HANDBALL INFORMATION

Handball was invented by the Irish in the 10th century. The game continued to develop in Ireland and England and was brought to the United States in the early 1800's. An Irish immigrant named Phil Casey is considered to be the father of handball in the United States. The game is played on a court with one, three, or four walls, with the four-wall game being the most popular.

Safety and Equipment Rules

DO:
- Play under control
- Wear gloves for hand protection
- Tie your sneakers before you play,
- Be aware of the walls and other players
- Move away from where the ball is going to land
- Stop play if someone runs through your court
- Return stray handballs to their proper court
- Stop playing when the whistle blows
- Return the handballs to the bag or can at the end of the period

DON'T:
- Play without stretching first
- Chew gum in class
- Wear a hat while playing
- Throw, hit or kick the ball at anyone or over the wall
- Push or run into other players
- Run through another court while the game is going on
- Turn around to watch your opponent's shot
- Obstruct or hinder you opponent
- Swing your fist (closed hand) to hit the ball
- Dive to return a shot or play an obvious hinder because your opponent may turn and get hit in the face.

Skill and Playing Terms Information

1. Ace — a legal serve that is not touched by the receiver.
2. Crotch Ball — a ball hitting the wall and the floor at the same time.
3. Drop Shot — a soft shot used to gain points or keep your opponent off balance.
4. Hinder — a dead ball hinder is when a point is replayed without a penalty, and an avoidable hinder is when the offender is penalized by losing a point or the serve. In doubles, a player cannot be hindered by his/her partner.
5. Kill Shot — a shot that rebounds from the wall so low that it can’t be returned.
6. Out — an out is when a player loses his/her serve. In doubles, when both players lose their serve, it is called a side-out.
7. Point — when a ball in play cannot be legally returned by the team or player who did not serve the ball.
8. Service Line — the back or endline of the service zone.
9. Service Zone — the area between the short line and service line in which the server and the ball must remain when serving the ball.
10. Short Line — the front line of the service zone which divides the court in half and which a served ball must pass to be a legal serve.

Playing Tips and Information

1. Don't look around to see your opponent's shot because the ball may hit you in the face.
2. Learn to use both hands so you don't give up points when the ball is hit to your non-dominant (weak) hand.
3. Stay in motion and return to the center of the court after most shots.
4. By anticipating and reacting to your opponent's shots, you will be in position when the ball comes to you. MOVE YOUR FEET!
5. Force your opponent to play your game by not setting the ball up for him/her.
6. Don't try to kill every shot. Wait for your kill opportunities.
7. Keep your eyes on the ball as you hit it and try to use an underhand shot whenever you can.
8. Vary the speed (pace) on both your shots and your serve.
9. When you are in trouble, use a lob shot to give yourself time to recover for your next shot.
10. Play to your strengths and your opponent's weaknesses.
PLAYING RULES AND REGULATIONS (Official and C.R. Classes)

1. A regulation game consists of 21 points, and only the serving side player can score points.

2. Only one hand (no fists in class) may be used to hit the ball and, except when serving, it can be hit before (volley) or after it bounces.

3. A ball that hits any court boundary line is in play or good.

4. A ball that hits a player on its way to the front wall is a hinder situation, but a ball that hits a player coming from the wall results in a point against him/her or a loss of serve.

5. In class, the following are hinder situations:
   - The ball hits a folding door hinge and cannot be played
   - The ball passes under a player’s body and cannot be played
   - Another ball interferes with your game
   - A playing opponent physically obstructs you so you can’t hit the ball

6. In class, the following situations result in an out for the server:
   - The server or the ball is outside the service zone twice in a row
   - The server tries to hit the ball and misses
   - The server bounces the ball more than 3 times or takes more than 5 seconds to serve
   - A serve hits the floor before hitting the wall
   - A serve that rebounds outside the side lines
   - Two serving violations that occur within the sidelines: e.g. two short serves, two long serves or one each.
   - A served ball that hits the server or his/her partner
   - A served ball passes under the body of the server or his/her partner
   - The server does not use an underhand serve
   - In doubles, if a player serves when it is in play

7. After a serve, the receiver has an option on a short serve. He/she must call short if it will not be played because if this is not done, the ball is in play

8. The server is not allowed to serve until his/her opponent is ready.

9. In a doubles game, only one partner gets a chance to serve for his/her team’s first serving opportunity. When he/she loses the serve, both of their opponents are allowed to serve until they are put out. Then both players on each team get to serve in the same order until the game is over.

10. In our classes, players must alternate shots in both singles and doubles competitions.