

Comments about the provisions on the last 30 seconds

IHF Commission of Coaching and Methods

Tactical cleverness is crucial in the last 30 seconds of a game

The new clarifications to the existing guideline on 'not respecting the distance (Rule 8:10c)' result in new and important requirements for coaches and players.

In the last 30 seconds of a game, an illegitimate defensive action which aims at disrupting or preventing the execution of a throw now **always** requires a **disqualification** and a **7-metre throw**, regardless of whether

- a throw is taken in close range of the goal (for example, a free throw), in the centre of the court (for example, a quick throw-off after conceding a goal), or in the half of the team in possession of the ball (for example, a throw-in from the sideline),
- there is a clear goal-scoring chance or not (for example, a counter attack or an empty goal after substituting the goalkeeper for an extra field player), or
- a team have more, less or the same number of players on the court.

In this context, two different types of defensive behaviour are relevant:

- One or several defenders do not keep the required distance of three metres and **actively** interfere with the thrower or prevent the throw (for example, by blocking).
- One or several defenders do not keep the required distance of three metres and, from this illegitimate position, intercept or deflect the first pass of the thrower.

From now on, coaches and players must carefully check the defensive behaviour in these situations to avoid a disqualification and 7-metre throw. It is important to understand that an excessive defensive behaviour is usually not necessary, for example, when there is no direct goal-scoring chance during the execution of a throw. In the last 30 seconds, it is especially important to carefully observe and check aspects of the game such as the score, the location of the ball and the positioning of teammates and opposing players on the court.