

A soccer ball is the central focus, partially obscured by vibrant, swirling smoke in shades of blue, green, and yellow on the left, and intense orange and red flames on the right. The background is dark, making the colorful elements stand out.

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THE SUBJECT IS : HANDBALL

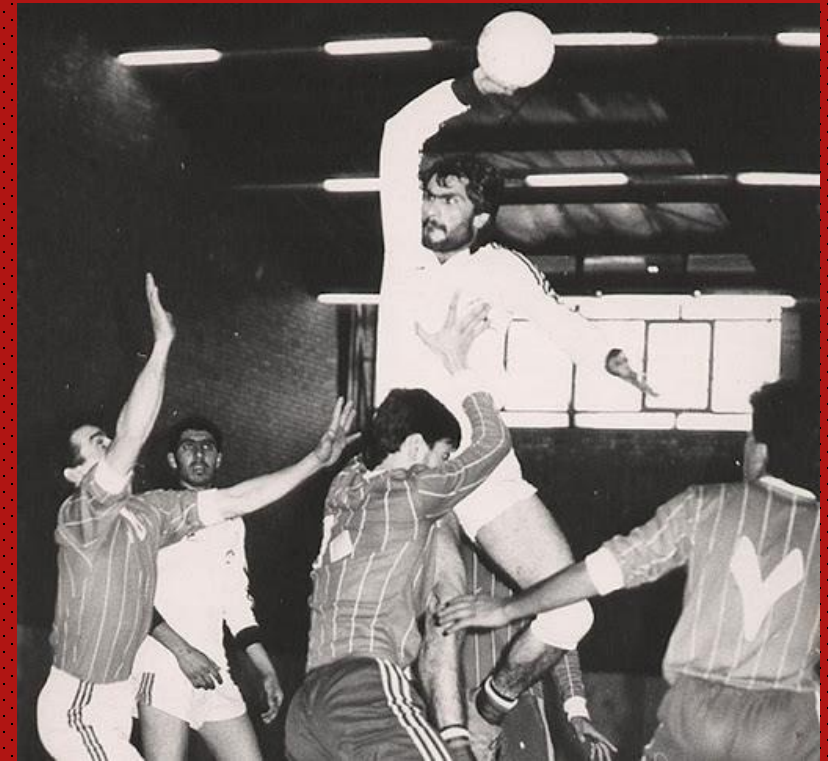


A look at the history of "Handball in Iran

Handball is a group sport in which the two participating teams each have seven players, one of whom stands in front of the goal as a goalkeeper.

