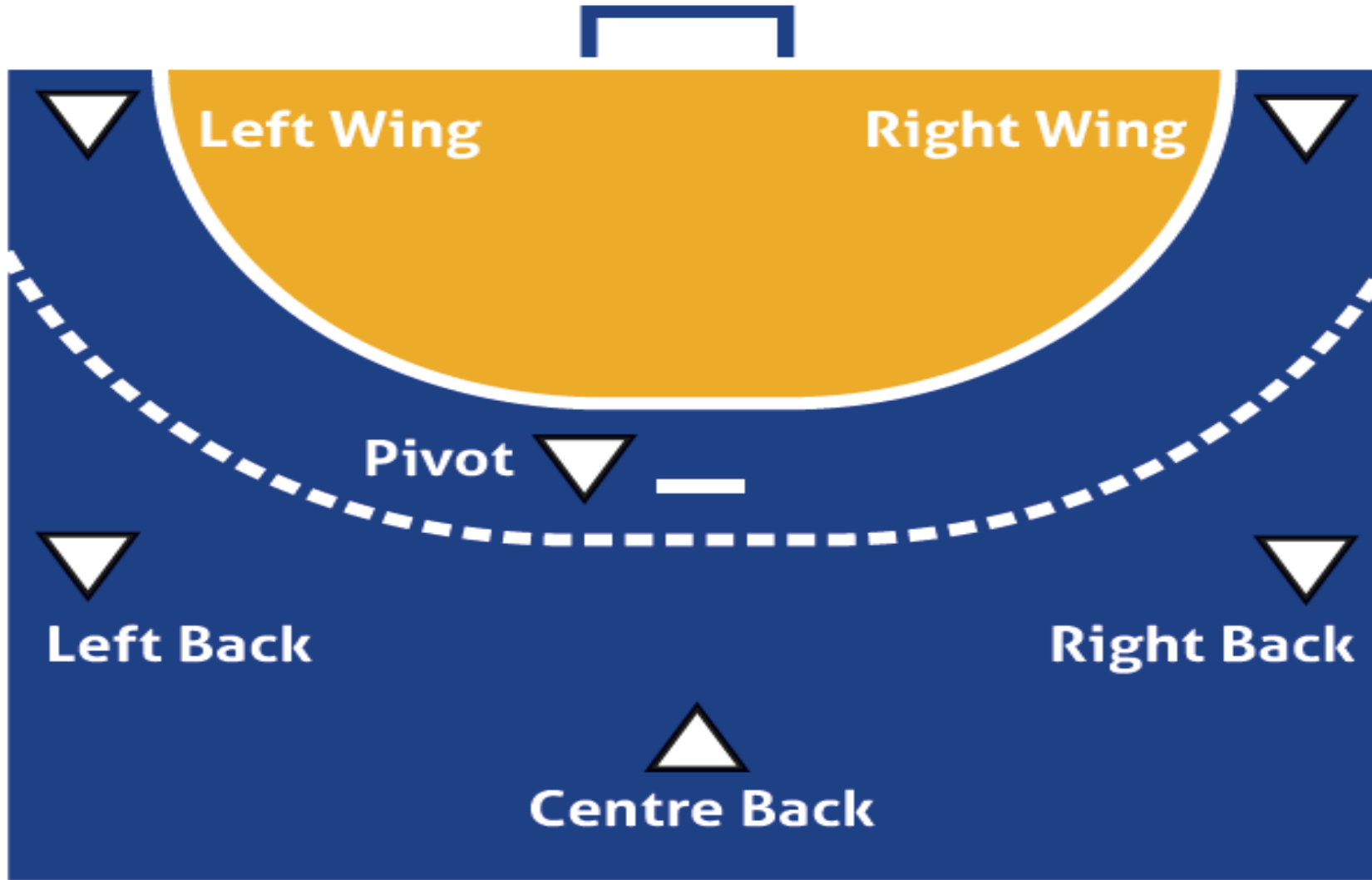
Size 3

Size 2: 54-56 cm in circumference (obim), 325-375 gr; for women's (14y and older) and men's (12-16y).

