

KSU Intramurals

Team Handball Rules

A. Court Dimensions

1. Games will be played on main basketball court.
2. Goals will be placed at each end of the court.
3. Goal crease area will be noted by an arch peaking 20 feet from goal line.
4. A penalty throw line will be marked 25 feet from goal line.
5. A free throw line will be marked 30 feet from goal line.

B. Team Formation

1. Games will be played 6 on 6 (5 on 5 plus goalies).
2. Up to 12 players can be on a team roster.
3. Teams will have a 5 minute grace period to field at least 5 players. Players arriving late can join at the next stoppage of play.
4. **ALL PLAYERS MUST CHECK IN BEFORE EACH GAME BY SHOWING KSU ID CARD TO SCOREKEEPER. NO ID – NO PLAY.**

C. Equipment/Uniform

1. Participants must wear appropriate court shoes
2. Teams must wear like uniform with numbers on the back
 - a. Goalies must wear a shirt of a different color than their or the opposing team
3. Gloves can be worn by the goalie only.

D. Game Length and Timing

1. Playing Periods
 - a. Game will consist of two twenty minute halves with a running clock.
 - b. Halftime will be 5 minutes.
 - c. Except for the last 2 minutes of the game, the clock will stop only for time-outs, injuries and unusual delays.
 1. During last 2 minutes, clock will stop on all whistle
 - d. If necessary, overtime will be 5 minutes of sudden death, if score is still tied after overtime, the game will end be decided by penalty shots.
 - e. 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
2. Time-outs
 - a. Each team will receive one time-out per half.
 - b. Time-out can only be called during a stop in play, or by the team in possession of the ball during play

E. Start of Game

1. Coin Toss
 - a. Coin toss will be conducted with visiting team calling heads or tails.
 - b. Winning team will have choice of possession or which goal to defend. Losing team will have choice of remaining option.
 1. At start of second half, teams will switch sides and the defensive team will start with the ball.
 - c. Coin toss will be repeated at start of overtime.

2. Throw Off

- a. At the start of each half and after every goal, the offensive team will start play with a throw in.
- b. On the throw in, each team must be lined up on their own side of center court. One player will throw the ball in from the sideline at center court to a teammate.
- c. After ball is thrown in, teams are free to move about the court

F. Playing Rules and Scoring

1. 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.
2. 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:
 - a. A player is not allowed to touch the ball with the legs below the knee.
 - b. Players are not allowed to dive to play the ball when it is in contact with the floor.
 - c. There is no limit on continuously dribbling the ball. However, a double dribble is not allowed.
 - d. 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.
 - e. 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
 - f. 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.
 - g. 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.
 - h. 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).
 - i. 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.
 - j. 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.

- k. 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).
3. Defending the opponent
 - a. The defender cannot push, hold or hit the opponent with any body part. See section #9 on penalties for clarification.
 - 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.
4. 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 meters 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 will be repeated once by the offending team.
5. Referee's throw (like a basketball "jump ball")
 - a. A referee's throw is taken when:
 1. the ball touches anything above the court (i.e. equipment on the ceiling),
 2. the ball is held simultaneously by opponents,
 3. when 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.
 - b. The execution involves any one 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.
6. Goal area
 - a. Remember, only the goalie is allowed to stand inside the goal area. If an offensive player with the ball is in the circle or on the line, with or without the ball, the ball is given to the opponent and a goal does not count (goalie gets the ball).
 - b. 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.
 - c. 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.

7. The goalkeeper (must be identified by different jersey color)
 - **Violating restrictions 2-7 below results in a free throw for the opposing team:
 - a. When playing defense (stopping a shot) inside the goal area, the goalies may play the ball below the knee, or with any body part.
 - b. However, after obtaining possession of the ball, they are not allowed to kick the ball during a "goal-throw". Ball must be thrown.
 - c. Goalies are not allowed to leave the goal area while in possession of the ball (without the ball, they can leave).
 - d. Goalies are not allowed to enter the goal area after obtaining possession of the ball outside the goal area.
 - e. 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.
 - f. When defending a penalty throw, the goalie may take any position between the goal line and 4 meters from the goal line (they can move as soon as the ref blows the whistle).
 - g. The goalie can only be changed after a goal, injury, or when starting a new period.
8. Goals
 - a. Goals are worth one point and may be scored from all formal throws (i.e. Penalty throw, free throw, throw-in, throw-on 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.
 - d. Mercy rule: If a team falls behind by 7 or more goals within the last two minutes of the game, the game will end automatically.

G. Fouls, Violations, and Penalties

1. Penalty throws, free throws, and "no-calls"
 - 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 break-away) when fouled.
 1. 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. On a shot, a clean ball block is legal.
 2. The officials follow the "advantage" rule: If a team fouled against is able to gain the advantage, play continues without a whistle, and a "delayed penalty" will be signaled (one arm straight up over ref's head). At the next stoppage in play, official can warn or penalize the violator as needed.
 3. When taking a penalty throw, the thrower stands at the 9 meter line 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 offensive players must be 2 meters behind the 9 meter line, and defensive players must be 3 meters behind the 9 meter line.
 4. The ball is "live" after the shot is taken and play continues unless a goal is scored.

- b. A free throw is given for all other fouls and infringements of the rules, similar to a violation in basketball. The "advantage" rule also applies. After the referee has blown the whistle to restart play (when necessary), the free throw is taken from the place the violation occurred.
 1. 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.
 2. The defense must remain 3 meters away.
 3. The thrower must have one foot continuously in contact with the court and must make a throw or pass within 3 seconds.
 4. Fouls occurring between the 8-11 meter areas will result in the free throw being moved out to the corresponding spot, 11 meters from the goal.
 5. 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.
 6. Knocking the ball from an opponent's hand also results in a free throw.
 - c. "No-call": If defender did not break vertical plane between him/herself and shooter by initiating contact, did not contact shooter's body by moving arms or body laterally (to either side), or if they blocked only the ball (a clean block) and not the shooter, no call is made.
2. Personal penalties
 - a. 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.
 - b. No profanity whatsoever will be tolerated toward any players, fans, or officials. If profanity persists, 2-minute suspensions will be awarded.
 - c. 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).
 1. Improper substitutions result in the outgoing player serving a 2-minute suspension and the team must play short-handed.
 - d. 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).
 - e. If the referee deems the foul as severe, the player need not be given a warning, but may be immediately suspended from play for 2 minutes or ejected from the game.
 - f. If teams (scorekeeper's sideline) or spectators (curtain sideline) fail to remain in designated areas despite a warning(s) from an official, the team in violation may have to remove any on-field player and play one player short for two minutes.
 - g. 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.
 3. Captains are expected to ensure proper behavior by their players and spectators should an altercation develop.

H. Tie Games and Overtime

1. All ties at the end of regulation play will lead to a 5-minute sudden death overtime. First team to score, wins. If still tied, during we will go to penalty shots. Each team will get 5 shots alternating between teams. If still tied, we go to sudden death with same throwers in same order until one team scores and the other does not.