



Beach Handball

Substitution area regulation,
behavior. Match preparations

Thessaloniki, Greece, 18.05.2016



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Presentation topics

Substitution area- general presentation

Who is allowed to be in the substitution area

Monitoring the occupancy of the substitution area

The team officials rights in substitution area

Players rights in substitution area

What is not permitted for team officials or players

Preparation before a match (mental, physical)





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Substitution area- general details

The substitution area for the court players is 15 meters long and about 3 meters wide. The substitution areas are situated on each side of the playing area outside the side lines. Each team has a substitution area for the court players. These areas are positioned on both sides of the playing court outside the sideline.

No objects of any kind may be placed in the substitution area.



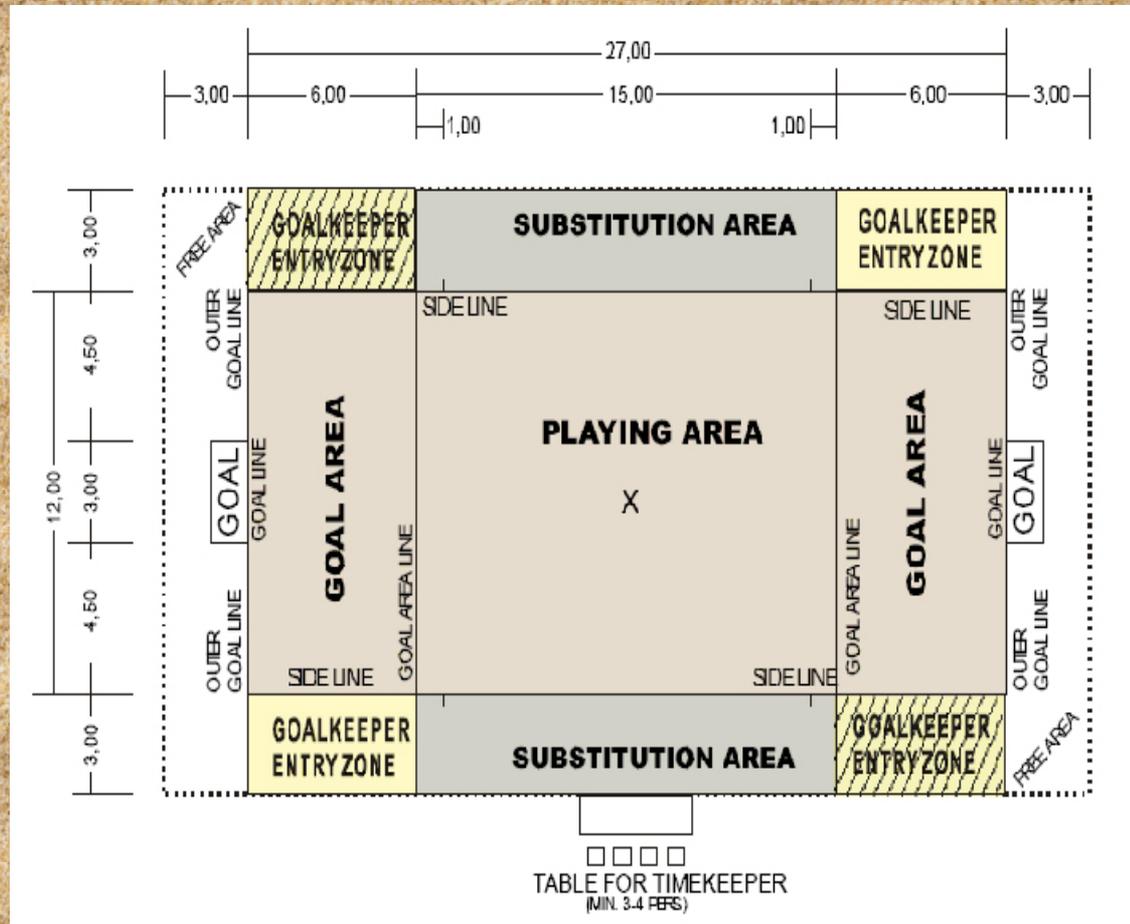


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Who is allowed to stay in the substitution area?

In the substitution area are allowed to be only the players and team officials entered in the scoresheet.

Both teams are in the substitution area on their respective sides.



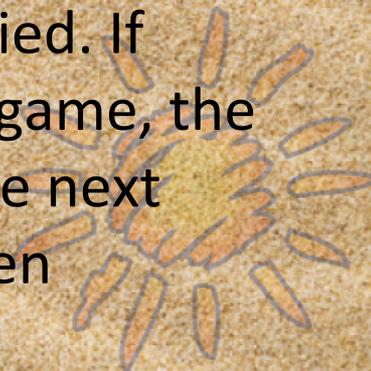


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Monitoring the occupancy of the substitution area

The timekeeper and scorekeeper shall support the referees in monitoring the occupancy of the substitution area before and during the game.

