



# **EHF HIGH SCORE BALL A NEW WAY OF PLAYING HANDBALL**

Allan Lund / DEN

**EHF MC Member**

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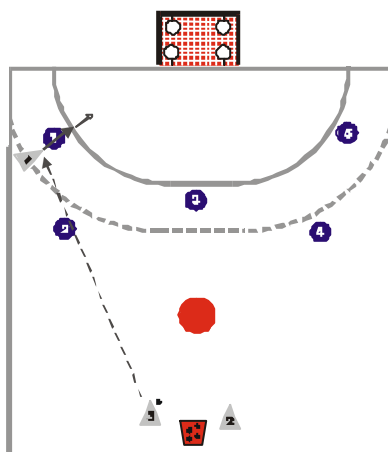


## INTRODUCTION:

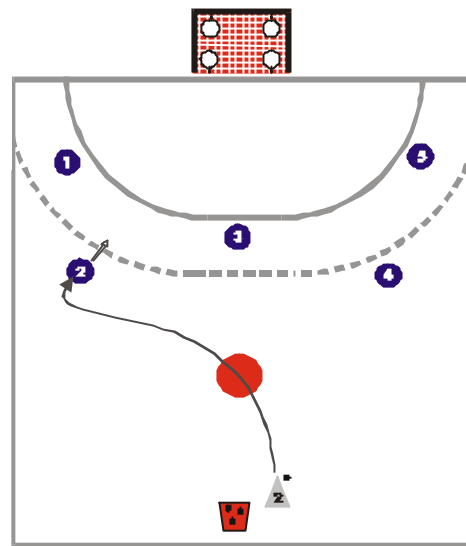
This unique game is about handball technique and played by teams consisting of 3 players. It is played at one goal on half a handball court with 5 shooting spots and 1 bouncing spot. The team has one minute to score as many points as possibly shooting the ball through the 4 holes in the shooting wall.

## EXAMPLE OF THE RHYTHM OF THE GAME AFTER THE START SIGNAL:

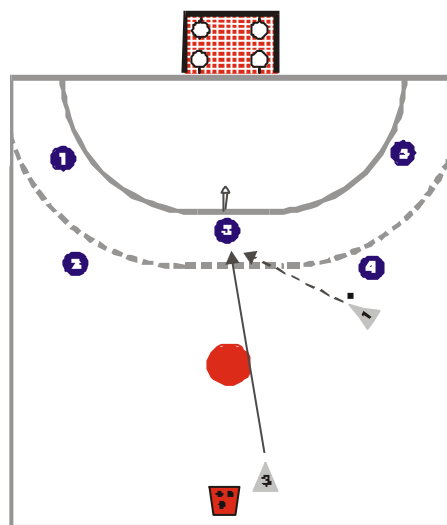
Player no.3 takes one of the 5 balls from the ball ring and passes to player no.1, who shoots from shooting spot no.1. After shooting player no.1 runs to catch the ball.



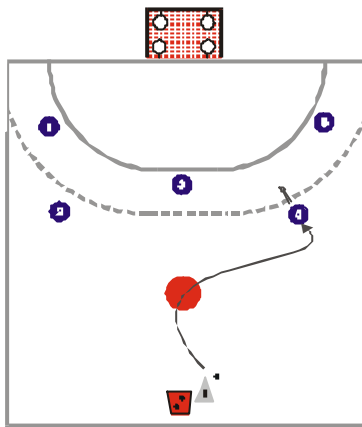
At the same time player no.2 takes a second ball from the ball ring and bounces from the bounding spot to shooting spot 2 and shoots. After shooting player no.2 runs to catch the ball.



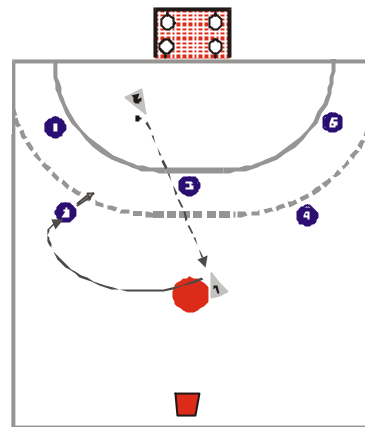
Player no.3 runs to shooting spot no.3 and receives a pass from player no.1. Player no.3 shoots and runs to catch the ball.