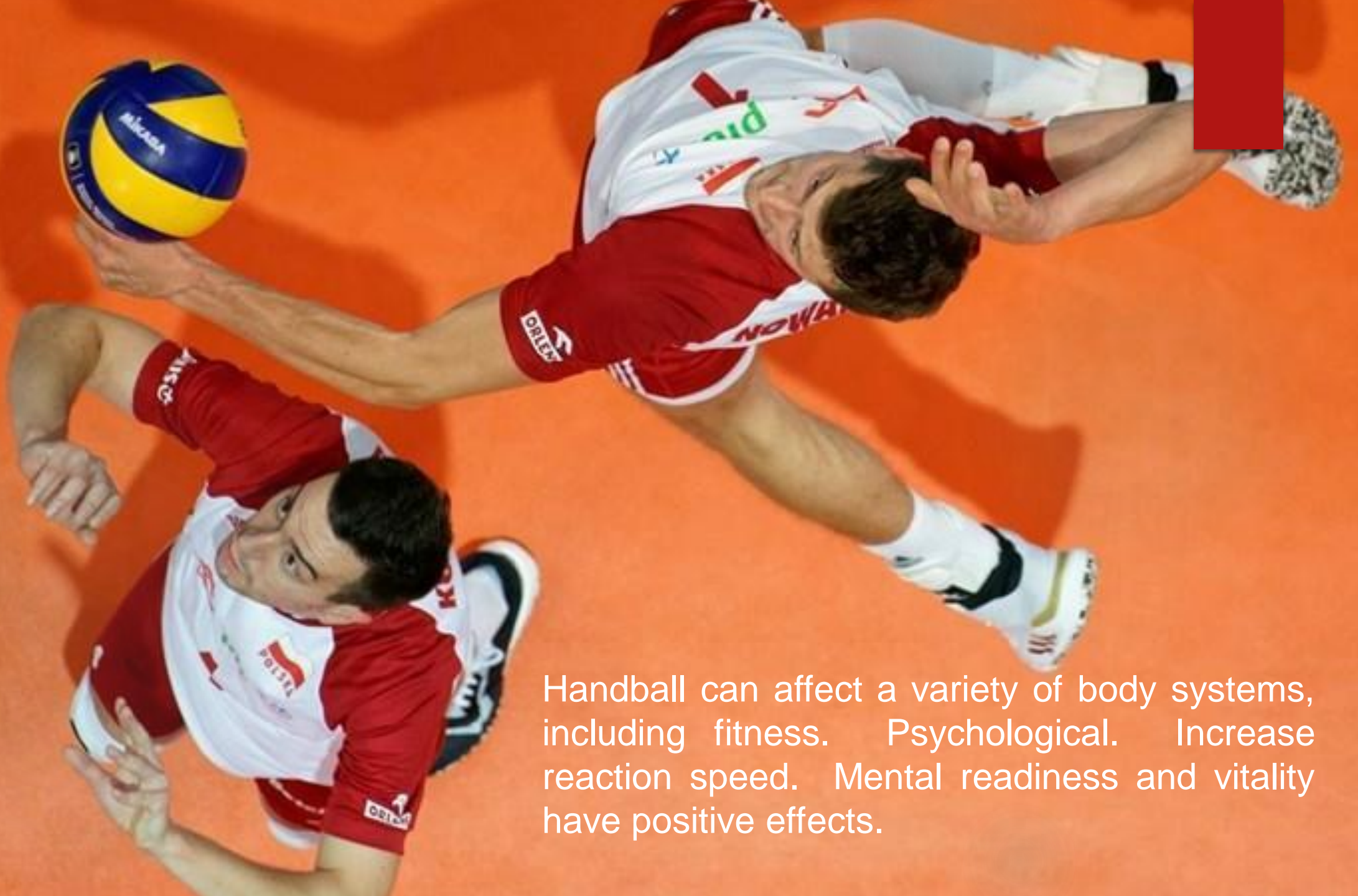
This game was invented in 1920, the standard duration of a two-half handball game is 30 minutes.

Indoor handball started with the teaching of Dr. Ali Mohammad Amir Amir Tash in 1343-44 in the university. Apparently, in addition to this activity in the army, they also knew an 11-member handball team. Which they did for fun and for the physical fitness of the soldiers. At the end of 1347 and the beginning of 1348, with the efforts and seriousness of Dr. Ali Mohammad Amir Tash, the establishment of this field in school sports was approved by the High Council of Physical Education of the schools in the Ministry of Education.



The Handball Federation was established in 1975 and a person named Engineer Haroon Mahdavi was introduced as its president. From 1976 to 1982, the national championships were held regularly, but in the years 1967-68, the competitions were not held, and these games were resumed in 1991.





Handball can affect a variety of body systems, including fitness. Psychological. Increase reaction speed. Mental readiness and vitality have positive effects.

