

DTE - DC - PHYSICAL EDUCATION

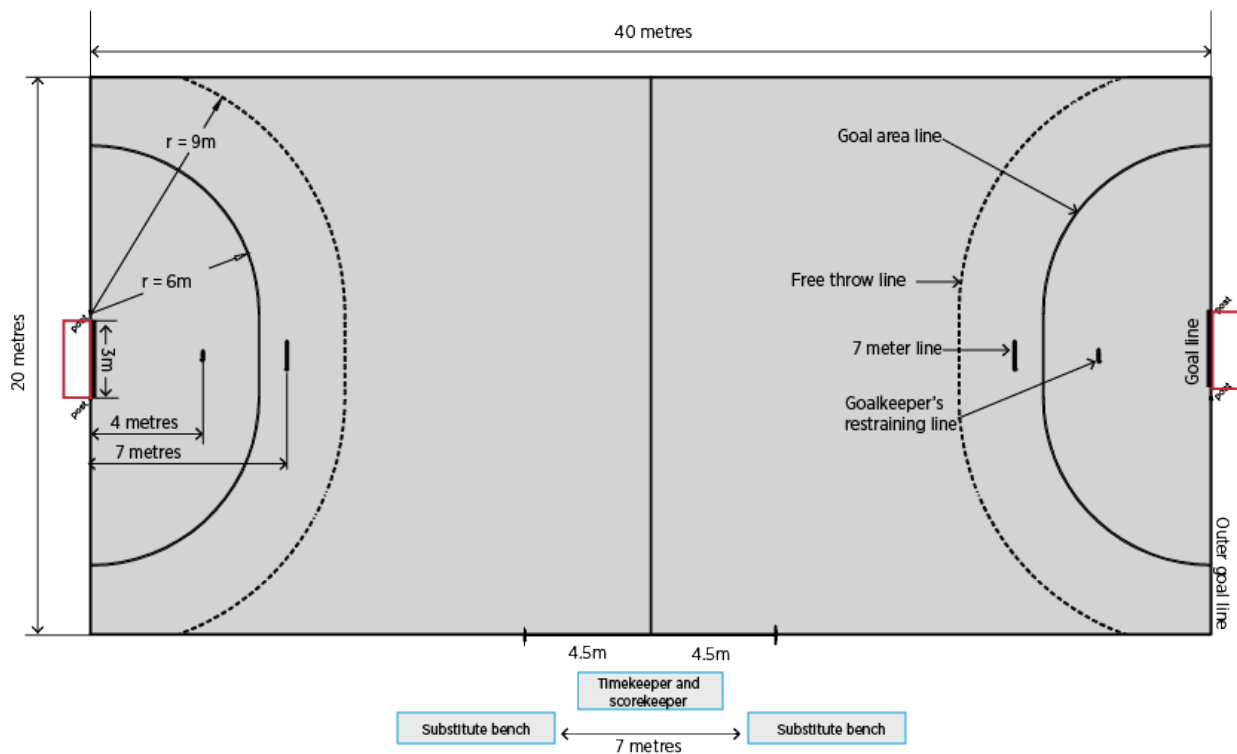
FURTHER READING

HANDBALL FACILITIES AND EQUIPMENT

Facilities and equipment in Handball

1. Handball Facilities

Handball Court



- Size: 40m long × 20m wide.
- Goal Area: A 6-meter semicircle around each goal where only the goalkeeper is allowed.
- Free Throw Line: A dashed semicircle at 9 meters from the goal.
- Center Line: Divides the court into two halves.
- Substitution Area: Located along the sideline for player changes.

Indoor and Outdoor Courts

- Handball is mostly played indoors on wooden or synthetic surfaces.
- Outdoor versions may use grass, concrete, or sand (beach handball).

2. Handball Equipment

(a) Handball Ball

- Made of leather or synthetic material with a good grip.
- Different sizes based on age and gender:
 - Size 3: Men's (58-60 cm, 425-475g).
 - Size 2: Women's & youth (54-56 cm, 325-375g).
 - Size 1: Junior (50-52 cm, 290-330g).

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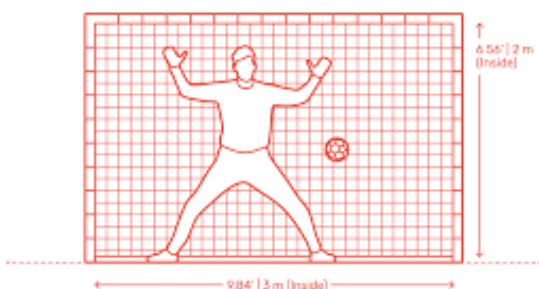
HANDBALL FACILITIES AND EQUIPMENT



(b) Goalposts and Net

- Size: 3m wide × 2m high.
- Nets are attached to prevent the ball from bouncing out after a goal.

Dimensions.com | Handball Goal



(c) Player Equipment

- Jersey: Each team wears uniforms in distinct colors. Goalkeepers wear different colors.
- Shorts and Socks: Comfortable sportswear.
- Indoor Court Shoes: Non-marking rubber soles for grip and agility.
- Protective Gear (optional):
 - Knee and elbow pads for safety.
 - Mouthguards for protection.

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(d) Referee Equipment

- Whistle for signaling fouls and restarts.
- Stopwatch to monitor match duration.
- Red and Yellow Cards for player warnings and suspensions.

3. Additional Training Equipment

- Cones and Markers: Used for agility drills.
- Rebound Nets: Help goalkeepers and players improve reactions.
- Handball Grip Resin: Provides better ball control.