



## FALL 2023 TEAM HANDBALL RULES

Updated 8/15/2023

*Recent changes will appear in italicized and highlighted text*

Situations not specifically covered or implied by these rules shall be governed by the Intramural Sports Program.

### **Rule 1: Facility**

1. All games will be played at the Recreation Center on Courts C and D.

### **Rule 2: Eligibility**

1. The Intramural Sports Program is open to all University of Colorado Colorado Springs undergraduate and graduate students currently enrolled, as well as faculty, staff, and affiliate members, provided they have a valid membership with Campus Recreation and a valid Sport Pass. For this event it will be free of charge.
2. Prior to participating, all players must check-in with the Sport Programs Supervisor. To check-in, each participant must present their University issued virtual ID, or must provide a University or must provide a government-issued photo ID.
  - a. No participant may participate in Intramural Sport under any identification other than their own. Any player using an assumed name, false gender identity, or an illegal I.D card will cause their team to forfeit the contest they participated in. The individual will also be suspended from intramural competition and their case will be forwarded to the UCCS Dean Students Office.
3. Varsity athletes may participate in other intramural activities outside of their varsity sport. However, they may not participate in their varsity sport or its related activities at the intramural level.
4. Professional athletes and Olympic athletes in the sport of handball may not participate.

### **Rule 3: Team Composition**

1. A team will consist of 6 players including a goalie.
  - a. A minimum of 4 players including a goalie is needed to start the game.

### **Rule 4: Equipment**

1. Any exposed jewelry (ear rings, nose rings, necklaces, etc.) will not be permitted.
2. Each team is required to wear a shirt with the same shade of the same color. Goalkeepers must wear a different colored shirt than either team. Sport Programs Staff are able to provide jerseys/pinnies if needed.

### **Rule 5: Players and Substitutes**

1. Each team will designate one captain. He/she will be the only individual to discuss with the officials any questions related to rules interpretation. The captain will also notify the officials when their team pulls the goalie, or puts the goalie back into the game.
2. If a players has been disqualified (red card), or 2 yellows resulting in a red card, he/she cannot be replaced in that game.
3. A team may substitute "on the fly" and only within the substitute area. The player leaving the playing area must be off the court of play before the substitute is permitted onto the court. If



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any infractions occur on a substitution, a free throw will be awarded to the team that did not commit the infraction from the spot where the ball was at the time the referee blew the whistle.

4. Goalkeeper substitutions must be notified to the official and done in a timely manner.

## **Rule 6: Game Format, Timing, and Scoring**

1. Tournament format of either single elimination or double elimination, will be determine based on the number of registrations.
2. Rock, Paper, Scissors at the beginning of the game will determine which goal will be defended. Teams shall switch ends at the end of each half.
3. Each game will consist of a 15-minute running clock period. Officials may use discretion to stop the clock for unusual delays and prolonged injuries.
4. Each team will be allowed 1 time-out per game. A time-out will be 1-minute in length. Timeouts may not be called during overtime.
5. A jump ball will start each game. Players are allowed to be on either side of the court.
6. A goal is worth one point regardless of where it is scored and is registered when the ball completely breaks the vertical plane of the goal line. After a scored goal, the game is restarted with a free throw from the goalie. This throw must not go past midcourt. Violation will result in a free throw for the defending team at midcourt.
7. A throw-in is awarded to the opponent when one team loses the ball out of bounds on a sideline. The defense must be 3 steps away when the ball is thrown in. The player must have both feet touching the court during the throw-in.
8. Defensive players are allowed to use their bodies to obstruct an opponent either with or without the ball. Using the arms or legs to push hold, trip or hit, however, is a violation. Offensive players are not allowed to charge into player, or a free throw is awarded form the spot of infraction.
9. If during regular season/round robin play, the game ends in a tie, it will result in a tie for teams overall record.
10. In the event of a tie during playoffs, an Overtime period will take place:
  1. A 3-minute sudden death overtime period will take place if the score is tied at the end of regulation. Teams will change sides/goals.
  2. There will be no timeouts during the overtime period.
  3. If the score is still tied after the overtime period, a game of penalty throws will take place.
  4. For penalty throws, each team chooses 5 players to attempt the throws. Goalkeepers must remain the same throughout. Once the officials decide which goal shall be used, rock, paper, scissors will decide which team throws first. If the game is still tied after the completion the first round of throws for each team, a sudden death session begins. An end is achieved when one team has more goals than the other team and both teams have taken an equal number of throws. The team can call on players that threw in the first-round of penalty throws (but an individual can only repeat once every five times). Players who have been sent off, disqualified or excluded earlier in the game are not allowed to take penalty throws.

## **Rule 7: The Court**

1. All lines are a part of the area they enclose.
2. 6 meter line: Neither offensive nor defensive defenders may enter this area. Offensive players are allowed "air rights," meaning they can jump from behind the 6-meter line, shoot from above

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the goalkeeper area, then land in it after releasing the ball.

