



## CAMPUS RECREATION INTRAMURAL SPORTS

### *Team Handball Rules*

Updated: 06/16

#### 1. Team Requirements

- 1.1 A team shall consist of 6 players (5 fielders and 1 goalkeeper).
- 1.2 A minimum of 4 field players and a goalie are required to start or play a game.
- 1.3 Maximum of 15 players.
- 1.4 Game time is forfeit time. No ID, No Play!
- 1.5 There will be a \$20 forfeit deposit that the captain is required to pay at the Captain's Meeting.

#### 2. Equipment

- 2.1 All players must wear appropriate athletic footwear. Open toe shoes, open heel shoes, sandals, or flip-flops may not be worn. No black marking soled shoes may be worn. Bare feet play is strictly prohibited.
- 2.2 The fielders must be dressed in same color shirts/jerseys. If a team does not provide their own uniform top, then the UT Campus Recreation Department will supply numbered, colored pinnies. When wearing UT Campus Recreation pinnies, all players must wear shirts.
- 2.3 The goalkeeper must wear a different colored shirt that does not match the team's color or the opposing team's color of jersey.
- 2.4 The goalkeeper is permitted to use goalie gloves or mitts.
- 2.5 Players must wear athletic shorts, pants, or sweats in order to play. Individuals will not be allowed to play in jeans, khaki pants, or any other similar type of casual or business clothing.
- 2.6 No jewelry may be worn on the hands or arms. Hoop earrings and long necklaces will not be allowed.
- 2.7 Hats or caps cannot be worn; however, bandanas may be worn without a knot.
- 2.8 Game Ball: Team Handball provided by the Intramural Sports program; 23 – 24 inches in circumference and weighing 15 – 17 ounces.

#### 3. COURT

- 3.1 The court will be the Cass Gym basketball court. The boundaries are marked with red lines.
- 3.2 The Boundaries:
  - a. During play, all players must remain within boundary lines.
  - b. Field players may not enter the shooting arc (3 point line) unless their momentum carries them into the area. If this happens, they must immediately leave the shooting arc once their momentum has stopped. Field players can jump and shoot from completely outside of the shooting arc. If jumping into the area, the ball must be released before touching the ground and the offensive player must immediately leave if the shot is missed and play resumes. If a rebound is gained by the offensive team, and is scored while an offensive player is within the goal crease, the goal is null.
  - c. The goalie is allowed to leave the goal arc when not in possession of the ball. Once the goalie has left the arc, he/she is held responsible to all the rules the other 5 players are. The goalie may NOT receive a pass from a field player while in the goal area. When the goalie throws the ball into play, the pass may not cross the half court line. If done so, then a change of possession occurs at half court.
  - d. Defensive players are not permitted to remain in the goal crease.

#### **4. PLAY**

- 4.1 The game consists of two, 20-minute halves.
  - a. The first half and the first 18 minutes of the second half shall be a running clock.
  - b. The clock will run continuously, except for an official's timeout or a team timeout during the first half and the first 18 minutes of the second half (running clock).
  - c. Halftime duration shall be 3 minutes.

d. The game shall end if: one team is ahead by 20 goals or more at halftime or any time thereafter, if the losing team concedes, or if the intramural supervisor makes the determination to end the game due to time constraints.

- 4.2 Each team is allowed 3 time outs per game (30 seconds in duration).
- 4.3 Teams will alternate sides following each half.
- 4.4 First possession will be determined by a coin toss. The winning team will have their goalie start play with the ball in his/her goal crease.
- 4.5 No shot clock- However, in the second half, if a team fails to show forward progress (toward the opponent's goal) they will be given a verbal warning followed by a delay of game, which will result in an immediate change of possession at the spot of the violation.
- 4.6 A throw in is awarded to a team when the ball is knocked out of bounds by the opposing team at the sideline. Defending players must remain 5 feet away from the throw in. If the goalie was last to touch while making a save, the goalie will regain possession of the ball. One foot must be touching the ground during a throw in.
- 4.7 Defensive players are allowed to use their body to obstruct an opponent in possession of the ball. Defensive players that displace offensive opponents by tripping, pushing, holding or hitting will be issued a common or shooting foul, which will count towards the team foul count.

## 5. The Ball

- 5.1 Players may take 3 steps with the ball after gaining possession (landing after catching a ball is step 0).
- 5.2 Players may hold the ball for no longer than 3 seconds. If so, there is a delay of game and loss of possession.
- 5.3 A player may not pass to him/herself. Consecutive possession by the same player may only occur after a missed or blocked shot or tipped ball by the defense.
- 5.4 A player may bounce the ball once in order to establish three additional steps and three additional seconds.
- 5.5 Field players may not purposely touch the ball below the knee.
- 5.6 A ball that is blocked by the goalie can be retrieved by either team, given that neither team retrieves the ball within the three-point arc.
- 5.7 A corner throw is awarded to the offense when a defensive player is the last person to touch the ball as it goes out-of-bounds over the goal line (excluding the goalie). Any touch by the goalie prior to going out the end lines will give the goalkeeper possession. Any touch by the goalie that results in the ball going out on the sideline will result in the opposing team's possession.
- 5.8 A ball inside the goal crease belongs to the goalie. A ball in the air is not considered to be in the goal area. Players may not reach into the crease when the ball is on the ground. The same rules apply for a goalie reaching for a ball outside of the goalie crease, unless he or she is already established outside the goalie crease.

