

**STUDENT RECREATION & WELLNESS CENTER
WASHBURN UNIVERSITY**

INTRAMURAL TEAM HANDBALL RULES

- 1) **ALL PARTICIPANTS MUST BRING THEIR CURRENT WASHBURN PICTURE ID TO ENTER THE SRWC.** ID checks may be made to verify eligibility of players. Players without proper ID will not be allowed to participate. Washburn Intramural guidelines concerning eligibility are in effect.
- 2) International Handball Federation (IHF) Rules will govern play except where intramural modifications are stipulated.
- 3) Each team will consist of six (6) players. Teams must begin and end the game with a minimum of four (4) players.
- 4) Game time is forfeit time. Teams failing to be represented by at least four (4) eligible players at game time shall forfeit the game. The intramural supervisor shall have the official time piece.
- 5) Prior to each game, team captains must check the roster on the score sheet for accuracy and write in jersey numbers. **To be eligible, players must sign the official team roster prior to participating.**
THE SCORE SHEET IS NOT THE ROSTER!!
Roster checks will be made throughout the season. Players may sign the team roster in the SRWC Gym prior to any regular season game or at the SRWC front desk Monday through Friday, 8am – 5pm.
- 6) Jerseys with numbers on either the front or back must be worn by each player. Jerseys may be checked out at each scorer's table (a T-shirt with sleeves must be worn under these jerseys). Teams may provide their own T-shirts or jerseys; however, they must be of similar color and must have **clearly visible** numbers on either front or back.
- 7) A game will consist of two (2) twenty-minute running halves. A five (5) minute break will be allowed between halves. The clock will stop only during timeouts, injuries, or unusual delays. The clock will be stopped on all whistles during the last two (2) minutes of the second half only. (EXCEPTION: if either team is ahead by ten (10) goals or more, the clock will not stop). The game officials will have complete discretion over any timing issues. If a foul is committed by the defense as time expires in the first or second half, the offensive team will still get to take their free throw or penalty shot
- 8) If a game ends in a tie, in the regular season it will remain a tie. In playoffs, a five-minute sudden death overtime period will be used. If no victor is decided then a sudden death shootout will be played. During the sudden death shootout, any player on the field at the conclusion of the overtime may be used. Penalty throws are used for the shootout.
- 9) Each team will be allowed one (1) thirty-second time-outs per half. The clock will stop during all time-outs. Each team will be allowed one (1) time-out in the overtime period. Unused time-outs will not carry over to the overtime period.
- 10) The playing area is shown below:

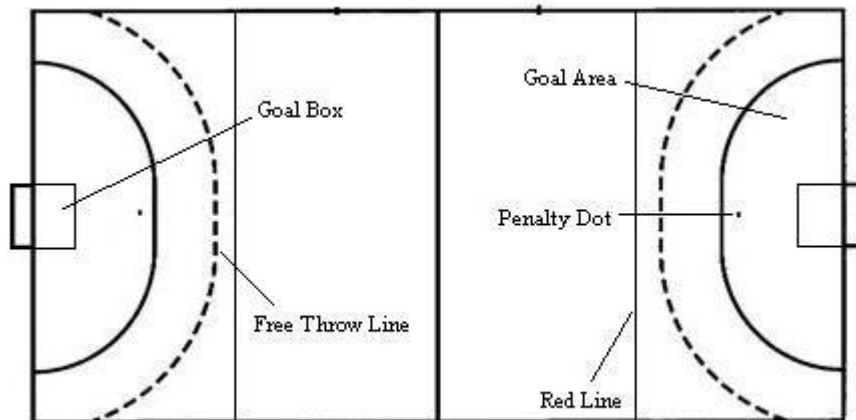


Diagram is not to scale

- 11) Coin toss: Winning team will have choice of possession or which goal to defend. Losing team will have choice of remaining option. At start of second half teams will switch sides and defensive team will begin with ball. Coin toss will be repeated at start of overtime.

**For complete information on general intramural information and sportsmanship policies visit
www.washburn.edu/getfit**

12) Throw-Off

- a) Offense begins play at the start of each half and after every goal with a throw off
- b) At time of throw off, each team must be lined up on their own side of center court
- c) Throw offs take place on the sideline at the centerline.

