



New Rules 2022:

Information – Guidelines – Official IHF Rule Interpretation – Didactic and methodical training videos

Introduction of a throw-off area

As of 1 July 2022, the throw-off after conceding a goal is taken from within a circle with a diameter of 4 metres, which is placed in the middle of the centre line (rule 10:5).

The new throw-off area is mandatory for IHF events and senior professional handball leagues and optional for Continental Confederations and any other events organised by National Federations (note to rule 1:9).

The introduction of the throw-off area aims, among other things, at increasing the flow of play, reducing interruptions, and further promoting attractive fast play in handball.

In the following 11 videos, each of which covers up to 11 different scenes, this new throw-off rule is explained in detail and crucial observation and decision-making criteria are presented for different match situations.

In order to be able to generate as many different match situations as possible, the number of players was reduced in the video recordings for didactic reasons.

Video 1

Direct execution of the throw-off (1-0) –

When do the referees have to whistle (rule 10:5)?

The video shows a total of 10 different scenes, in which the thrower takes the throw-off as a direct shot on the empty goal after a substitution of the goalkeeper. The scenes illustrate key observation criteria for **when** referees can give the whistle signal to execute the throw-off.

Link: https://youtu.be/XIEcq3ewz_w

Video 2

Direct execution of the throw-off (1-0) –

Exceptional situations

In 11 scenes, exceptional situations are presented, showing what can happen during the execution of the throw-off. Particularly important for players and coaches: An incorrect execution of the throw **after** the whistle signal by the referees can result in a turnover.

Link: <https://youtu.be/UKdiJ1-HBf8>

Video 3

Direct execution of the throw-off (1-1) –

Defender wants to block the direct shot on goal

The throw-off is now executed as a direct shot on the empty goal in a one-on-one situation against an active defender. Legal and illegal behaviour of the defender trying to block the direct shot on the empty goal is explained in six scenes.

Link: https://youtu.be/9Zrvr_HG0Jo

Video 4

Direct execution of the throw-off (1-1) –

Defender runs through the throw-off area before blocking

Players retreating to defend in their own half of the court after their team scored a goal may run through the throw-off area as long as this does **not** create a disadvantage for the attacking team when executing the throw-off. The three scenes presented illustrate the importance of the positioning of the referees for taking a correct decision.

Link: <https://youtu.be/nKkkNxf76EY>

Video 5

Direct execution of the throw-off (1-1) –

The defender interferes with the thrower's execution

In seven scenes, various illegal actions of the defender are shown, which aim at actively interfering with, delaying or even preventing the execution of the throw. Players must be particularly careful: If such an offence occurs in the last 30 seconds of a match, the referees award a 7-metre throw to the attacking team and disqualify the guilty player.

Link: <https://youtu.be/gEZ0G5kmlpM>

Video 6

Direct execution of the throw-off (2-0) –

Pass to a teammate outside the throw-off area

A new basic situation is explained in six scenes: The thrower passes to a teammate outside the throw-off area. Note: In these situations, an incorrect execution of the throw can also result in a turnover for the attacking team.

Link: <https://youtu.be/W0VVyYL3SSo>

Video 7

Direct execution of the throw-off (2-0) –

Pass to a teammate inside the throw-off area

The thrower's teammate is allowed to run into the throw-off area to receive the ball there. These four scenes focus especially on observation criteria to determine **when** the throw-off is considered taken in such situations.

Link: <https://youtu.be/8YWYRNBxeBA>

Video 8

Direct execution of the throw-off (2-1) –

Defender runs through the throw-off area to reach a better position

In a new basic situation, two attackers execute the throw-off against one active defender. Various actions by the defender who runs through the throw-off area in retreat are explained in a total of seven scenes. Again, the referees' perception is crucial: Does the defender's action have a

negative impact on the opening of the attack with the throw-off from the throw-off area?

Link: <https://youtu.be/COPW3UUbSFg>

Video 9

Direct execution of the throw-off (2-1) –

Execution against an active defender

Legal and illegal behaviour of a defender trying, for example, to directly attack the pass between the two attackers is illustrated in six scenes. Again, the observation of whether the throw-off has already been taken is an important decision-making criterion for the referees.

Link: <https://youtu.be/SLgKjqBf4b8>

Video 10

Direct execution of the throw-off (2-1) –

Defender interferes with the execution

In five scenes, various illegal actions of the defender are shown, who tries to interfere with, delay or even prevent the execution of the throw-off.

An important aspect here is, among other things, the continuation of play: In such situations, can the referees first apply advantage and penalise the offence committed by the defender afterwards?

Link: <https://youtu.be/m9c5X5RhNms>

Video 11

Direct execution of the throw-off (2-1) –

Exceptional situations

Finally, two exceptional situations are explained in which the team that takes the throw-off loses control of the ball inside and outside the throw-off area due to a technical mistake.

