

East Carolina University  
Intramural Sports  
Team Handball Rules

### **Game Time and Scoring**

- Game time is forfeit time.
- Games consist of (2) 15-minute halves. The clock will run continuously except for official time outs, the single team time out allotted for each half, and in the last two minutes during penalty shots. Time outs will be one minute in length, and there will be a 3-minute half time between halves.
- If a team leads by ten or more goals at or inside the final two minutes of the second half, the game shall be over.
- In the event of a tie at the end of the game, both teams will be awarded a win during the regular season. During playoffs, 2 minute sudden death overtimes will be played until a winner is determined.
- Teams consist of 5 field players and a goalie. Teams must have at least 5 players to start and 4 players to finish a game. Field players will wear one color while their goalie will wear another color separate from the two teams and other goalie.
- At the start of the game, the throw-off is taken by the team that wins the coin toss and elects to start with the ball in its possession. The opponents then have the right to choose ends. Alternatively, if the team that wins the coin toss prefers to choose ends, then the opponents take the throw-off. The teams change ends for the second half of the game. The throw-off at the start of the second half is taken by the team that did not have the throw-off at the start of the game. A new coin toss is undertaken prior to each overtime period.

### **General Information**

- Divisions offered will include Women's, Men's and Co-Rec.
- Athletic shoes only. No open-toed or marking shoes, boots, etc. allowed. No hats or jewelry.

### **The Game**

- Team Handball combines the elements of soccer, basketball, hockey, lacrosse and water polo. The objective of the game is to out-manuever the opponent by passing the ball quickly and then throwing the ball past the defense and goalkeeper to score.
- The throw-off is taken in any direction from the center of the court (with a tolerance sideways of about 3 feet). It is preceded by a whistle signal, following which it must be taken within 3 seconds.
- For the throw-off at the start of each half (incl. any period of overtime), all players must be in their own half of the court. However, for the throw-off after a goal has been scored, the opponents of the thrower are allowed to be in both halves of the court. In both cases, however, the opponents must be at least 5 feet away from the player taking the throw-off.
- The teammates of the thrower are not allowed to cross the center line prior to the whistle signal.
- In the event of simultaneous catches the ball will be awarded to the defense at the spot.
- Substitutions are made on the fly from the team bench area by the score table. Teammates must tag in to assure a clean, non-advantage entry.
- Players must dribble or pass to advance the ball up the court. Players are entitled to no more than three (3) steps at a time without dribbling the ball. (For example: When a player catches the ball, they may take three (3) steps without a dribble followed by a dribble, a gather and then three (3) additional steps.) Players not dribbling and taking more than 3 steps will receive a walking violation. A pivot foot may be established on or before the 3<sup>rd</sup> step.
- A single player may not possess the ball for more than 5 total seconds at a time while not dribbling.
- A player may not pass to him/herself. Consecutive possessions by the same player may only occur after a missed or blocked shot or tipped ball by the defense.
- Handball rules are designed to promote continuous play. Any team attempting to stall (judged by the official) shall first be given a warning. Following the warning, the official shall begin a 10-second count. If a shot is not attempted, a violation will be called and possession is given to the offended team at the spot for a free throw. Only one warning will be given per game per team. After the warning, the 10 second shot clock will be enforced each possession thereafter if any stalling action is being employed by the offense.

- Field players may not purposely touch the ball below the knee. Goalies may use kick saves within the goalie arc. Outside of the goalie arc, the goalie is a regular field player.
- A player may not use his/her body to obstruct opponents. Pushing, holding, or hitting is not permitted. Players may not hit or take the ball from another player. This is a foul and will result in a turnover and free-throw at the spot by the opponent, unless it is a shooting foul in which case penalty shots will be awarded. Excessive roughness may lead to a penalty shot for the offended team or ejection.
- A free-throw is a throw to establish new possession after a foul. A free throw has to be thrown to another player before it can be thrown at the goal in an attempt to score, much like an indirect kick in soccer.
- Free-throws will be awarded on all non–shooting fouls and are taken immediately from the spot of the foul while throw-ins are for out of bounds situations. The defending player must remain 5–feet away from the thrower. The throw must occur within 5–seconds of receiving the ball.
- The throw-in is taken without whistle signal from the referees by the opponents of the team whose player last touched the ball before it crossed the line or touched the ceiling or fixture. The throw-in is taken from the spot where the ball crossed the side line or, if it crossed the outer goal line, from the intersection of the side line and the outer goal line on that side.
- Field players may not enter the goalie arc unless their momentum carries them into the area. If this happens, they must immediately leave the goalie arc once their momentum has stopped without playing the goalie. A player who does not leave the goalie arc may be assessed a technical foul if their actions affect the other team’s opportunity to score a goal.
- Field players can jump and shoot from completely outside of the goalie arc. If jumping into the goalie arc, the ball must be released before touching the ground and the offensive player must immediately leave the goalie arc if the shot is missed and play resumes.
- After a goal has been scored play is resumed with a throw-off taken by the team that conceded the goal.
- If the ball strikes the basketball goal, the ball is now dead. The result will be a goalie throw.
- The Goalie...
  - is not allowed to leave the goal arc with the ball. It must be passed out of the arc.
  - is not allowed to touch the ball outside of the goal arc while he/she is inside the goal arc.
  - may not receive a pass from a field player while in the goal area.
  - does not have to dribble within the goalie arc. Outside of the arc, the goalie is a regular player and must dribble to advance the ball.

### **Fouls**

- Regular Fouls result in a penalty shot if in the act of shooting, otherwise a free-throw will be awarded to the offended team at the spot of the foul or taken out of bounds for a throw–in at the nearest spot.
- Technical Fouls result from excessively rough play such as excessive hitting, pushing, unsportsmanlike conduct etc. A single technical leads to a penalty shot for the offended team and possession of the ball. No penalty shot is awarded unless the technical occurred during the act of shooting.
- Flagrant Fouls refer to intent to injure another player through pushing, tripping, hitting, throwing elbows, etc. Continuous excessive roughness after fouls and warnings may be labeled as flagrant. Flagrant fouls result in an ejection for the offending player, a goal awarded to the offended team.
- Two technical’s on the same player results in an automatic ejection and a goal awarded to the offended team.
- Three technical’s on a team results in forfeiture of the game.

### **Co-Rec Modifications**

- A regulation Co-Rec team consists of 6 players (one of which is the goalkeeper). A team may play with a minimum of 4 players. A MAXIMUM of 3 players of either gender is allowed on the playing field at a time.