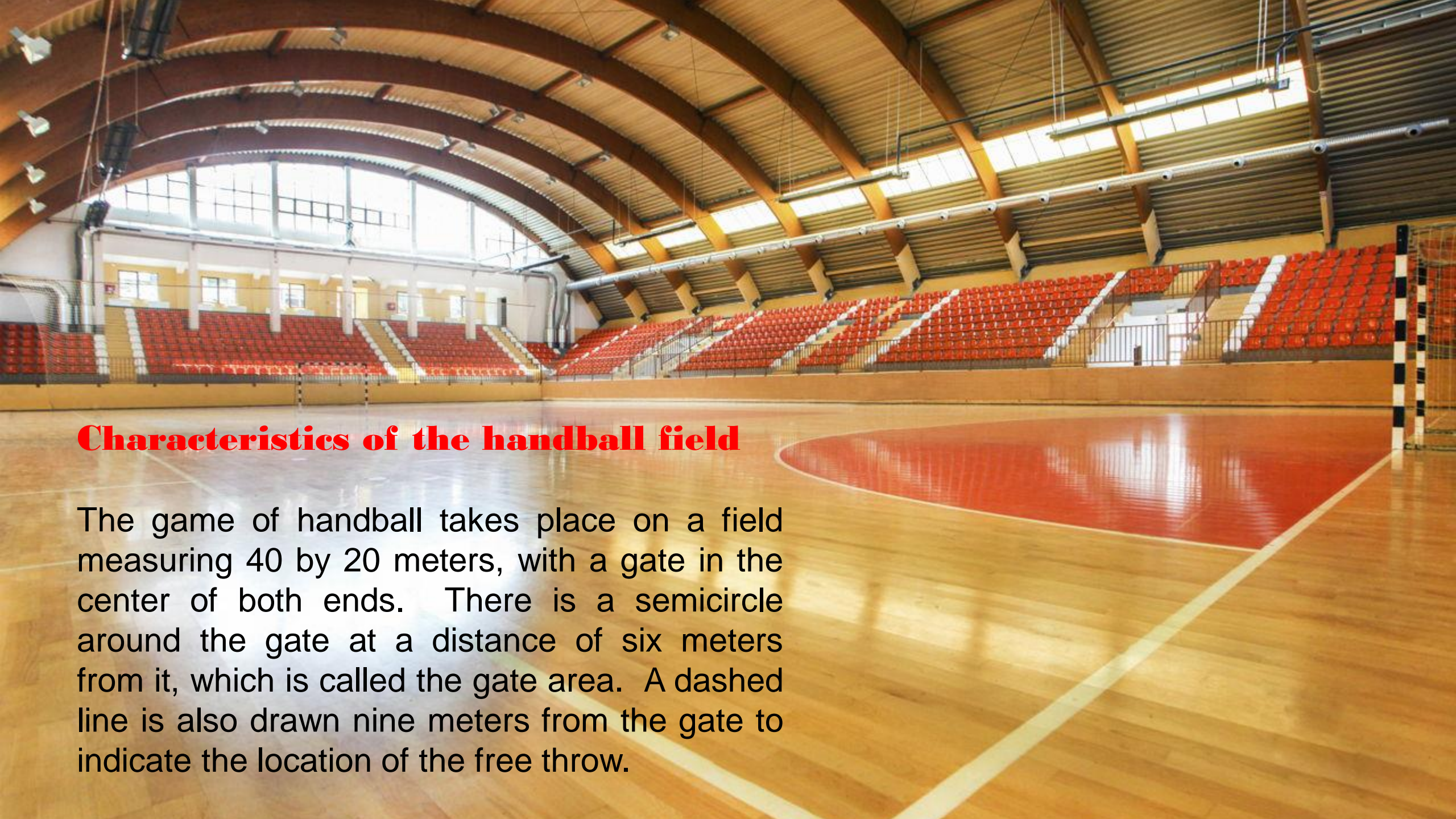


In handball, players must place the ball inside the opponent's goal to earn points. In this sport, the hand is used to pass and shoot. In handball, the winner is the team that scores the most goals.