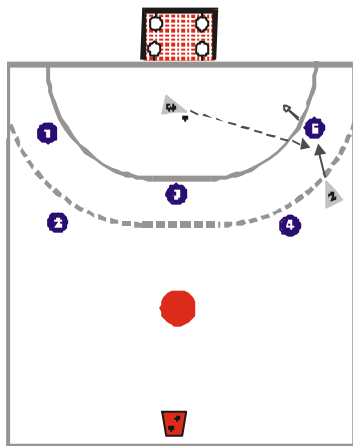
Player no.1 takes a ball from the ballring, runs to the bouncing spot and bounces the ball to shooting spot no.4, shoots and runs to catch the ball.



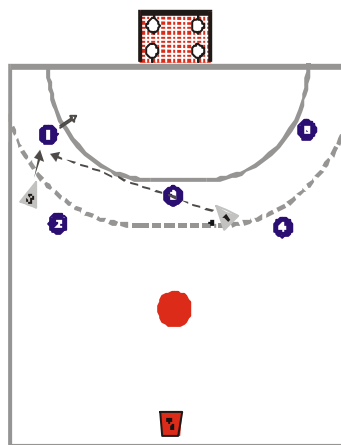
Player no.1 receives a pass from player no.2 and bounces from the bouncing spot to shooting spot no.2 e.t.c.



Player no.2 runs to shooting spot no.5 and receives a pass from player no.3. After shooting player no.2 runs to catch the ball.



Player no. 3 runs to shooting spot n.1 and receives a pass from player no.1. After shooting player no.3 runs to catch the ball.



#### GENERAL RULES:

If balls are disappearing the players may take an extra ball from the ballring.

The game starts on the “go” signal from the music and ends after 1 minute on the signal “stop” from the music.

The players must alternate and shoot first from shooting spot no.1, then no.2 e.t.c. When shooting from spot no.2 and 4 and players must bounce the ball from the bouncing spot.

The players are allowed to stand on the shooting spots or jump from the shooting spots when shooting.

On the last shot the ball must have left the players hand before the end signal in order to obtain a point.

2 bonus points will be awarded to the team if all shots are done without technical mistakes (steps, not touching the spot etc.) and following the general regulation of the game.

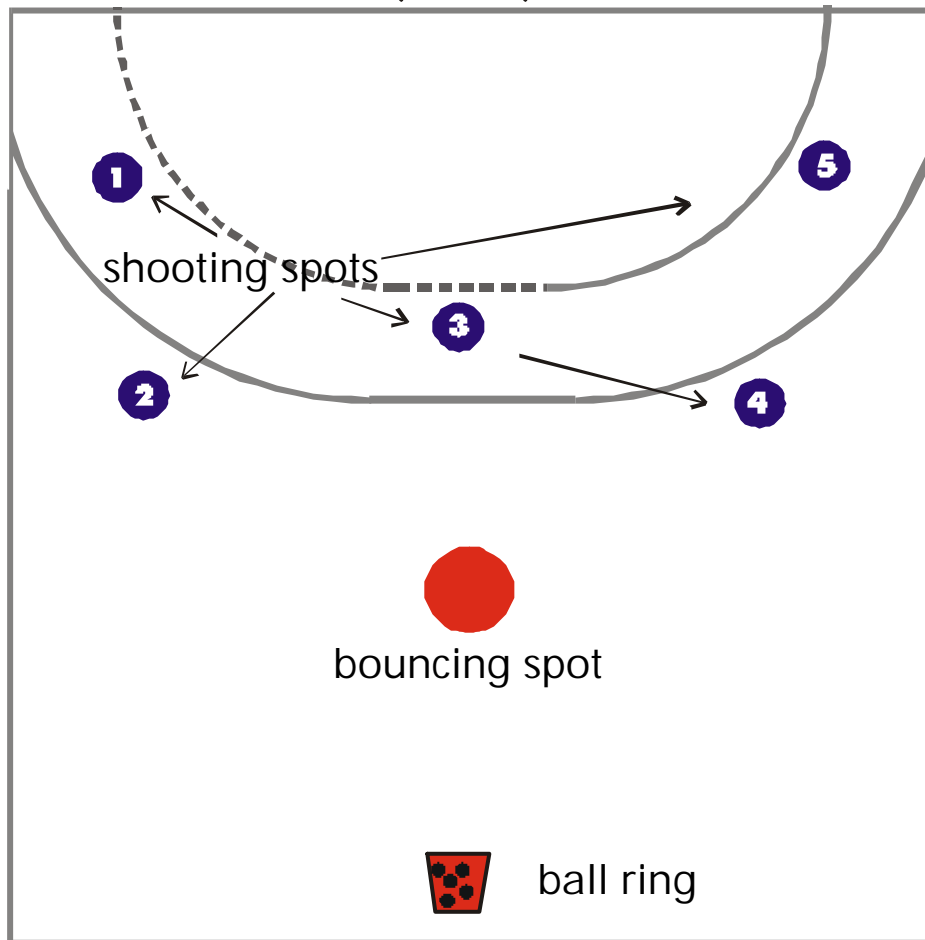
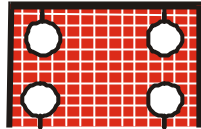
The objective of the game is to introduce handball as an entertainment activity for players, spectators and notabilities during the halftimes of top level matches. Later we intend to use the game as an inter-school competition throughout Europe combined with internet exercises.

