

UW-WHITWATER INTRAMURAL SPORTS TEAM HANDBALL RULES

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HANDBALL IS A CONTACT SPORT AND INJURIES ARE A POSSIBILITY. THE INTRAMURAL SPORTS PROGRAM ASSUMES NO RESPONSIBILITY FOR INJURIES; HOWEVER, BASIC FIRST AID WILL BE AVAILABLE.

TEAM CAPTAIN'S MEETING

This is a sport that requires a preseason captain's meeting. Be attentive to your email regarding either an in-person meeting date or a link for a webex meeting.

ENTRY FEE

The entry fee of \$30/team must be paid at time of registration.

LEAGUE SCHEDULES

Schedules for league play will be posted on IMLeagues and the UWW Rec Sports App

QUESTIONS

Please feel free to contact the Office of Recreation Sports and Facilities or the Intramural Coordinator, Matt Schneider, with any questions or concerns at 262.472.1145 or email imsports@uww.edu.

GENERAL PROCEDURES

Please use the Captain's Handbook as a resource throughout the year. If you are team captain, please inform your players of all of the guidelines in the handbook BEFORE your first contest.

STARTING THE GAME

1. **START TIME:** Teams are to be at the court and signed in before the official game time. If a team is not at the court and ready to play at the scheduled game time, that game will be declared a forfeit. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time.

2. IDENTIFICATION: All participants must bring their current valid UW - Whitewater identification card to the court area in order to be checked in and ruled eligible to participate prior to the beginning of each game. Late arriving players must sign in with a supervisor before entering the game.

3. SCORING: An Intramural Supervisor will keep the score and clock.

4. COURT RULES: Only officials, players (including substitutes), and one (1) coach per team wearing proper shoes are permitted on the court. TOBACCO USE IS STRICTLY PROHIBITED. Failure to comply with all Intramural Rules and Regulations for handball and the Intramural Field Rules by spectators will result in immediate expulsion of the spectators and possible forfeiture of the game.

5. BALL HITTING CEILING: If the ball hits the ceiling then the opposing team shall receive a free throw from the center spot.

6. TEAMS: Six (6) players constitute a team – five (5) field players and one (1) goalkeeper. A team may start or play with no fewer than four (4) players. Three (3) men and three (3) women constitute a team. Teams may play with as few as four (4) players if necessary. If teams are playing with less than six (6) players, the male/female ratio may be 3:2, 2:3, or 2:2.

7. GAME EQUIPMENT: UW-Whitewater Intramural Sports will provide a game ball and balls will be available for checkout from the Equipment Room.

8. UNIFORMS/PLAYER EQUIPMENT: Teams must wear contrasting color uniforms. Jerseys may be checked out from the Equipment Room or else pinnies will be provided if teams are not wearing contrasting colors. **The use of cleats is prohibited.** Gym shoes are permitted.

9. FIELD OF PLAY: Three basketball courts in the Fieldhouse (black lines in the Fieldhouse) – the goal area shall be the tennis service area (white lines in the Fieldhouse)

PLAYING THE GAME

Handball combines the elements of soccer and basketball – players move the ball down a floor that is larger than a basketball court (same court as indoor soccer) and try to score by throwing the ball past a goalie into the net. A successful scoring attempt results in the award of a single point.

10. GAME TIME: The game will consist of two (2) halves of fifteen (15) minutes. During the first fourteen (14) minutes of each half, the clock will only stop for official time outs. The clock will stop during the last minute of each half for timeouts, injuries or unusual delays as determined by the officials. 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.

11. TIME OUTS: Each team will be allowed one (1) thirty-second (0:30) timeout per half. The clock will stop during all timeouts. Each team will be allowed one (1) thirty-second (0:30) timeout in the overtime period. Unused time-outs will not carry over from each half nor overtime.

12. MERCY RULE: If a team is ahead by 8 or more goals with 5:00 or less remaining in the game that game shall be over. If a team is ahead by 5 or more goals with 2:00 or less remaining in the game that game shall be over. If at any point under 2:00 a team goes ahead by 5 goals the game shall be over. This does not apply in any All-Campus Championship Game.

13. OVERTIME: If a game ends in a tie, a three-minute overtime period will be played. In the regular season, if the game is still tied it will end in a tie.

a. For PLAYOFFS ONLY, if no victor is decided then a shootout will be played.

Shootout procedures are as follows:

- i. The referees will meet with the team captains to determine who receives the first try and which goal to use. The team winning the toss will have the choice of trying first or declining. The captain losing the toss will make the choice of the goal or accept the decline and choose the kicking order.
- ii. Each team captain will select 3 members from their team to participate. All Shoot-Out participants must have been on the field when game time expired.
- iii. The team that will attempt the try first will attempt to score from the penalty mark while the opposing team's goalie defends the goal. The second team will then attempt their try with the opposing goalie defending
- iv. All team members, except the member attempting the try and the opposing goalie, must remain at midfield during the shootout. The thrower's goalie may remain on the goal line away from the goal at a spot designated by the official.
- v. The thrower has 5 seconds to attempt the try after the referee has signaled the ball set.

- vi. The teams will alternate tries until all 3 members of both teams have attempted their try, OR until one team is up by more goals than can be scored by the other team.
- vii. The team with the most successful tries will be declared the winner of the match.
- viii. If after the shoot-out the score is still tied, a new shoot-out with three new players for each team will begin.

14. **SUBSTITUTIONS:** Substitutions may occur only during a dead ball and must be immediate.

15. **PASSIVE PLAY:** It is illegal to keep the ball in a team's possession without making a recognizable attempt to attack and to try to score. In other words, a team cannot stall (free throw awarded to the other team).

