

**TEAM HANDBALL**  
**Rules & Regulations**

**The University of Akron**  
**Student Recreation & Wellness Services**  
**Intramural Sports**

Participation in any and all activities within this facility and/or sponsored by The University of Akron is voluntary. All participants understand and agree that use of this facility and/or participation in an activity sponsored by the university is at their own risk and that the university is not responsible for any incidents, injuries or loss of property that may occur.

All team representatives, including players, substitutes, replaced players, coaches, trainers, spectators and/or other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of Officials assigned to the game as well as the Site Supervisor.

**GENERAL INFORMATION:**

- All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Participants Handbook. All participants must present a valid University of Akron ZipCard. NO ID, NO PLAY!
- All games will be played in the 2-court gymnasium of the Student Recreation & Wellness Center.
- "Open" tournament, meaning teams can be comprised of all males, all females, or any combination of either.
- Each team will consist of five (5) players; four (4) players in the field, one (1) goalkeeper. A minimum of four (4) is required to avoid a forfeit.
- Rosters will have a max of ten (10) players.
- Each team shall designate to the Officials a player as the court captain. This person is the only player who may communicate with the Officials.

**EQUIPMENT:**

- Intramural Sports will provide a game ball, to be used during game play ONLY. Teams are responsible for providing their own hand balls for warm-up.
- Players must wear non-marking athletic/tennis shoes. No sandals, boots or non-athletic shoes will be allowed.
- Players may wear a headband made of soft pliable material. No other headwear will be allowed.
- **All jewelry must be removed, and can NOT be taped over.**
  - Only Medical Alert bracelets and/or necklaces are permitted if the loose chain is taped to the body.
- The goalkeeper must wear a different color shirt than the rest of their teammates.

**GAME FORMAT:**

- 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.
- The court will be designated using pre-existing basketball lines. The 3-point line will be marked as the two goalie arcs. The ceiling will be out of play.
- All games will consist of two (2) 20-minute halves, with a three (3) minute halftime.
  - The clock will run continuously except for official or injury timeouts

- Each team will be allowed one (1) timeout per half that is thirty (30) seconds in duration.
  - A team may call a time-out while in possession of the ball or at a stoppage of play.
  - Unused time outs do not carry over to second half
- The winner of a coin toss will have the option of possession, to defend in the 1st half or side. The other team will take possession or defend at the start of the 2nd half.
- Teams will switch goals after halftime.
- If tied after regulation, an overtime period of three (3) minutes will be played.
  - A coin toss will decide first possession followed by the possession arrow.
  - Teams will defend the same goal as in the second half.
- If the game is still tied after the overtime period 5 players from each team will shoot alternating penalty shots.
- All players will shoot at the same goal.
- Winner of coin toss chooses between shooting order or the goal at which to shoot.
- **Mercy Rule:** If a team is ahead by the following points at or inside the corresponding times, the game shall be over:
  - 10 goals at or inside the final five (5) minutes.
  - 5 goals at or inside the final two (1) minutes.

#### **SUBSTITUTIONS:**

- Substitutions are made on the fly from bench area. A player must enter team bench area before another can enter as there cannot be more than the allotted number of players on the court at the same time.

#### **THE GAME:**

- At the start of each half and after every goal, the offensive team will start play with a throw off
  - On the throw off, each team must be lined up on their own side of center court
  - Defenders must be 3 feet away until ball is thrown
  - After the ball is thrown, teams are free to move about the court
- Players may take 3 steps with the ball after gaining possession
  - Landing after catching a ball is step 0
- Players may hold the ball for no longer than 3 seconds. If held for longer than 3 seconds it will result in a delay of game warning and loss of possession.
  - There is no limit on continuously dribbling the ball. However, players must legally dribble. Violations will be called similar to basketball (traveling, double dribble, carry, etc.)
  - A player may do any or all of these things (in order) during one possession:
    - Take 3 steps, then...Dribble (as many times as desired), then, take 3 steps, then pass or shoot within 3 seconds
- 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.
- Field players may not purposely touch the ball below the knee.
  - Goalies may use kick saves within the shooting arc. Outside the arc, the goalie is a regular field player.
- Similar to basketball, setting screens and boxing out at the goalie arc is allowed.
- If the ball is knocked down by the opposing team and stays within the boundaries, the ball will change possession at that spot.
- A throw in is 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 the last touch.

