



A

## Do you know HEMSBALL?

Hemsball is a new sport, fun and entertaining, that can be played by people of all ages. You can play it easily in indoor and outdoor areas. It is important, while playing Hemsball, to have good hand-eye coordination, a high level of focus and concentration in order to be able to catch the ball and serve it. The name of the sport, as shown below, was derived from the first letters of the combination of the performance that is demonstrated during the game.

**H**and



**E**nergy



**M**ove



**S**tability



**BALL**



The aim of the game is to send the ball into the hoop Hemsball on the target board in place. The ball must not touch circle. By allowing competitors to touch the ground in the area to prevent the player to reach the same goal of the opponent.

Start making the shot establishes the ball game is the loser service establishes shot. Assign service players sends to the opponent's field by throwing the ball into the hoop. Number system touches the

ball into the circle, going out or continue to make a player's mistake. Number of winners earns the right to serve

**REFLEX**

**FOCUS**

**BALANCE**

**CONCENTRATION**

**COORDINATION**

**Sports for Every Age**

Benefits

1. Children's support the development of psychomotor.
2. Ensure the development focus and concentration.
3. To ensure development stability.
4. Provide mental coordination
5. Develop reflexes
6. To gain flexibility.
7. Inactivity, obesity and stress bring a solution to the problem.
8. To reinforce the training of athletes. (Tennis, Badminton, Handball, Basketball etc)
9. Family members and the community to gain awareness of fitness, and stress, sports and a love of unity.
10. Increasing physical activity of the elderly to support a healthy lifestyle.
11. By helping people with disabilities to enable them to engage in sports, physical activity.
12. Children and young people's bad habits by keeping it away from computer addiction.
13. Ease of play due to the gym or play on the field without reliance comfortable, to ensure each student's sports.

**REFEREES**

Competition referee are 2 people. When required, he can manage a single administer.