13) Basic Playing Rules

- a) The basic objective of the game is to outmaneuver the opponent by passing the ball quickly and then throwing the ball past the defense and goalie to score.
- b) Playing the ball: (Unless otherwise noted, any violations of the situations below result in a turnover, which leads to a free throw for the opponents)
 - i) A player is not allowed to touch the ball with the legs below the knee.
 - ii) Players are not allowed to dive to play the ball when it is in contact with the floor.
 - iii) There is no limit on continuously dribbling the ball. However, a double dribble is not allowed.
 - iv) A player cannot take more than 3 steps while holding the ball, or hold it for more than 3 seconds. While holding it, they can establish a pivot foot like in basketball, but each step taken with the non-pivot foot counts as one of their 3 allowed.
 - v) A player may do any or all of these things (in order) during one possession:
 - (1) take 3 steps, then...
 - (2) dribble (as many times as desired), then...
 - (3) take 3 steps, then...
 - (4) pass or shoot within 3 seconds
 - vi) A player may not pass the ball in the air with the intention of catching it themselves while advancing down the court. This is an air dribble and is not legal.
 - vii) A player is allowed to use the body to obstruct/pick an opponent either with or without the ball (similar to basketball). They must vacate the space immediately after the pick.
 - viii) Players cannot pass the ball to their own goalie while the goalie is in the goal area (when done intentionally, if goalie touches the ball, opponent is awarded penalty shot).
 - ix) When shooting or passing, a player may be in the air over the goal area circle as long as their take-off was from outside of the goal area line and they release the ball before touching the ground inside the area. "Alley-oops" are allowed. The player must then exit the area in the shortest route possible without interfering with other players.
 - x) If at any point in the game either referee feels a team is intentionally stalling, that team will be warned and told to attempt to score. If they continue to stall, the referee will loudly say, "stalling", and begin a 10-second count from 1 to 10 (while displaying each count with a hand signal). If by the time the referee says "ten", the team in possession of the ball hasn't released it, a free throw will be awarded to their opponent.
 - xi) If the team receiving the stall count does release the ball before the count of ten, no one on that team is eligible to regain possession of the ball until their opponents have touched the ball first. Intentionally throwing the ball at an opponent (besides the goalie) will result in a penalty shot and/or ejection from the game (this includes attempting to bounce ball off opponent, trying to get the ball to go out of bounds, like in basketball).

14) Defending the opponent

- a) The defender cannot push, hold or hit the opponent with any body part.
- b) A defender may not use their hand or fist to knock the ball from an opponent's hands while they are in possession of the ball but shot-blocking is allowed.
- c) When guarding a player shooting on goal, if the defender breaks the vertical plane between him/herself and the shooter (from in front or behind them), while initiating contact (grab, push, slap, etc.) with any part of the shooter's body, a penalty throw is awarded.
- d) When guarding a player shooting on goal, if the defender did not break the vertical plane between him/herself and the shooter (from in front or behind) with any part of the body, but they did cause noticeable contact with shooter by moving arms/body laterally (to either side), a free throw is awarded.

15) Throw-In

- a) A throw-in is taken at the point where the ball goes out of bounds on the sideline.
- b) The defense must be 3 feet away when the ball is passed in bounds.
- c) The player taking the throw-in must have one foot on the sideline and one behind.
- d) When a defensive player (excluding the goalie) is the last to touch the ball as it goes out of bounds over the goal line, the offensive team takes the throw-in on the sideline nearest the corner where the ball went out of bounds. If the goalie is the last player to touch the ball before it goes out of bounds beyond the goal line, it is the goalie's ball!!!
- e) Improperly executed throw-ins may be repeated once by the offending team.

16) Referee's throw (like a basketball "jump ball")

- a) A referee's throw is taken when:
 - i) the ball touches anything above the court (i.e. equipment on the ceiling),
 - ii) the ball is held simultaneously by opponents,
 - iii) there has been a simultaneous infringement of the rules by both teams, or when the game has been interrupted with no infringement of the rules and neither team is in possession of the ball.
 - iv) The execution involves any one on-field player from each team standing next to the referee, and all other players 6 feet 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.