- Defending players must remain 3 feet away from the throw in.
- If the goalie was last to touch while making a save, the goalie will remain in possession of the ball if it goes out on the end line.
- Both feet must be touching the ground during a throw in.
- Players 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 restart from the spot of the foul.
- There is NO DIVING, SLIDING, HOLDING, HITTING, ROUGHING, HITTING THE BALL OUT OF THE HANDS DURING A SHOT allowed. This is a non-contact sport.
- Shooting:
  - Field players may not enter the shooting arc (3-point line) 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 shooting arc, the goal is removed.
    - The offensive team must make at least one pass before a shot can be taken after a rebound.
    - A goal is scored when the entire ball has passed over the goal line between the goal post and under the crossbar
- 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 have.
  - The goalie may receive a pass from a field player while in the goal arc.
  - When the goalie throws the ball into play, the pass may not cross the half court line. If done so, then a change of possession occurs at half court.
  - A ball blocked by the goalie that bounces once can be retrieved by either team, given that neither team retrieves the ball within the three point arc. A ball going behind the goal is an AUTOMATIC goalie throw regardless of whom, offense or defense, touched it last.
  - A save by the goalie, results in the goalie having a five (5) second count to put the ball back in play to his/her team.

#### **PENALTIES AND VIOLATIONS:**

- All violations will result in a restart granted at site of infraction
- Fouls will result in a restart granted at the site of the infraction unless if offensive player is in the act of shooting which will result in penalty shot
  - Penalty shots will be taken from the basketball free throw line with both feet set before the throw.
  - If a player is fouled during a shot, and the shot is not scored, the player will be awarded a penalty shot. If the shot is scored, the shot counts and no penalty shot awarded.
- 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 restart from the spot of the infraction. If the attempt to steal the ball is during a shot, a foul will be enforced and a penalty shot will be granted.

- Yellow cards result from excessively rough play such as excessive hitting, pushing, etc. A yellow card leads to a penalty shot awarded to the affected player and the offensive team maintains possession of the ball.
- Red cards result in any foul with intent to injure another player through pushing, tripping, hitting, throwing elbows, etc. Continuous excessive roughness after fouls and warnings may be labeled as a red card. These fouls result in an ejection for the offending player, and a penalty shot for the offended person.
  - Players cannot be subbed in after an ejection
- Minor penalties shall be enforced by requiring the offending player to sit out two (2) minutes of play.
  - A minor foul is over when the two (2) minutes has expired or the opposing team scores a goal.
  - The team with the minor penalty will play shorthanded.
- Major penalties shall be enforced by requiring the offending player to sit out five (5) minutes of play.
  - The team of the offending player must also play shorthanded for the duration of the penalty, regardless of the number of goals their opponent scores.
- Penalties
  - Diving (2 minutes without contact/ 5 minutes with contact, Automatic Yellow)
  - Sliding (2 minutes without contact/ 5 minutes with contact, Automatic Yellow)
  - Pushing (2 minutes)
  - Holding (2 minutes)
  - Hitting (2 minutes)
  - Roughing (2 minutes)
  - Hitting the ball out of the hand during a shot (2 minutes)
  - Flagrant foul (Red Card) (5 minutes and game expulsion)
  - Fighting (Red Card) (5 minutes and game expulsion)

#### **AWARDS:**

- The winning team in each division will receive Intramural Sports Champion T-shirts.

*Updated 8/22/18*