Size 3: 58-60 cm, 425-475 gr; for men's (16y and older).



Handball player positions



Basic rules of handball

- Played by two teams of 7 players, including 1 goalkeeper; officiated by 2 referees
- A handball match lasts 60 minutes and is divided into two halves of 30 minutes each; if a game is tied, overtime is played, consisting of two 5-minute halves.
- Players dribble the ball (**vode loptu**) when they move around the court, similar to basketball. They can take up to three steps without dribbling the ball and are allowed to possess it for a maximum of three seconds. If they take more than three steps without dribbling, the referee will call travelling (**koraci**).



Basic rules of handball

- Players can throw, catch, stop, push or hit the ball, by using their hands, head, torso, thighs and knees. They cannot touch the ball with their feet or with any part below the knee.
- Attacking strategies are encouraged, while passive play (pasivna igra) leads to a warning (upozorenje) and loss of possession (gubitak poseda) for the team.



Basic rules of handball

- The goalkeeper is allowed to use all of his/her body to save the ball inside the goal area (**golmanov prostor**), but outside of the goal area, the goalkeeper must act as a field player (**igrač u polju**).
- Field players are not allowed to enter the goal areas.



Throws (bacanja) in handball

- **Throw-off** (početno bacanje): at the beginning of each half and after every goal scored; one foot must touch the middle line.
- **Throw-in** (izvođenje auta): if an opposing player throws the ball over the side line; one foot must touch the side line.
- **Free throw** (slobodno bacanje) is usually taken without a whistle signal (zvižduk pištaljke, sudijski zvižduk) outside the free-throw line (linija deveterca).
- **Goalkeeper throw** (golmanovo bacanje): after a saved shot or after an attacker with the ball touches the goal area
- **7-metre throw** (sedmerac): when a defender fouls the attacker from within the goal area or after violent fouls



Some shooting techniques

- Jump shot (skok-šut)
- Standing (stem) shot (čeoní šut, šut iz mesta sa tla)
- Running shot (šut iz trka)
- Dive shot (šut u padu)
- Side shot (šut s odklonom)
- Overarm shot (šut preko ruke)
- Underarm shot (šut ispod ruke)
- Lob shot (šut lobovanjem)
- Spin/screw shot (šut uvrtnjem [felširanjem] lopte, npr. „kokoška“)
- Kempa trick (kung-fu, in-flight) („cepelin“)
- Backhand shot („šrauba“)
- Fake shot („lažnjak“)



Punishment (kažnjavanje) in handball

- Fouls are common in defensive play: defenders make physical contact with the attackers to prevent them from shooting/passing the ball. This is usually followed by a free throw (slobodno bacanje).
- When a defender fouls the opposing attacker with at least one foot touching the goal area, a 7-meter throw (sedmerac) is awarded.
- Progressive punishment (progresivno kažnjavanje): a system where penalties for fouls increase in severity with repeated or more serious infractions (prekršaji).



Punishment (kažnjavanje) in handball

- 2-minute suspension (isključenje na 2 minuta)
- Warning (opomena) / yellow card (žuti karton)
- Disqualification (diskvalifikacija) / red card (crveni karton): the disqualified player is replaced after 2 minutes.
- Ejection (isključenje bez prava zamene) / two red cards: the team plays with one less player for the rest of the game.
- Blue card (plavi karton): used together with a red card for a particularly serious infraction; it means that the incident will be reported to the Disciplinary Commission for potential further sanctions, such as suspensions from future matches.



Additional terms (dodatni termini)

- **Feint** (fintirati telom)
- **Give-and-go** (dupli pas)
- **Numerical advantage / superiority** (brojčana prednost, tj. igrač više)
- **Numerical disadvantage / inferiority** (brojčani nedostatak, tj. igrač manje)