16. **THROW OFF:** A throw-off is taken by the team that was scored on. Each team must be in its own half of the court with the defense outside of the center court circle. Following a whistle, the ball is passed from center court to a teammate and play begins. Throw-off is repeated after every goal and after halftime. Exception: The beginning of the game shall start with a jump ball; similar to Basketball.

17. **SCORING:** A goal is scored when the entire ball crosses the goal line inside the goal. A goal may be scored from any throw (free-throw, throw-in, throw-off, goal-throw)

18. **PLAYING THE BALL:** A PLAYER IS ALLOWED TO A.) Run with the ball for 3 steps B.) Hold the ball for 3 seconds C.) Unlimited dribble with 3 steps allowed before and after dribbling (no double dribble) A PLAYER IS NOT ALLOWED TO A.) Endanger an opponent with the ball B.) Pull, hit, or punch the ball out of the hands of an opponent C.) Contact the ball below the knee (except for goalie) D.) Dive on the floor for a rolling or stationary ball

19. **THE GOAL AREA:** Only the goalkeeper is allowed in the goal area. The shooting player may fly into the goal area to shoot the ball, but may not touch the shooting line before the ball is released. Once the shooter comes down in the goal area they must make an immediate attempt to exit the area. If the offensive player enters the area, the goalie takes possession of the ball and throws the ball back into play. If a defensive player enters the goal area a penalty shot is awarded to the offensive team.

If a player intentionally plays the ball into his/her own goal area, the following could occur:

- A. Goal if the ball goes in the goal

- B. A penalty shot by the opposing team if the goalie touches the ball
- C. If the ball comes to rest in the goal area, a penalty shot will be taken by the opponents
- D. Play continues if the ball passes through the goal area without touching the goalie

20. THROW-IN: Awarded to a team when the ball is knocked out of bounds (sideline) by the opposing team at the sideline nearest to the spot of last touch. Defending players must remain 5 feet away. If the goalie was last to touch while making a save, the goalie will remain in possession of the ball. Both feet must be touching the ground during a throw in.

21. SHOOTING: Field players may not enter the shooting arc (tennis service area) unless their momentum carries them into the area. If this happens, they must immediately leave the shooting arc once their momentum has stopped. When shooting, the ball must be released before touching the ground and the offensive player must immediately leave the arc 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 removed.

22. DEFENDING: If there are any defenders in the goal area at any time, the offensive team will receive a penalty shot. All fouls will result in a restart (free-throw) granted at the site of the infraction. 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 free-throw from the spot of the foul. There is NO DIVING, SLIDING, HOLDING, HITTING, ROUGHING, HITTING THE BALL OUT OF THE HANDS DURING A SHOT, OR FIGHTING during Intramural Team Handball. This is a non-contact sport. Anyone violating these rules repeatedly will be removed from the game by the Intramural Supervisor and will be subject to further sanctions by the Assistant Director of Intramural Sports.

23. FREE THROWS: For a minor foul or violation outside of the goal arc, a free-throw is awarded to the opponent at the exact spot it took place.

PENALTY-THROW: Awarded when...

A. foul destroys a clear chance to score

B. Any foul is called in the goal area

C. The goalie carries the ball back into his/her own goal area

D. A defensive player enters his or her goal area to gain an advantage over an attacking player in possession of the ball All players must be outside the goal arc when the penalty-throw is taken. The player taking the throw has 3 seconds to shoot after the referee's whistle. Any player may take the penalty-throw

24. GOAL-THROW: A goal-throw is awarded when... A. The ball rebounds off the goalkeeper over the endline B. The ball is thrown over the endline by the attacking team The goalie takes the throw inside the goal area and is not restricted by the 3-step/3-second rule.

25. GOALIE REGULATIONS: The goalie is allowed to leave the goal arc with the ball. Once the goalie has left the arc, he/she is held responsible to all rules of the other 5 players

26. PROGRESSIVE PUNISHMENT: Pertain to fouls that require more punishment than just a free throw. "Actions" directed mainly at the opponent and not the ball (such as reaching around, holding, pushing, hitting, tripping, and jumping into an opponent) are to be punished progressively

WARNING (YELLOW CARD): The referee gives only one warning to a player for rule violations and a total of 3 to a team. Exceeding these limits results in 2 minute suspensions thereafter. Warnings are not required prior to giving out a 2 minute suspension. 2 minute suspensions are awarded for... A.) Serious or repeated rules violations B.) Unsportsmanlike Conduct C.) Illegal substitution. The suspended player's team plays shorthanded for 2 minutes

DISQUALIFICATION (RED CARD): A disqualification is the equivalent of three, 2 minute suspensions. A disqualified player must leave the court and the bench, and the team must play shorthanded for the remainder of the game.

SPORTSMANSHIP

27. UNSPORTSMANLIKE CONDUCT: Any unsportsmanlike conduct including, but not limited to, arguments with officials (the captain is the only player permitted to talk with the officials) by any coach, manager or spectator, flagrant fouling, fighting, etc. will result in expulsion of that individual and/or team from further participation in that scheduled game. Officials/supervisors have the authority to impose penalties for teams behaving in an unsportsmanlike manner.

28. DISQUALIFIED PLAYERS: A player disqualified from the game for unsportsmanlike conduct must leave the Intramural fields IMMEDIATELY, and will be declared ineligible for play in any intramural sports activity until he/she has met with the Intramural Sports Coordinator. Failure to leave may result in disqualification of the captain, or forfeiture of the game. Any second occurrence of unsportsmanlike conduct by a team may result in that team being eliminated for the remainder of the season.

29. DRUG & ALCOHOL POLICY: Teams coming to games under the influence of alcohol and/or drugs will face a like penalty as listed above, if in the opinion of the IM Supervisor and/or Coordinator of Intramurals they pose a threat to the safety and welfare of players, officials, or spectators.