Abstract

The study titled “Development of Norms for Selection of Senior Male Maharashtra State Handball Players” was done on senior male Handball players aged above 19 years. The objective of the study was to develop physical fitness and skill test norms for senior handball players and to design grading scale and to find out present physical fitness and skill status of the players. For the study the handball players gathered for senior handball state championship organized by Maharashtra state handball Association were considered as the subject for the study. A total of 982 subjects were tested for the study. For the data collection Morphological test (i.e. Standing Height, Body Weight, West Hip Ratio) Physical Fitness (i.e.12 Min run and walk, 50 meter dass , Shuttle Run, Vertical Jump, S.B.J., Sit and Rich, Sit Ups, Push Ups, Handgrip Strength Test) and Skill (Front Shoot, Accuracy Throw, Speed Pass, Agility Dribbling, Footwork) were used, for establishing the norms. The tests were conducted on 982 subjects and the analysis was done. Descriptive analysis was done by calculating the Mean, Median, Mode and Standard Deviation. The normality of the scores was tested through skewness and kurtosis. The outliers from the scores were removed using the Boxplot method. Percentile method was used to prepare norms. Norms of Physical Fitness Tests (i.e.12 Min run and walk, 50 meter dass , Shuttle Run, Vertical Jump, S.B.J., Sit and Rich, Sit Ups, Push Ups, Handgrip Strength Test) and Skill (Front Shoot, Accuracy Throw, Speed Pass, Agility Dribbling, Footwork ) were prepared. The grading system for assessment and evaluation of the player was prepared. To find out the handball players status, they were categorized according to points obtained by players. This study is going to be help to the handball players of Maharashtra state and to the handball clubs and mainly to the handball players and the beginner in this field. The beginner will have some knowledge about the physical fitness and Skill required for selection. It will guide line for the players to improve the performance level and compared to other players and reduce the amount of injuries due to decreased physical and mental fitness.