3. Free Throw Line: A penalty line, measured from the basketball free throw line, where penalty throws are taken.

## Rule 8: Goal Area

1. The Goal Area will be set up by Sport Programs Staff prior to play.
2. Only the goalkeeper is allowed in the goal area, except for the shooting player that may fly into the goal area to shoot the ball, but may not touch the goal area of the shooting line prior to the ball being released. Once they touch the ground, they must immediately attempt to exit the area, without disturbing the goalkeeper.
3. The following action occurs when players enter the goal area:
  - a. If the offensive player enters the area, it is an automatic violation and the goalkeeper then throws the ball back into play.
  - b. If the defensive player enters the area and gains an advantage, but does not destroy a clear chance of scoring, a free throw will be awarded.
  - c. If the defensive player enters the area and gains an advantage, and destroys clear chance of scoring, a penalty throw is awarded.
4. Only the goalkeeper may touch the ball when it is in goal area. Violation: free throw if done by the defense, goal throw if done by the offense.
5. A defensive player may not play the ball back into his/her own goalkeeper within the goal area. If this happens, the following occur:
  - a. A goal is awarded if the ball goes in the goal.
  - b. A penalty shot by the opponents if the goalkeeper touches the ball.
  - c. A penalty shot by the opponents if the ball comes to rest in the goal area.
  - d. Play continues if the ball traverses through the goal area (without touching the goalkeeper).

## Rule 9: Goalkeeper

1. Goalkeeper can touch the ball with any part of the body while in the act of defending inside the goal area.
2. Goalkeeper may exit the goal area without possession of the ball, but then the goalkeeper becomes subject to the rules that apply to players in the playing area. When the goalkeeper wants to re-enter the goal area they may not be in possession of the ball. When a goalkeeper comes out of the goal area they may never go past half court.
3. Goalkeeper may move around in the goal area without any restrictions, with the exception of a 5 second count to release the ball.
4. A goal throw is taken by the goalkeeper from the goal area out over the 6 meter line. Once the ball is put back into play, he or she may not receive the ball again within the goal area.

## Rule 10: Playing the Ball

1. Players are allowed to:
  - a. Dribble the ball with no limit.
  - b. Run with the ball for up to 3 steps before and after the allotted consecutive dribbles.
  - c. Hold the ball without moving for up to 3 seconds.
  - d. Block opposing players using the trunk of their body.
2. Players are NOT allowed to:
  - a. Endanger an opponent with the ball.

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- b. Pull, hit, strip, or punch the ball out of the hands of an opponent.
  - c. Block opposing players using anything that is not their trunk (e.g. arms, legs)
  - d. Block a throw or shot from behind (exception: results in a penalty throw instead of a free throw if the shot is a clear scoring opportunity).
  - e. Run or jump into an opponent. Penalty: Free throw from where the foul occurred.
  - f. All players (except the goalkeeper) are only permitted to hold the ball for 3 seconds or 3 steps before a violation is called.
  - g. A player who has controlled the ball is not allowed to touch the ball more than once unless it has touched the floor, another player or the goal in the meantime.
  - h. Take more than 3 steps like in basketball (Jump stops count as one complete step).
  - i. Hold the ball for more than 3 seconds. The count starts as soon as the player gains control of the ball. Fumbling of the ball does not count as possession/control.
  - j. Noticeably stall (no attempting to score or shoot) regardless of score. The official will give a warning then should the team now fail to make a recognizable attempt to shoot on goal, the opposing team will be awarded the ball and a free throw attempt from the spot where the ball was last in possession of the offensive team.
3. If both opponents gain possession of the ball simultaneously then the ball will be awarded to the defensive team on the court where the possession occurred, in the form of a free throw.

## Rule 11: Penalties

1. **Free Throw:** For a minor foul or violation, a free throw is awarded to the opponent at the exact spot where it took place, with the defense positioned 3 steps from the ball. The offending team must immediately put down the ball on the floor if they are in possession at the time of the whistle. If the infraction occurs between the 6 meter line and the 3-point arc, the defense lines up at the 6 meter line and the free throw is taken from the 3-point arc, closest to where the foul took place. A goal may be scored directly from a free throw.
2. **Penalty Shot:** A foul destroys a clear chance to score, the goalie carries the ball back into the goalie area, a court player intentionally plays the ball into his or her own goal area and the goalie touches the ball, or a defensive player enters the goal area and gains an advantage and destroys a clear scoring opportunity.
3. **Taking a Penalty Shot:** Any player on the team may take a penalty shot for the team. An offensive player shoots the penalty shot one-on-one against the goalkeeper from the free throw line of the basketball court. All other players must be outside the 3-point arc. The shooter is not allowed a running start and must keep at least one foot on the ground behind the line during the throw. The official will blow their whistle and after that, the thrower has 3 seconds to throw the ball. For the goalkeeper, one foot must be behind the goal line until the ball has left the throwers hand.
4. **Yellow Card Administration:** Excessive minor fouls may result in a yellow card for the offending player(s). Any yellow card will also accompany an automatic 2-minute suspension for the offending player (that player must serve the entire 2-minutes, regardless of how many goals are scored). The team cannot substitute for the suspended player. Any ejection results in the remainder of the game being played shorthanded. A player who receives 2 yellow cards will be given a red card and be ejected from the game. 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 by a yellow card. Any of the above actions may also result in a direct red card and subsequent ejection from the game.



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## **Rule 12: Sportsmanship**

1. Intramural Sports expects all participants and spectators to conduct themselves in a sportsmanlike manner. Following each game, officials and/or supervisors evaluate team behavior and issue sportsmanship points to all teams. For tournaments or special events, if there is an issue with sportsmanship the team or individual will receive a warning. If there is another instance of sportsmanship issues the staff on site has the right to remove a player or team from the event. Sportsmanship issues include:
  - a. Participants are openly arguing calls with officials on multiple incidents.
  - b. Fighting.
  - c. Mocking the skill level of an opponent.
  - d. Trash Talk.
  - e. Not having control of spectators for your team.
  - f. Etc.