- Rules:**
1. Court: Half of Handball court – no side limitations
  2. Equipment:
    - 3 balls
    - 1 ball ring with EHF-logo (position see graphic)
    - CD-cassette with “computer-music”. 4 – 6 numbers of 1 minute each with count-down at the beginning and at the end of each number
    - 6 shooting-spots with EHF-logo
    - 1 shooting-wall with 4 holes with EHF-logo
    - Sound system: tape or CD player, sound speaker, microphone
  3. Players: The game is played by teams of 3 players
  4. Time: Each game lasts 1 minute – use the EHF High Score Ball music to direct the time of each game
  5. Shooting spots: A team has 1 minute to score as many points as possible from the 5 shooting spots (positions see diagram)
  6. Shooting wall: Points will be awarded when the players hits one of the four holes in the shooting wall.
  7. Start: The first player starts with the ball from the bouncing spot; the other 2 balls are placed in the ball ring (position see diagram). As soon as he hears the starting signal in the music he passes the ball to the player who is waiting on the 1<sup>st</sup> shooting spot.
  8. Shots: The players alternate must shoot first from the shooting spot 1, then from the shooting spot 2 and so on.
  9. Correct points: The players are allowed to stand on the shooting spot or to jump from the shooting spot while shooting.
  10. Bonus points: If all the shots are done without technical mistakes (steps, etc.) – this team will be awarded with 2 extra points.
  11. End of the Game: The game is over when you hear the end signal in the music.
  12. Last Point: At the last shot the ball must have left the player’s hand before the end signal.

## Rules (version light):

1. Court: Half of Handball court – no side limitations
2. Equipment:
  - 3 balls
  - 1 ball ring with EHF-logo (position see graphic)
  - CD-cassette with “computer-music”. 4-6 numbers of 1 minute each with countdown at the beginning and at the end of each number
  - 5 shooting-spots with EHF-logo
  - 1 shooting-wall with 4 holes with EHF-logo
  - Sound system: tape or CD players, sound speaker, microphone
3. Players: The game is played by teams of 3 players
4. Time: Each game lasts 1 minute – use the EHF High Score Ball music to direct the time of each game
5. Shooting spots: A team has 1 minute to score as many points as possible from the 5 shooting spots (positions see diagram)
6. Shooting wall: Points will be awarded when the players hits one of the four holes in the shooting wall.
7. Start & Game: The first player (player no.1) starts with the ball from the shooting spot number 1; reserve balls are placed in the ball ring (position see diagram) and shall only be used if some balls disappear completely.  
As soon as player no.1 hears the starting signal in the music he shoots from shooting spot no.1.  
After shooting player no.1 runs to catch the ball, moves to shooting spot no.4.  
After player no.1 player no.2 shoots from shooting spot no.2, after shooting player no.2 runs to catch the ball, moves to shooting spot no.5.  
After player no.2 player no.3 shoots from shooting spot no.3; after shooting player no.3 runs to catch the ball, moves to shooting spot no.1.  
After player no.3 player no.1 shoots from shooting spot no.4, after shooting player no.1 runs to catch the ball, moves to shooting spot no.2.  
And so on...  
For keeping the given sequence of handling the shooting spots extra points will be awarded (see point 10).  
Failures in handling the given sequence of shooting players shall be tolerated.
8. Shots: the players alternate shall shoot first from the shooting spot1, then form the shooting spot2, then from the shooting 3 and so on.
9. Correct points: The players are allowed to stand on the shooting spot or to jump from the shooting spot while shooting.
10. Bonus points: If all the shots are done without technical mistakes (given sequence of handling the shooting spots, steps, etc.) – this team will be awarded with 2 extra points.
11. End of the Game: The game is over when you hear the end signal in the music.
12. Last Point: At the last shot the ball must have left the player’s hand before the end signal.

# Shooting wall with 4 holes



# Score Sheet

## EHF High Score Ball

	Points	Total	Extra points	Total
Team A				
Team B				
Team C				
Team D				

	Points	Total	Extra points	Total
Team (Winner 1)				
Team (Winner 2)				
Team (Looser 1)				
Team (Looser 2)				