

# Team Handball Rules 2018

## Equipment

1. The Department of Campus Recreation will provide handballs as well as pinnies.
2. Players are expected to wear athletic clothing. Non-marking gym shoes or tennis shoes are required.
3. Players are prohibited from wearing anything deemed unsafe by officials. No jewelry or watches (including fitbits) are allowed. Additionally, no participant may be under the influence of drugs or alcohol.

## Players and Substitutions

1. Teams will be capped at 20 players, with 6 people on the court for each team at a time (5 field players and 1 goalie) with a minimum of 4 people for a team to play. For Co-Rec play, there must be at least 2 women and 2 men for a team to play.
2. Rolling substitution is allowed for all players except the goalie. The player must fully leave the court before their substitute can enter. The goalie must get permission from the Referee at a stoppage of play to substitute.
3. Each team will designate a captain to communicate with the referees.

## The Game

1. All teams must be ready to begin play promptly at the scheduled time. However, there will be a 5-minute grace period provided that your team has at least 1 person signed in at the scheduled game time. All participants must sign in with a valid photo ID. Pictures of ID or any form of electronic ID will not be accepted.
2. The game will consist of two 12-minute halves. This is running time, except for injuries or at the discretion of the referees. Overtime will consist of one 5-minute period (only in playoffs). **The clock will only stop in the event the ball goes out of bounds, and at every stoppage of play during the last minute of the second half of the game.**
3. The winner of the pregame "coin toss" will have choice of the (a) ball, or (b) side to defend. Teams switch sides at halftime.
4. The goal crease will be taped out on the floor of the MAC. No one except the goalie is allowed to stand inside the goal crease. Attacking players may jump into the goal area with the ball provided they release the ball before landing and exit to the closest point of the goal crease upon landing. Defending players may not enter the goal area to gain an advantage on the play.
5. There will be 2 referees on the court, a head and a trail. The referees' decisions are final.
6. During normal gameplay, there is no off-side.

## Gameplay

1. A throw-off is taken by the team that begins with possession of the ball as determined by the "coin toss." Each team must be on its own half of the court, with the defending team behind their side's red line (used in indoor soccer). Following a

referee's whistle, the ball is passed from center court to a teammate and play begins. A throw-off is repeated to start each half and OT. After a goal is scored the goalie has 3 seconds to play the ball. No whistle is required for this restart of the play.

2. A goal is scored when the ball completely and legally crosses the goal line inside the goal, and may be scored from any throw.
3. A player is allowed up to 3 steps then up to 3 dribbles then up to 3 steps.
4. A throw-in is awarded when the ball goes out of bounds into the benches, or contacts the ceiling. The walls are in play. The throw-in is taken from where the ball crossed the sideline or below the spot on the ceiling. On a throw-in all opposing players must stay 3 meters (3 yds.) away.
5. A referee throw is awarded for simultaneous possession of the ball, or after simultaneous infringement of the rules. A referee throw works like a jump ball in basketball. At either the spot of the infringement, or at the center court, the referee will throw the ball into the air between a player on each team, and the player that recovers the ball gets possession.
6. A 7-meter (8 yds.) throw (a penalty shot) is awarded when a foul stops a clear chance to score (usually happens during a breakaway).
7. A 9-meter (10 yds.) throw is awarded when a foul occurs in any non-scoring situation, such as when the goalie carries the ball into their own goal area, a court player intentionally plays the ball to goalie in goal area (who then plays the ball), or a defensive player enters their goal area to gain an advantage over an attacking player. All players must be three meters away when the throw is taken, and the thrower has three seconds after the referee's whistle to take the throw.
8. In the case of an offensive foul. (a charge committed by an attacking player or an offensive player pushing a defender into the crease) than a throw-in is awarded to the defending team's keeper.
9. If an offensive player is given a crease violation, the ball will go to the defending team's goalie and a goal throw will be awarded (see below for goal throw rules).

## Goalkeeper

1. The goalie must wear a different color from either of the teams, to be easily distinguishable.
2. For a goal throw (when the goalie has legal possession of the ball), the goalie is not restricted by the three-step/three-second rule.
3. The goalie can leave the goalie crease and act as a player on the field. The goalie cannot bring the ball back into their crease and cannot move out of their crease with the ball.

## Violations and Misconduct

All of these violations follow the foul order described in numbers 6 & 7 of this section.

1. It is illegal for a team to maintain possession of the ball without making a recognizable attempt to attack and try to score (stalling).

2. Players are NOT allowed to endanger an opponent, to pull/hit/punch the ball out of an opponent's possession, to contact the ball below the knee, or to dive on the floor for the ball.
3. A player is allowed to use their torso to obstruct an opponent with or without the ball. Moving screens and use of arms or legs to impede opponents will be Fouls, as in Basketball.
4. Attacking players are not allowed to charge a defensive player.
5. Free throws are taken at the exact spot where the violation occurred if outside the 9-meter (10 yds.) dotted line. If inside the line they are taken from the nearest point on the 9-meter (10 yds.) dotted line. The thrower must keep both feet in contact with the floor, then pass or shoot.
6. Progressive punishments pertain to fouls that require more punishment than just a free-throw. This regards actions directed at an opponent and not the ball (reaching, holding, pushing, hitting, jumping at, etc.). Yellow cards (warnings) are given to a player for serious/repeated rule violations, unsportsmanlike conduct, and illegal substitution, and results in a 1-minute suspension for the offending player (without substitution).
7. The 1<sup>st</sup> foul against a player is a warning, and play continues as it normally would with a free throw. The next 2 fouls result in a Yellow Card and are automatic 1-minute suspensions. (This means the offending player's team is playing a man down)
8. The 4<sup>th</sup> foul is a Red card and an automatic ejection **without substitution. This means the offending team will have to play a man down for the rest of the game. If anyone receives a red card, the team should not get above a 3 for their sportsmanship rating.**
9. A red card can be issued directly for especially egregious or dangerous fouls just like in soccer.