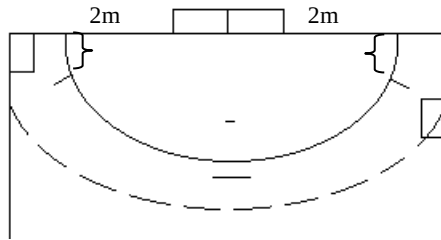


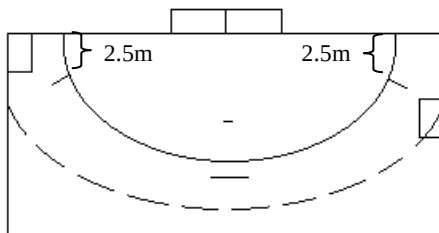
Handball (Men)

(Aug 2025 Version)

Skills (54%): Results of each item 15% + Quality of skill of each item 3%				Attendance & Participation	Written Exam									
Exam	<u>Overarm Pass (30 seconds)</u>	<u>9-Metre Shot (5 balls)</u>	<u>Wing Shot (5 balls)</u>											
				26%	20%									
Content	Two students pass and catch the ball with overhead passing, and catch the ball with both hands within 30 seconds. Both obtain the scores simultaneously with 20 times as the maximum. Distance: 9 metres Rules: - Front foot can step on or behind the line. Rear foot must stand behind the line for passing - Can pass the line during catching the ball - No bouncing is allowed - The ball must be held upper than shoulder and behind the front body before passing - No restriction of height for receiving. - Each team has 4 balls.	Student has to directly dribble then run and jump shot on or behind the 9-meter Line. Student can land over the 9-meter Line after shooting. <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> 50cm 50cm a. Shooting on the goal post but the ball enters the goal can be counted. Otherwise, count as failure b. Shooting on the rope, count the points of that box which the ball enters. c. The highest point will be scored if hitting on the rope and bounce back d. The ball is allowed to bounce on the floor once before entering the goal.	3	2	3	2	1	2	3	1.5	3	Students can choose from left/ right wing shot. Take a student with the 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 meters from the Outer Goal Line. A 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. 		
	3	2	3											
2	1	2												
3	1.5	3												
Quality of Skills	3 pts – In the exam, students fulfill the requirements of skill quality, and their performances are extremely smooth and skillful 2 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											

Handball (Women)

(Aug 2025 Version)

Skills (54%): Results of each item 15% + Quality of skill of each item 3%				Attendance & Participation	Written Exam												
Exam	<u>Overarm Pass (30 seconds)</u>	<u>7-Metre Shot (5 balls)</u>	<u>Wing Shot (5 balls)</u>	26%	20%												
Content	Two students pass and catch the ball with overhead 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: - Front foot can step on or behind the line. Rear foot must stand behind the line for passing - Can pass the line during catching the ball - No bouncing is allowed - The ball must be held upper than shoulder and behind the front body before passing - No restriction of height for catching. - Each team has 4 balls.	Student has to directly dribble then run and jump shot on or behind the 7-meter Line. Student can land over the 7-meter Line after shooting. <table><tr><td>3</td><td>2</td><td>3</td><td>50cm</td></tr><tr><td>2</td><td>1</td><td>2</td><td></td></tr><tr><td>3</td><td>1.5</td><td>3</td><td>50cm</td></tr></table>	3	2	3	50cm	2	1	2		3	1.5	3	50cm	Students can choose from left/ right wing shot. Take a student with the 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. A 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. 		
	3	2	3	50cm													
2	1	2															
3	1.5	3	50cm														
Quality of Skills	3 pts – In the exam, students fulfill the requirements of skill quality, and their performances are extremely smooth and skillful 2 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														

Overarm Pass 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 2025)