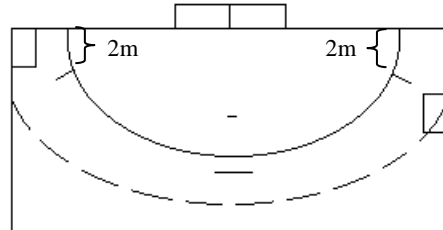


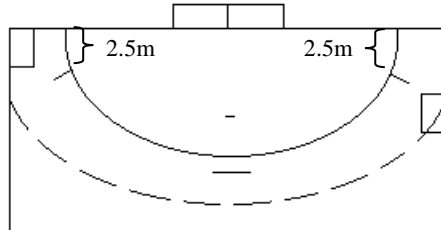
# Handball (Men)

(Aug 2024 Version)

Skills (60%): Results of each item 15% + Quality of skill of each item 5%				Attendance & Participation	Written Exam									
Exam	<u>Overhead Passing (30 seconds)</u>	<u>9-Metre Shot (5 balls)</u>	<u>Wing Shot (5 balls)</u>											
				20%	20%									
Content	<p>Two students pass and catch ball with upper arm passing, and catching the ball with both hands within 30 seconds. Both obtain the scores simultaneously with 20 times as the maximum.</p> <p>Distance: 9 metres</p> <p>Rules:</p> <ul style="list-style-type: none"><li>Front foot can step on or behind the line. Rear foot must stand behind the line for passing</li><li>Can pass the line during catching the ball</li><li>No bouncing is allowed</li><li>The ball must be held upper than shoulder and behind the front body before passing</li><li>No restriction of height for receiving;</li><li>Each team has 4 balls.</li></ul>	<p>Student has to receive a ball from partner at 2m away. Then run and jump shot on or behind the 9-meter Line. Student can land over the 9-meter Line after shooting. The ball can be landed during passing without violation.</p> <p>(The best 5 shots out of 6 will be count)</p> <table><tr><td>3</td><td>2</td><td>3</td></tr><tr><td>2</td><td>1</td><td>2</td></tr><tr><td>3</td><td>1.5</td><td>3</td></tr></table> <p>a. Shooting on the goal post but the ball enters the goal can be counted. Otherwise, count as failure</p> <p>b. Shooting on the rope, count the points of that box which the ball enters.</p> <p>c. 3 points will be scored if hitting on the cross point of the rope and bounce back</p> <p>d. The ball is allowed to bounce on the floor once before entering the goal.</p>	3	2	3	2	1	2	3	1.5	3	<p>Student can choose from left/ right wing shot. Take student with right dominant hand as an example. Left wing shot should start from standing inside the corner box (1x0.5m), while right wing shot should start from standing inside the box (1x0.5m) at the cross of sideline and the 9m line.</p> <p>A mark is made on the position 2 meters from the Outer Goal Line. Student has to run between the mark and the Outer Goal Line and take Wing Shot. Ball entering the area between the closer post to the mid-point of goal can score 1.5 points. Ball entering the area between the mid-point of the goal to the far post can score 3 points. The ball is allowed to bounce on the floor once before entering the goal. Student can land onto the Goal Area after shooting.</p> <p>(The best 5 shots out of 6 will be count)</p> 		
3	2	3												
2	1	2												
3	1.5	3												
Quality of Skills	<p>5 pts – In the exam, students fulfill the requirements of skill quality and their performances are extremely smooth and skillful</p> <p>3 pts – In the exam, students fairly fulfill the requirements of skill quality and their performances are fairly smooth and skillful</p> <p>1 pt – In the exam, students fail to fulfill the requirements of skill quality and their performances are not smooth and skillful</p>													
No. of Trials	1	1	1											

# Handball (Women)

(Aug 2024 Version)

Skills (60%): Results of each item 15% + Quality of skill of each item 5%				Attendance & Participation	Written Exam														
Exam	<u>Upper Arm Passing (30 seconds)</u>	<u>7-Metre Shot (5 balls)</u>	<u>Wing Shot (5 balls)</u>	20%	20%														
Content	Two students pass and catch ball with upper arm passing, and catching the ball with both hands within 30 seconds. Both obtain the scores simultaneously with 23 times as the maximum.  Distance: 6 metres  Rules: <ul style="list-style-type: none"><li>Front foot can step on or behind the line. Rear foot must stand behind the line for passing</li><li>Can pass the line during catching the ball</li><li>No bouncing is allowed</li><li>The ball must be held upper than shoulder and behind the front body before passing</li><li>No restriction of height for catching;</li><li>Each team has 4 balls.</li></ul>	Student has to receive a ball from partner at 2m away. Then run and jump shot on or behind the 7-meter Line. Student can land over the 7-meter Line after shooting. The ball can be landed during passing without violation. (The best 5 shots out of 6 will be count)  <table><tr><td colspan="3">50cm</td><td rowspan="2">50cm</td></tr><tr><td>3</td><td>2</td><td>3</td></tr><tr><td>2</td><td>1</td><td>2</td><td rowspan="2">50cm</td></tr><tr><td>3</td><td>1.5</td><td>3</td></tr></table> <ul style="list-style-type: none"><li>a. Shooting on the goal post but the ball enters the goal can be counted. Otherwise, count as failure</li><li>b. Shooting on the rope, count the points of that box which the ball enters.</li><li>c. 3 points will be scored if hitting on the cross point of the rope and bounce back</li><li>d. The ball is allowed to bounce on the floor once before entering the goal.</li></ul>	50cm			50cm	3	2	3	2	1	2	50cm	3	1.5	3	Student can choose from left/ right wing shot. Take student with right dominant hand as an example. Left wing shot should start from standing inside the corner box (1x0.5m), while right wing shot should start from standing inside the box (1x0.5m) at the cross of sideline and the 9m line.  A mark is made on the position 2.5 meters from the Outer Goal Line. Student has to run between the mark and the Outer Goal Line and take Wing Shot. Ball entering the area between the closer post to the mid-point of goal can score 1.5 points. Ball entering the area between the mid-point of the goal to the far post can score 3 points. The ball is allowed to bounce on the floor once before entering the goal. Student can land onto the Goal Area after shooting. (The best 5 shots out of 6 will be count)  		
	50cm			50cm															
3	2	3																	
2	1	2	50cm																
3	1.5	3																	
Quality of Skills	5 pts – In the exam, students fulfill the requirements of skill quality and their performances are extremely smooth and skillful 3 pts – In the exam, students fairly fulfill the requirements of skill quality and their performances are fairly smooth and skillful 1 pt – In the exam, students fail to fulfill the requirements of skill quality and their performances are not smooth and skillful																		
No. of Trials	1	1	1																

## Upper Arm Passing Score Table

Required Skills: Two students pass and catch ball. The front foot should stay on or behind the line during passing within 30 seconds.

Distance: 9 metres for men; 6 metres for women

Men		Women	
Cumulative no. of ball	Score (marks)	Cumulative no. of ball	Score (marks)
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	7.5
9	9	9	8
10	10	10	8.5
11	10.5	11	9
12	11	12	9.5
13	11.5	13	10
14	12	14	10.5
15	12.5	15	11
16	13	16	11.5
17	13.5	17	12
18	14	18	12.5
19	14.5	19	13
20	15	20	13.5
		21	14
		22	14.5
		23	15

(Aug 2024)