## 6. Violations and Fouls

- 6.1 During a free throw, the thrower must have one foot (front foot) continuously in contact with the court.
- 6.2 A penalty throw is given for fouls during shooting situations. The majority of penalty throws are given when an offensive player is fouled when shooting. If a foul is called during a shot and a goal is not scored, the individual fouled will be given a penalty throw at the basketball free throw line.
- 6.3 During a shooting situation, if a shot is made and foul is called, the shooting team will have the goal count and the offensive team retains possession. The ball will be given to that team's goalie to start a new possession.
- 6.4 When the penalty throw is taken, the front foot must remain in contact with the floor behind the free throw line. Neither foot may cross the line during a throw. All the other players must stand beyond the goal crease. The goalie must stay on the end line. They may move side to side, but cannot move forward until the ball is thrown.
- 6.5 When a penalty throw is scored, the opponent's goalkeeper will start a new possession.
- 6.6 Common fouls result in a penalty shot if in the act of shooting, otherwise a restart will be granted at the site of the infraction
- 6.7 Flagrant fouls result from excessively rough play such as excessive hitting, pushing, etc. A single conduct flagrant leads to a penalty shot awarded to the affected person and the offense team maintains possession of the ball.
- 6.8 A player may not pull, hit, or punch the ball out of the hands of an opponent. If a defensive player attempts to do so, a foul is called, and the offensive team will be granted a restart from the spot of the foul. If the attempt to steal the ball is during a shot, a penalty will be enforced and a penalty shot will be granted. Excessive roughness may lead to an ejection.
- 6.9 Flagrant fouls refer to intent to injure another player through pushing, tripping, hitting, throwing elbows, etc. Continuous excessive roughness after fouls and warnings may be labeled as flagrant. Flagrant fouls result in an ejection for the offending player, and a penalty shot for the offended person.

- 6.10 The team captains are the only players allowed to discuss a call with the game officials as long as it is done courteously.
- 6.11 Badgering officials will result in immediate game disqualification. A warning is not necessary.
- 6.12 When an offensive player infringes on the goal crease and an advantage is gained, the team will be penalized by a loss of possession. The opposition's goalkeeper will be given possession. Exceptions are for when a player that jumps prior to the 3-point line lands in the crease, they must exit as soon as possible. The referees have the discretion to ignore crease violations where a team does not gain an advantage.
- 6.13 On the 7<sup>th</sup> team foul and all subsequent fouls, whether common or shooting, the offended will be awarded a penalty shot.
- 6.14 During a shooting situation, if a defensive player gains an advantage while in his own goal crease, a free throw shall be awarded at the top of the three point line.

## 7. Goalie Rules

- 7.1 The goalie must wear a different jersey color. When stopping a shot inside the goal area, the goalie may play the ball with any part of the body. After getting possession, the ball must be thrown, not kicked to teammates. The goalie is allowed as many steps as they want inside the goal area. They have 5 seconds to release the ball.
- 7.2 Goalies are not allowed to leave the goal area while in possession of the ball. Goalies are not allowed to enter the goal area after obtaining possession outside the goal area.
- 7.3 Goalies that are in the crease are not allowed to reach outside the goal area to gain possession of a ground ball, but they may bat or collect the ball if it's in the air or bouncing. In order to touch a ball outside the crease, the goalkeeper must establish their body outside the crease.
- 7.4 Goalkeepers once outside the crease may play like any other court player.
- 7.5 A player may not pass back to their goalie, while the goalkeeper is in the crease. Additionally sideline throws may not be played to the goalie while in the crease. Only passes to the goalkeeper that can be made are when the goalie establishes position outside the crease. The result of this infraction would be a free throw.

## 8. REFEREE THROWS

- 8.1 Like a basketball "jump ball"
- 8.2 The ball touches anything above the court (equipment on the ceiling)
- 8.3 The ball is held simultaneously by opponent teams.
- 8.4 When there has been a simultaneous infringement of the rules by either teams, or when the game has been interrupted with no infringement of the rules and neither team is in possession of the ball.
- 8.5 The execution involves any on-field player from each team standing next to the referee, and all other players 3 meters away. With the toss, the two players may reach and grab the ball or direct it to a teammate, but not until it has reached its highest point.

## 9. SCORING

- 9.1 The game will be ended if a team is ahead by 20 or more goals at any time in the second half.
- 9.2 A goal is scored when the entire ball has passed over the goal line between the goal post and under the crossbar.
- 9.3 Tie Games.
  - a. All tie games at the end of regulation during regular season will end as a tie.
  - b. The duration of an overtime period will be 3 minutes.
  - c. A one-minute intermission proceeds each overtime period.

## 10. SUBSTITUTIONS

- 10.1 A team may substitute during: own penalty throws, own sideline throw, own corner throw, or after a goal.
  - a. Once team has subbed, the other team has an opportunity
- 10.2 Players must ask official to enter game.

## 11. SPORTSMANSHIP

- 11.1 Players must act in a sportsmanlike manner towards each other, their opponents, and the officials. Team Handball is a fast paced game with no time to argue calls. Players who disrupt the game through argument, etc. will first be given a warning, and next ejected from the contest. All ejected players are ineligible to participate in any intramural sports and activities until having met with the Coordinator of Intramural Sports.