If before the game there are any infringements of the rules as regards the substitution area, the game may not start until the infringements have been remedied. If these rules are infringed during the game, the game may not be continued after the next interruption until the matter has been resolved.





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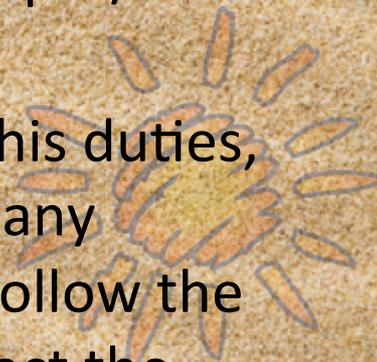
The team officials rights in substitution area



One of the officials is permitted to move around within the substitution area, specifically in order to:

- manage the substitution of players.
- give tactical advice to players on the court and in the substitution area.
- give medical care.
- request a team time-out.
- communicate with the timekeeper/ scorekeeper

Recommendations: If any of the officials deviate from his duties, the referees must act accordingly situation to sanction any wrong. We should not tolerate officials, if they do not follow the rules and thus creates a tense atmosphere that can affect the course of the game.





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Players rights in substitution area





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Players rights in substitution area

The substitute players are, permitted to move around in the substitution area, when they are soon going to enter the court, as long as it is not done in a disturbing manner.

Recommendations: players must respect the duties mentioned above, otherwise the referees must act accordingly if needed (with verbal warning, suspension, disqualification, exclusion).





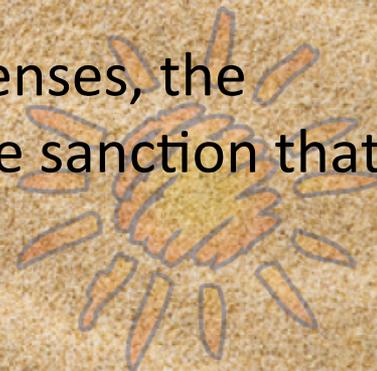
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What is not permitted for team officials or players

It is not permitted for team officials or players to:

- interfere with or insult referees, delegates, timekeeper/scorekeeper, players, team officials, or spectators;
- leave the substitution area in order to influence the game;
- stand or move along the side line while warming up.

Recommendations: If they commit any of these offenses, the referees must act accordingly situation, applying the sanction that corresponds to the respective situation.





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Mental preparation before a match

As referee, before the game we have to prepare physically and mentally to be ready to face various situations of any kind.

Mental preparation before the game is very important and each of us must have some methods for this, to ensure that things are going as we want.

The referees must pay attention the main mental skills : motivation, confidence, managing emotions and concentration. They can add, calmness, courage, enthusiasm, aggressiveness, determination, safety and anything else considered useful for us.

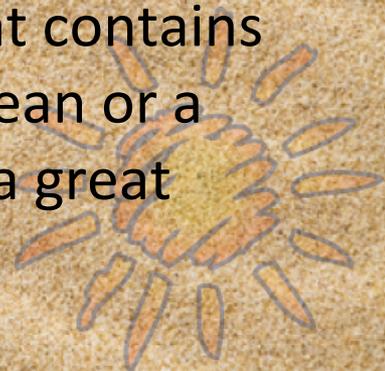




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Some methods that can help the referees improve their pre-match preparation are:

- Deep breathing. When they are agitated, stressed, rapid breathing, shallow and jerky, which causes heart beat too fast or uneven, which further amplify our state of agitation.
- Listen to relaxing music. It can be music that contains sounds of nature such as the sound of the ocean or a river, chill out music, or classical. YouTube is a great resource for music of any kind.





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After they relaxed, they must prepare to go into the game focused.

Concentration that they come in the game is very important. The referees must focus their full attention in one direction, they are focused on one thing and not let themselves be intimidated by disturbing factors.

It is necessary to enter the game focused and keep our concentration until the end





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Physical preparations before a match

Another important aspect of preparation before the game is physical preparation, which starts with the warming. Focus, responsiveness and prestige during the game are influenced by physical and mental condition. Referees, being major players on the court, must prepare as well as players.

They can start with a few exercises warming still in the locker room, and later continue in or near the court, with players.





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Heating body is an essential part of preparation before the match. This prepares the body for action and increase your performance

Heating will:

1. pulse gradually increases;
2. increase the flexibility of the muscles, tendons and ligaments;
3. improves speed;
4. supports faster reactions;
5. increase the limits of movement;
6. reduce the risk of injury

Technical heating

- relax - then repeat 2 or 3 times.





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Heating should start with exercises that involve the whole body and should take about 5-10 minutes. The purpose of this phase is to:

- increase body temperature;
- increase muscle temperature;
- to increase the volume of blood flowing through the muscles.

Start with a slow jog (2 or 3 times of the lengths of court) and include some jumping, running back and running lateral arms for a few rotations of the upper body warming.

After heating, referees can continue with some sprints.

