



Intramural Handball Rules

Intramural Coordinator:

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I. Governing Rules

1. All Intramural participants must present a valid Skyhawk ID card in order to participate. **No exceptions.**
2. All regulations regarding forfeits, defaults, protests, and rescheduling are outlined in the program handbook. These rules **must** be followed to the letter.
3. Intramural sports are offered to UT Martin students on a voluntary basis and each student participates at their own risk. Participants are responsible for ensuring that they are physically fit to participate in the selected sport(s), and are encouraged to check with their family physician or Student Health prior to participation.
4. The officiating will be done by referees who are in absolute control of the game. The official shall have the power to make decisions on any matters or questions not specifically covered in the rules.

All Participants are to abide by the intramural eligibility, protest, and rescheduling rules stated in the Program Handbook

II. The Game, Players, Equipment, & Playing Field

1. Starting Play

- A. Prior to the start of a game, the official for the game will conduct a captain's meeting in which they will designate which captain shall call the "coin toss".
- B. The "coin toss" will determine who receives first possession

2. Players

- A. A game will be played by 2 teams of a maximum of 5 players (4 players and 1 goalie). A team may start and continue a match with a minimum of 4 players.
 - i. If due to injury a team's number of player's drops below 4 the game will continue as long as the team has a chance to win
- B. Only dressed players and coaches are allowed near the team box. All spectators must remain in the sitting area.

- C. Each team is allowed 2 designated coaches on the sideline; coaches must be registered on the team roster.

3. Player Equipment-Required

Should there be any question regarding the legality of any equipment, the supervisor on duty will make the final ruling.

A. Jersey

- i. Players of opposing teams must wear jerseys of contrasting color, without pockets, and numbered on either the front or the back (provided if necessary).

B. Pants/Shorts

- i. All participants must wear pants or shorts without any belts, belt loops, pockets, or exposed drawstrings.

C. Shoes

- i. Shoes shall be made of canvas, leather, or synthetic material, which covers the foot attached, to a firm sole of leather, rubber or composition material. Vibrams or any other "toe shoe" will not be allowed.

4. Player Equipment – Illegal

- A. No hats or hard, unyielding head bands will be allowed. One-piece elastic headbands are the only forms of headwear that will be allowed
- B. Jewelry (watches, rings, necklaces, piercings, etc) All piercings must be completely removed or covered.
- C. Hard casts, hard splints, and knee braces made of hard unyielding material (unless hinges are covered on all sides with at least ½ inch of closed cell slow recovery rubber or another material of similar thickness and physical properties and all of its edges are overlapped).

III. Game Time is Forfeit Time

1. Forfeits

- A. If a team knows they will not be able to report to a scheduled game time, they must notify the Office of Campus Recreation by 3:00pm on the scheduled day of the event.
- B. If a team does not report to their designated field for their game at the scheduled time they will be assessed a forfeit.

- C. All forfeits will be assessed a \$20.00 Forfeit Fee that **must** be paid prior to the team's next game. No fee will be assessed if prior notice is given.
- D. Teams will only be allowed 2 forfeits in one season. If more than two forfeits are assessed the team will be dropped from that sport and will still be required to pay the forfeit fee. If payment is not received the team could potentially be dropped from considered participation for future sports.

2. Defaults

- A. If a team reports to their game but is incapable of gathering the necessary number of players to play a legal game, the option of a default will be available. A team must fill out a default form online by 3:00pm on the day of their scheduled game.
- B. No fees will be assessed for defaults. The team will only receive a loss and a B sportsmanship.
- C. After a team has received 2 defaults in one sport future defaults within that sport will be considered forfeits.

3. 10 Minute Rule

- A. If, at game time, a team does not have enough players to start a legal game the opposing team's captain will have the option of waiting an additional 10 minutes for the other team to obtain enough players to play a legal game.
- B. If the 10 Minute Rule goes into effect the game clock will start at the scheduled game time and play will commence once enough players from the offending team have arrived.
- C. If a team exercises their option to grant a 10-minute grace period for a late team, then 1 point per minute will be awarded to the team who granted grace.

4. Rescheduling

- A. If a team knows they will not be able to make it to their scheduled game but would like to reschedule the game they must contact the opposing team's captain and both captains must communicate with the Coordinator of Intramurals to find a time to reschedule.
- B. A game can only be rescheduled once. If a team attempts to reschedule a game that has already been rescheduled, if they are unable to play the game they will be assessed a forfeit.

IV. Periods, Time Factors, & Substitutions

1. Game Length

- A. A game will consist of two (2) fifteen-minute running halves. A five (5) minute break will be allowed between halves. The clock will stop only during timeouts, injuries, or unusual delays. The clock will be stopped on all whistles during the

last two (2) minutes of each half_(Exception: if either team is ahead by ten (10) goals or more, the clock will not stop).

B. The game officials will have complete discretion over any timing issues.

C. 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 be allowed one (1) one-minute time per half. The clock will stop during all time-outs.

B. Each team will be allowed one (1) time-out in the overtime period.

C. Unused time-outs will not carry over from each half, nor overtime.

3. Substitutions

A. Substitutions may occur only during a dead ball and must be immediate.

4. Overtime

A. If a game ends in a tie, a five-minute overtime period will be played. If no victor is decided then a shootout will played.

