

The College at BROCKPORT ~ Recreational Services  
Intramural Sports

## **Team Handball Rules**

### **Field, Court Equipment:**

- All games will be played in the back gyms on Tuttle North
- All players must present their College at BROCKPORT ID prior to the beginning of the event.
- All players must sign a consent form in order to play.
- Intramural sports will provide jerseys and a handball
- No jewelry will be allowed during the game; if the jewelry cannot be removed then the participant cannot play. If jewelry can not be removed due to religious or medical purposes it must be taped to your body otherwise you will not be allowed to play.
- Athletic clothing must be worn in order to participate

### **Playing Time and Scoring:**

- Each game will consist of two 15 minute halves, with a 2 minute halftime break. The clock does not stop until the last two minutes of the second half unless one team is leading by a margin of 10 goals.
- Each team is allowed a 1 minute time out each half.
- Scoring will be done by throwing the ball past the goalkeeper and into a goal.

### **Players:**

- Each team shall consist of 6 players. A team may start and continue a game with 5 players. COREC games may be played with 3 males/females or 3 females/2 males.
- Substitutions can be done at any time.

## **Game Rules:**

- Game starts off with a throw-off; a player stands with one foot on the center line and throws the balls to a teammate behind the line signaling that each team may move into opponent's side of the court. After every goal and the beginning of the starting half a throw-off is made.
- Players can use any part of their body except their lower legs and feet to stop, hit, catch, or throw the ball. Also players can not touch the ball twice unless they are dribbling, fumbling, or passing it from one hand to the other. **In other words you can not pass it to yourself.**
- A player can take only three steps after catching the ball, if a player dribbles, they may only take another three steps.
- Only the goalkeeper can enter the goal area no one else.
- A free throw is awarded for playing the ball illegally. Free throws are the right to play the ball without interference, although the person with the free throw may try to shoot for a goal instead of a pass. A player takes the free throw on the spot of the foul, unless it occurred inside the free-throw line. If it occurred inside the free throw line, the player move back to the free throw line, allowing defenders to stand back the required three meters and still stand outside the goal area.
- A penalty throw is awarded for illegal interference by a defender that prevents a shot at goal, or a defender touching the ball while in the goal crease. The offensive player takes the penalty throw from the penalty line seven metres in front of the goal.
- The goal keeper, the only person allowed to defend against the throw is the only one allowed to advance as far as the goal keeper's restraining line, while maintaining the 3-meter distance.
- The players are allowed to obstruct other players with their bodies whether or not they have the ball. Yet, players may not steal or strike the ball from other players, obstruct them with their arms or legs, or treat them roughly.
- If a ball goes out of bounds (behind the curtain) the team that did not touch it last is allowed a throw-in from the spot.
- If the defender touches it last, the attacking team gets a corner throw.

- If play stops for a reason where neither side is to blame, or the ball hits the ceiling, a referee throws to restart play. The ref will throw the ball into the air, and a player from each team will jump for it.

### **Additional Rules:**

- Goal Keepers within the goal area are not limited in how many times they may touch the ball or how many steps they can take with the ball.
- Goal Keepers can defend the goal with any part of their bodies including their feet.
- Players may not put the ball out of play deliberately.
- Players will be warned for fouls or misconduct (yellow card), suspended for two minutes, or, for serious or continual offenses, disqualified from a match (red card).
- If you receive two yellow cards or one red card you will be ejected from the game and you must leave the game area (Gym).
- Anyone receiving a yellow card will be suspended from the game for two minutes. Anyone receiving a red card will be automatically ejected.
- Any team a card is given the opposing team will receive a free throw from the spot of occurrence.
- Participant returns when goal is scored by opposing team, if shorthanded team scores player still continues penalty until time is over.
- Anyone who is ejected must schedule a meeting with coordinator of intramurals before next game.