

# TEAM HANDBALL

## GENERAL:

- Games are played in the Ranger Dome
- Games are played consecutively, full court. Handball is co-ed
- The goal area line, or 6-meter line (19' 8"), is the most important line. No one except the goalie is allowed to stand in the goal area
- Players may jump into the area if the ball is released before landing in the area
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## TIME:

- Game consists of 2, 20-minute halves with 1-minute half-time
- This is running time except for injury or one team time-out per half
- The game ends in a tie unless the game demands a winner
- Overtime consists of 2, 5-minute periods

## SCORING:

- A goal is scored when the entire ball crosses the goal line inside the goal. A goal may be scored from any throw (free-throw, throw-in, throw-off, goal-throw).
- 1 point per goal

## PARTICIPANTS:

- Only full-time Regis students may participate.
- At least 2 women on the roster.
- 5 players on the field of play at one time, including the goalie.
- 2 women from each time must be on the field of play at all times.
- Teams must wear readily identifiable jerseys or wear intramural pennies.

## GAME PLAY

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### *A PLAYER IS ALLOWED*

- To run with the ball for 3 steps
- To hold the ball for 3 seconds
- Unlimited dribble with 3 steps allowed before and after dribbling (no double-dribble).

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### *A PLAYER IS NOT ALLOWED*

- To endanger an opponent with the ball.
- To pull, hit or punch the ball out of the hands of an opponent.
- To contact the ball below the knee.
- To dive on the floor for a rolling or stationary ball

## POSSESSION:

- A throw-off is taken by the team that wins the coin toss and chooses to start the game with the ball. Each team must be in its own half of the court with the defense 3 meters away from the ball. Following a whistle, the ball is passed from center court to a teammate and play begins. Throw-off is repeated after every goal scored and after half-time

## GAME PLAY:

- Game begins at center court with a kick-off into the offenses own zone. Players must be in their own zones, center that initiates the kick-off must pass the ball to a member of their own team before touching the ball again. Players may not hit the ball with any part of their arm or hands.
- Turnover of possession will take in the form of an indirect free kick. Goalies may not punt the ball; they must roll or throw it.
- There are no corner-kicks, goal kicks, off-sides, throw-in, or penalty kicks. Substitutions are done “on the fly.” Goals can only be scored from a team’s offensive territory, and must go completely over the goal line and into the net.

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## DEFENDING THE OPPONENT

- A player is allowed to use the torso of the body to obstruct an opponent with or without the ball. However, using the outstretched arms or legs to obstruct, push, hold, trip or hit is NOT allowed. The attacking player is not allowed to charge into a defensive player

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#### THROW-IN:

- A throw-in is awarded when ball goes out of bounds on the sideline or when the ball is last touched by a defensive player (excluding the goalie) and goes out of bounds over the end line. The throw-in is taken from the spot where the ball crossed the sideline, or if it crossed the end line, from the nearest corner. The thrower must place one foot on the sideline to execute the throw. All opposing players must stay 3 meters away from the ball

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#### REFEREE THROW

- A referee throw is awarded when the ball touches anything above the court after a simultaneous infringement of the rules after simultaneous possession of the ball

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#### FREE THROW

- For a minor foul or violation, a free-throw is awarded to the opponent at the exact spot it took place. If the foul or violation occurs between the goal area line and the 9-meter line, the throw is taken from the nearest post outside the 9-meter line. The thrower must keep one foot in contact with the floor, then pass or shoot

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#### 7-METER THROW

- A foul destroys a clear chance to score
- The goalie carries the ball back into his or her own goal area
- A court player intentionally plays the ball to his or her own goalie in the goal area and the goalie touches the ball
- A defensive player enters his or her goal area to gain an advantage over an attacking player in possession of the ball

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#### GOAL THROW

- The ball rebounds off the goalkeeper over the end line
- The ball is thrown over the end line by the attacking team

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#### INFRACTIONS:

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#### PROGRESSIVE PUNISHMENTS:

- Pertain to fouls that require more punishment than just a free-throw. "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 progressively

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#### WARNINGS:

- One warning to a player for rule violations and a total of three to a team. Exceeding these limits results in 2-minute suspensions thereafter. Warnings are not required prior to giving out a 2-minute suspension.
  - 2-MINUTE SUSPENSIONS AWARDED FOR . . .
  - Serious or repeated rules violations
  - Unsportsmanlike conduct
  - Illegal substitution.
  - The suspended player's team plays short for 2 minutes

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#### DISQUALIFICATIONS

- A disqualification is the equivalent of three, 2-minute suspensions. A disqualified player must leave court and bench, but the team can replace player after the 2-minute suspension expires.
- An exclusion is given for assault. The excluded player's team continues short one player for the rest of the game