B. Shootout procedures are as follows:

- i.** The referees will meet with the team captains to determine who receives the first try and which goal to use. The team winning the toss will have the choice of trying first or declining. The captain losing the toss will make the choice of the goal or accept the decline and chose the kicking order.
- ii.** Each team captain will select 3 members from their team to participate. All Shoot-Out participants must have been on the field when game time expired.
- iii.** The team that will attempt the try first will attempt to score from the penalty mark while the opposing team's goalie defends the goal. The second team will then attempt their try with the opposing goalie defending.
- iv.** All team members, except the member attempting the try and the opposing goalie, must remain at midfield during the shoot-out. The thrower's goalie may remain on the goal line away from the goal at a spot designated by the official.
- v.** The thrower has 5 seconds to attempt the try after the referee has signaled the ball set.
- vi.** The teams will alternate tries until all 3 members of both teams have attempted their try, **OR** until one team is up by more goals than can be scored by the other team.
- vii.** The team with the most successful tries will be declared the winner of the match.

- viii. If after the shoot-out the score is still tied, a new shoot-out with three new players for each team will begin.

V. Game Play

1. Passive play

- A. It is illegal to keep the ball in a team's possession without making a recognizable attempt to attack and to try to score. In other words, a team cannot stall (free throw awarded to other team).

2. Throw-Off

- A. 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 outside of the center court circle. Following a whistle, the ball is passed from center court to a teammate and play begins. Throw-off is repeated after every goal and after halftime.

3. Scoring

- A. 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)

4. Playing the Ball

- A. A Player is allowed to...
 - i. Run with the ball for 3 steps
 - ii. Hold the ball for 3 seconds
 - iii. Unlimited dribble with 3 steps allowed before and after dribbling (no double dribble)
- B. A player is NOT allowed to...
 - i. endanger an opponent with the ball
 - ii. pull, hit, or punch the ball out of the hands of an opponent
 - iii. contact the ball below the knee (except for goalie)
 - iv. to dive on the floor for a rolling or stationary ball

5. The Goal Area

- A. Only the goal keeper is allowed in the goal area
- B. The shooting player may fly into the goal area to shoot the ball, but may not touch the shooting line before the ball is released. Once the shooter comes down in the goal area they must make an immediate attempt to exit the area.
- C. If the offensive player enters the area, the goalie takes possession of the ball and throws the ball back into play
- D. If a defensive player enters the goal area a penalty shot is awarded to the offensive team.
- E. If a player intentionally plays the ball into his/her owl goal area, the following could occur:
 - i. Goal if the ball goes in the goal

- ii. A penalty shot by the opposing team if the goalie touches the ball
- iii. If the ball comes to rest in the goal area, a penalty shot will be taken by the opponents
- iv. Play continues if the ball passes through the goal area without touching the goalie.

6. Throw-in

- A.** 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 last touch.
 - i. Defending players must remain 5 feet away
 - ii. If the goalie was last to touch while making a save, the goalie will remain in possession of the ball
 - iii. Both feet must be touching the ground during a throw in

7. Shooting

- A.** 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.
- B.** 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.
- C.** If a rebound is gained by the offensive team, and is scored while an offensive player is within the goal crease, the goal is removed.

8. Defending

- A.** If there are any defenders in the goal area at any time, the offensive team will receive a penalty shot.
- B.** All fouls will result in a restart (free-throw) granted at the site of the infraction.
- C.** 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 free-throw from the spot of the foul.
- D.** There is **NO DIVING, SLIDING, HOLDING, HITTING, ROUGHING, HITTING THE BALL OUT OF THE HANDS DURING A SHOT, OR FIGHTING** during Intramural Team Handball. This is a non-contact sport. Anyone violating these rules repeatedly will be removed from the game by the Intramural Supervisor and will be subject to further sanctions by the Intramural Coordinator.
- E. Free-Throws:** For a minor foul or violation outside of the goal arc, a free-throw is awarded to the opponent at the exact spot it took place.
- F. Penalty-Throw** is awarded when...
 - i. A foul destroys a clear chance to score
 - ii. Any foul is called in the goal area
 - iii. The goalie carries the ball back into his/her owl goal area
 - iv. A defensive player enters his or her goal area to gain an advantage over an attacking player in possession of the ball

- G.** All players must be outside the goal arc when the penalty-throw is taken. The player taking the throw has 3 seconds to shoot after the referee's whistle. Any player may take the penalty-throw
- H. Goal-Throw:** A goal-throw is awarded when...
- i. The ball rebounds off the goalkeeper over the endline
 - ii. The ball is thrown over the end line by the attacking team

The goalie takes the throw inside the goal area and is not restricted by the 3-step/3-second rule.

9. Goalie Regulations

- A.** 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 4 players

10. Progressive Punishment:

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

- A. Warnings (yellow card):** the referee gives only one warning to a player for rule violations and a total of 3 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 are awarded for...
- i. Serious or repeated rules violations
 - ii. Unsportsmanlike Conduct
 - iii. Illegal substitution.

The suspended player's team plays shorthanded for 2 minutes

- B. Disqualification (red card):** A disqualification is the equivalent of three, 2 minute suspensions. A disqualified player must leave the court and the bench, and the team must play shorthanded for the remainder of the game.