

## American Handball

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- **WHERE TO PLAY:**
  - Outside
  - Indoor gym
- **NUMBER OF PLAYERS:**
  - 2 to 6 players at one time
- **GRADE LEVELS:**
  - 2nd-8th grades
- **EQUIPMENT:**
  - One tennis ball
  - Wall
  
- **HOW TO PLAY:**
  - This is a throwing and catching game between two players with the playing area being a wall with a concrete or hard surface
  - One player begins by throwing the ball, against the wall with a bounce on the ground first.
  - The opposing player, in turn, must catch the ball before it bounces three times
    - If the opposing player is out if they do not catch the ball
      - The next person in line steps forward to take the place of the person who is out.
    - If the opposing player catches the ball
      - The two players continue throwing and catching in repeating manner until one player wins.
  - A player gets one point each time they successfully eliminate an opponent.
  - A thrower is automatically out when the catcher catches the ball on the fly