Link: <https://youtu.be/sjrPXgOnT40>

Hitting the goalkeeper in the head with the ball

Hard shots from short distances against the goalkeeper's head can endanger the goalkeeper's health and, in some cases, even lead to long-term brain injuries.

In order to better protect goalkeepers, especially in situations where a shooter has an open shot without being impacted by teammates or opponents, referees have to punish hits to the goalkeeper's head with a direct 2-minute suspension (rule 8:8) as of 1 July 2022.

In a total of seven videos, all important observation and decision-making criteria are explained with the help of various scenes. These criteria follow one important principle: It is the responsibility of the shooter not to hit the goalkeeper's head! Another important note: All recordings made in the training sessions to demonstrate hits against the goalkeeper's head have been made with soft squeeze balls in order not to endanger the goalkeepers.

Hitting the goalkeeper in the head with the ball (8:8d)

Explanations by Mats Olsson, goalkeeper coach of Norway and member of the IHF CCM Expert Group

With his many years of experience as a former world-class goalkeeper and goalkeeper coach in Norway and Sweden, Mats Olsson once again

explains the necessity of this rule change, which particularly aims at protecting the health of the goalkeepers. In the past, hard shots against the goalkeeper's head often led to injuries or even concussions, especially in open situations. Some goalkeepers even had to prematurely end their careers after suffering several head injuries.

Link: <https://youtu.be/rDYd9j44xFo>

Video 1

Hitting the goalkeeper in the head with the ball (8:8d)

Observation criterion: the head is the first point of ball contact – when is it a hit to the head? (Scenes 1-5)

The video illustrates in five different scenes what an actual hit to the head is. Two observation criteria are of particular importance:

- Head is the first point of contact
- Ball changes direction

Link: <https://youtu.be/afrBK9erDYs>

Video 2

Hitting the goalkeeper in the head with the ball (8:8d)

Observation criterion: the head is the first point of ball contact – when is it a hit to the head? (Scenes 6-9)

The video illustrates in four further scenes what an actual hit to the head is. Scenes 6 and 7 show the ball hitting the shoulder near the head. In scenes 8 and 9, in contrast, the head is the first point of contact.

Link: <https://youtu.be/38r-9r2wzys>

Video 3

Hitting the goalkeeper in the head with the ball (8:8d)

Observation criterion: the head is the first point of ball contact – when is it a hit to the head? (Scenes 10 -13)

The video shows in four further scenes that the goalkeeper's head can very well be hit in different areas. Scenes 10 and 11 once again illustrate the essential observation criterion "ball changes direction".

Link: <https://youtu.be/aftFfaysTgA>

Video 4

Hitting the goalkeeper in the head with the ball (8:8d)

Observation criterion: goalkeeper moves his head in the direction of the ball

According to rule 5:1, the goalkeeper can touch the ball with any part of his body, including the head, while in the act of defence inside the goal area. Scenes 1 and 3 illustrate the important observation criterion of how the goalkeeper actively moves his head in the direction of the ball in order to be able to deflect it with his head, for example, when balls are not thrown hard or with trick shots such as spin shots.

However, if the goalkeeper tries to provoke a punishment by faking a hit to the head (see Scene 2), the referees must penalise it in accordance with rule 8:7d.

Link: <https://youtu.be/YUlpnWaFJZY>

Video 5

Hitting the goalkeeper in the head with the ball (8:8d)

Observation criterion: open play situations – no defender between the shooter and the goalkeeper

Wing player

Hits to the goalkeeper's head are only punished with a 2-minute suspension if the attacker took an open shot without being obstructed by a teammate or opponent. No defender may be positioned between the shooter and the goalkeeper. The video also illustrates six different situations regarding shots from the wing positions. Comment: There are no hits to the head, this is only to explain the criterion "open play situation".

Link: https://youtu.be/Ach_C0HebYk

Video 6

Hitting the goalkeeper in the head with the ball (8:8d)

Match situations (Scenes 1-6)

In six scenes from official matches and tests of this new rule, all criteria for when a hit to the goalkeeper's head is to be penalised are explained once again in brief. It is also pointed out how the match is restarted after a necessary interruption.

<https://youtu.be/DeehjiQjcHM>

Video 7

Hitting the goalkeeper in the head with the ball (8:8d)

Match situations (Scenes 7-12)

In six further scenes from official matches and tests of this new rule, the observation criteria of the new rule are explained once again in brief. Especially when line players shoot on goal, body contact may be made by a defender first. If the line player can take an open, unobstructed shot while having full ball and body control, he is responsible for not hitting the goalkeeper's head as well.

Link: <https://youtu.be/NgNbFZRmxlY>