Handball time periods

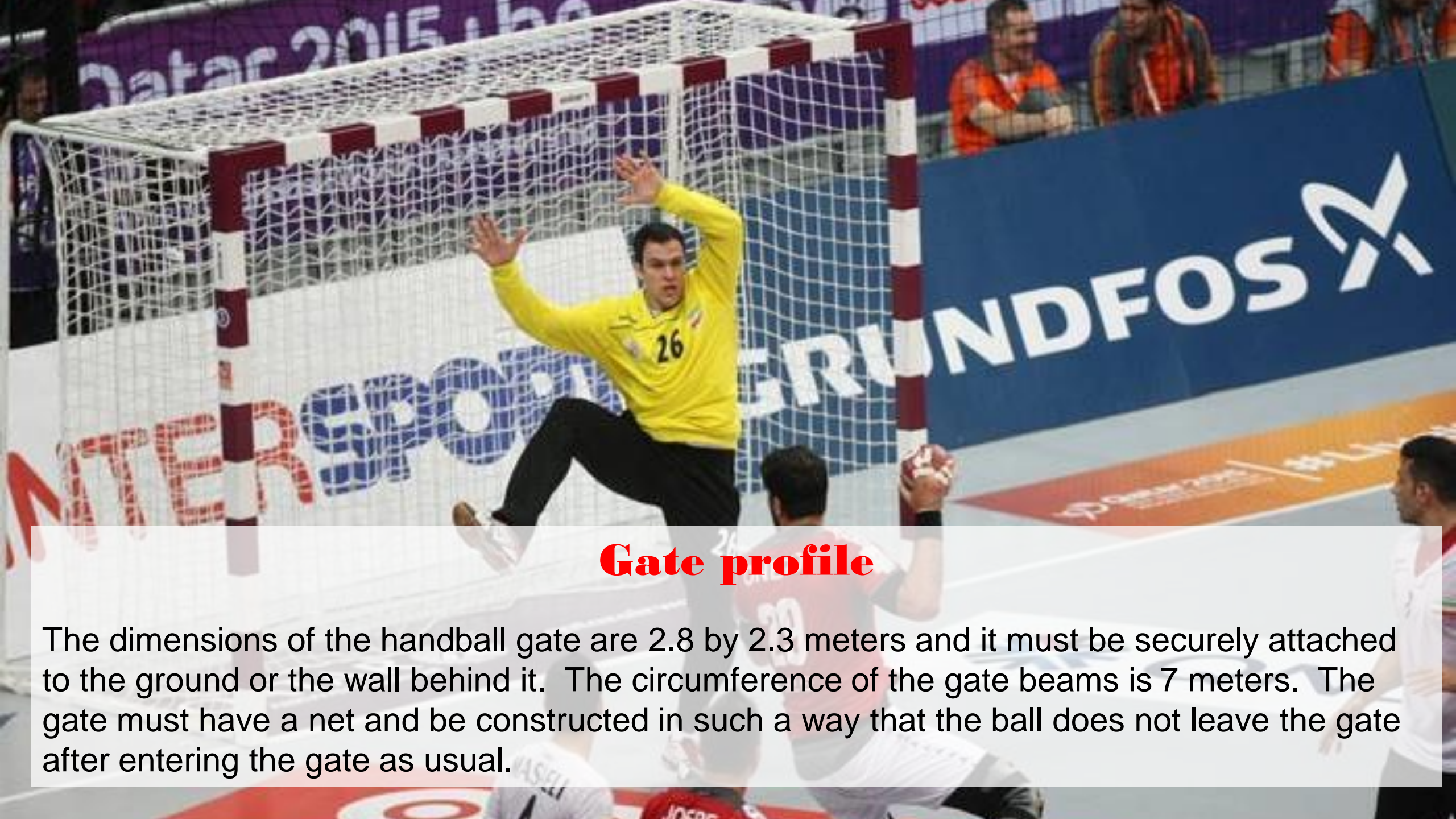
In the standard game for people over 16 years old, there are 30 30-minute halves and a 10-minute break between the two halves. For people 12 to 16 years old, there are two 25-minute halves and a 10-minute break between the two halves. For people 8 to 12 years old, there are two 20-minute halves and a 10-minute break between the two halves.





Characteristics of the handball field

The game of handball takes place on a field measuring 40 by 20 meters, with a gate in the center of both ends. There is a semicircle around the gate at a distance of six meters from it, which is called the gate area. A dashed line is also drawn nine meters from the gate to indicate the location of the free throw.



Gate profile

The dimensions of the handball gate are 2.8 by 2.3 meters and it must be securely attached to the ground or the wall behind it. The circumference of the gate beams is 7 meters. The gate must have a net and be constructed in such a way that the ball does not leave the gate after entering the gate as usual.

Game duration

The game of handball is played in two 30-minute periods. The rest time between the two halves is 15 minutes. The teams change their pitch and bench after the end of the first half. If the game is a draw and a team needs to be declared the winner (for example, in the knockout stage); The game is followed by a maximum of two extra hours, each lasting two minutes of 5 minutes. If the winner is not determined after extra time, penalty kicks (similar to football) will determine the winning team. The referee can stop the playing time in certain circumstances. These conditions include player injuries, personal penalties and ground clearance. Each team can request a one-time break in each half, which lasts one minute. Play time also stops during break time.





Personal fines

In this game, there is a yellow card, the second yellow card means temporary dismissal. The temporary dismissal period in handball is 2 minutes, after which the player returns to the field. Every 3 2-minute dismissals result in a complete dismissal from the game, which the referee shows with a red card. A common error is called a line and the player is not allowed to enter the goalkeeper's six-meter area. In handball, there are other types of errors, for example, Running error. This error is such that the player who owns the ball after taking three steps without hitting the ball, which is allowed to take another step, at this time the referee takes his running error and Possession of the ball changes; And the double error is that we hit the ball on the ground and then catch it and then repeat it again, the referee makes a mistake and gives the ball to the opposing team.