17) Goal area

- a) A ball inside the goal area belongs to the goalie. However, the ball is not considered to be in the goal area if it is in the air. An opponent could jump or reach, and bat or collect the ball.
- b) When a court player enters the goal area, the decisions shall be as follows:
 - (1) goalkeeper-throw when a player of the team in possession enters the goal area in possession of the ball or enters without the ball but gains an advantage by doing so
 - (2) free-throw when a court player of the defending team enters the goal area and gains an advantage, but without destroying a chance of scoring
 - (3) penalty throw when a court player of the defending team enters the goal area and because of this destroys a clear chance of scoring
- c) Entering the goal area is not penalized when:
 - (1) a player enters the goal area after playing the ball, as long as this
 - (2) does not create a disadvantage for the opponents;
 - (3) a player from one of the teams enters the goal area without the ball and does not gain an advantage by doing so
- d) If a defensive player gains an advantage by standing inside their own circle, and is contacted by the ball, or by an offensive player, a penalty throw is awarded.

18) The Goalkeeper

- a) Must be identified by different jersey color than teammates and opponents
- b) Violating restrictions below will result in a free throw for the opposing team:
 - i) When playing defense (stopping a shot) inside the goal area, the goalies may play the ball with any body part.
 - ii) After obtaining possession of the ball, they are not allowed to kick the ball during a "goal-throw". Ball must be thrown.
 - iii) Goalies are not allowed to leave the goal area while in possession of the ball (without the ball, they can leave).
 - iv) Goalies are not allowed to enter the goal area after obtaining possession of the ball outside the goal area.
 - v) Goalies 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.
 - vi) The goalie can only be changed after a goal, injury, or when starting a new period.

19) Goals

- a) Goals are worth one point and may be scored from all formal throws (i.e. Penalty throw, free throw, throw-in, throw-off from center of court, and goal throw by goalie).
- b) To be considered a goal, the ball must pass entirely over the goal line.
- c) Ball must be released before time expires.

20) Penalty throws

- a) A penalty throw is given when an offensive player is fouled flagrantly and/or the referee feels that the offense had a good scoring opportunity (i.e. a breakaway) when fouled.
- b) When taking a penalty throw, the thrower stands at the penalty dot where they must have one foot continuously in contact with the penalty dot and must throw within three seconds after the referee's whistle. No part of the thrower's body can touch the floor across the dot until the ball is released. All other players must be behind the red line until the ball has left the thrower's hand.
- c) When defending a penalty throw, the goalie may take any position within the goal box.
- d) The ball is "live" after the shot is taken and play continues unless a goal is scored.

21) Free Throws

- a) A free throw is given for all other fouls and infringements of the rules, similar to a violation in basketball. After the referee has blown the whistle to restart play (when necessary), the free throw is taken from the place the violation occurred.
- b) The defense must remain 3 feet away.
- c) The thrower must have one foot continuously in contact with the court and must make a throw or pass within 3 seconds.

22) Fouls, Violations, and Penalties

- a) In addition to those fouls and violations listed above:
 - i) Offensive fouls (charging) are called like basketball. If defender had established a legal guarding position in the shooter's path, the shooter is required to stop or change direction. If contact occurs on the defender's front torso, it's a charge, and a free throw is awarded to opponent.
 - ii) Knocking the ball from an opponent's hand results in a free throw.
- b) Personal penalties
 - i) Unsportsmanlike conduct or fouls such as pushing, tripping, and holding result not just in a free throw or penalty throw for the opposing team, but also in a warning or 2-minute suspension to the player by the referee. This includes arguing with officials by players, coaches, and team followers.
 - ii) If the conduct or foul is repeated, or particularly blatant (i.e. using an open arm or leg to stop the opponent), the player is suspended for 2 minutes from the game and the team must play short-handed. The player is not released from the penalty even if the opponent scores a goal(s).
 - iii) Improper substitutions may result in the outgoing player serving a 2-minute suspension and the team must play short-handed.
 - iv) A third suspension of the same player results in an ejection from the game (the player may be replaced after another player serves a 2-minute penalty).
 - v) If a goalie receives a 2-minute penalty, an on-field player must be selected by the offending team to serve the penalty, while they play one player short.
- c) Fouls occurring inside the free throw line will result in the free throw being moved out to a corresponding spot, outside the free throw line.

Revised 1/09