

**STUDENT RECREATION & WELLNESS CENTER  
WASHBURN UNIVERSITY**

**INTRAMURAL TEAM HANDBALL RULES**

1. **ALL PARTICIPANTS MUST BRING THEIR CURRENT WASHBURN PICTURE ID TO ENTER THE SRWC.** ID checks may be made to verify eligibility of players. Players without proper ID will not be allowed to participate. Washburn Intramural guidelines concerning eligibility are in effect.
2. International Handball Federation (IHF) Rules will govern play except where intramural modifications are stipulated.
3. All teams must have a minimum of four (4) players registered to their team on IMleagues to take part in the league. Any team failing to have the minimum amount of registered players by the registration deadline will not be approved to join the league. Players may be added to the roster at any time via IMLeagues, before the end of the regular season. Roster addition instructions are available at the SRWC or online at [www.washburn.edu/getfit](http://www.washburn.edu/getfit).
4. Each team will consist of six (6) players. Teams must begin and end the game with a minimum of four (4) players. Game time is forfeit time. Teams failing to be represented by at least four (4) eligible players at game time shall forfeit the game. The intramural supervisor shall have the official time piece.
5. Jerseys with numbers on either the front or back must be worn by each player. Jerseys may be checked out at each scorer's table (a T-shirt with sleeves must be worn under these jerseys). Teams may provide their own T-shirts or jerseys; however, they must be of similar color and must have **clearly visible** numbers on either front or back.
6. A game will consist of two (2) twenty-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 the second half only. (EXCEPTION: if either team is ahead by ten (10) goals or more, the clock will not stop). The game officials will have complete discretion over any timing issues. 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.
7. Each team will be allowed one (1) thirty-second time-outs per half. The clock will stop during all time-outs. Each team will be allowed one (1) time-out in the overtime period. Unused time-outs will not carry over to the overtime period.
8. If a game ends in a tie, in the regular season it will remain a tie. In playoffs, a five-minute sudden death overtime period will be used. If no victor is decided then a sudden death shootout will be played. During the sudden death shootout, any player on the field at the conclusion of the overtime may be used. Penalty throws are used for the shootout.
9. Coin toss: Winning team will have choice of possession or which goal to defend. Losing team will have choice of remaining option. Coin toss will be repeated at start of overtime.

10. The playing area is shown below:

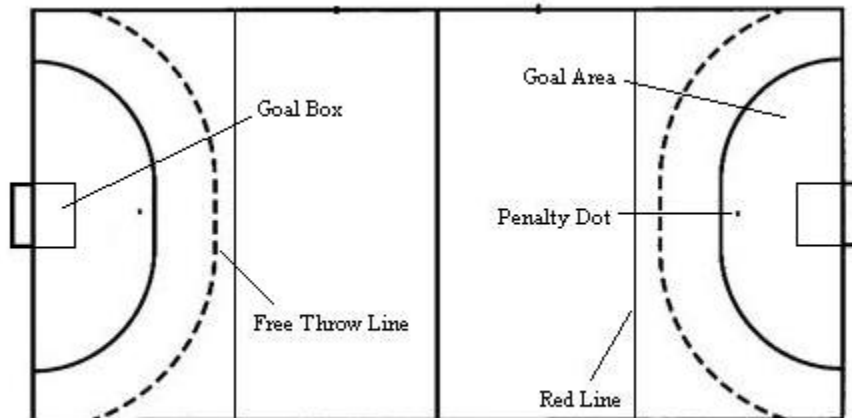


Diagram is not to scale

### 11. Throw-Off

- a) Offense begins play at the start of each half and after every goal with a throw off
- b) At time of throw off, each team must be lined up on their own side of center court
- c) Throw offs take place on the sideline at the centerline.

### 12. Basic Playing Rules

- a) 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.
- b) Playing the ball: (Unless otherwise noted, any violations of the situations below result in a turnover, which leads to a free throw for the opponents)
  - i) Players may:
    - (1) Use the body to obstruct/pick an opponent either with or without the ball (similar to basketball). They must vacate the space immediately after the pick.
    - (2) Use unlimited dribbles when in possession of the ball. However, a double dribble is not allowed and the hand may only contact the top of the ball.
    - (3) Take up to 3 steps when in possession of the ball prior to or following dribbling it. While holding it, they can establish a pivot foot like in basketball, but each step taken with the non-pivot foot counts as one of their 3 allowed.
    - (4) (Offensive) Be in the air over the goal area circle, when passing or shooting, as long as their take-off was from outside of the goal area line and they release the ball before touching the ground inside the area.
  - ii) Players may not:
    - (1) Endanger an opponent with the ball
    - (2) Pull, punch, or otherwise attempt to dislodge the ball from an opponent's possession (blocking shots is allowed, trying to strip the ball is not)
    - (3) Touch the ball with the legs below the knee.
    - (4) Dive to play the ball when it is in contact with the floor.
    - (5) Pass the ball in the air with the intention of catching it themselves while advancing down the court.
    - (6) Pass the ball to their own goalie while the goalie is in the goal area (when done intentionally, if goalie touches the ball, opponent is awarded penalty shot).
    - (7) Be in possession of the ball (holding or dribbling) for more than 3 seconds

(8) Intentionally stall. Teams will be warned and then penalized for not attempting to score.

13. Defending the opponent (in addition to those rules previously mentioned)

- a) When guarding a player shooting on goal:
  - i) The defender breaks the vertical plane between themselves and the shooter (from in front or behind them), while initiating contact (grab, push, slap, etc.) with any part of the shooter's body, a penalty throw is awarded.
  - ii) The defender did not break the vertical plane between themselves and the shooter (from in front or behind) with any part of the body, but they did cause noticeable contact with shooter by moving arms/body laterally (to either side), a free throw is awarded.

14. Throw-In

- a) A throw-in is taken at the point where the ball goes out of bounds on the sideline.
- b) The defense must be 3 feet away when the ball is passed in bounds.
- c) The player taking the throw-in must have one foot on the sideline and one behind.
- d) When a defensive player (excluding the goalie) is the last to touch the ball as it goes out of bounds over the goal line, the offensive team takes the throw-in on the sideline nearest the corner where the ball went out of bounds. If the goalie is the last player to touch the ball before it goes out of bounds beyond the goal line, it is the goalie's ball!!!

15. Referee's throw

- a) A referee's throw is taken when:
  - i) the ball touches anything above the court (i.e. equipment on the ceiling),
  - ii) the ball is held simultaneously by opponents,
  - iii) a simultaneous infringement of the rules by both teams, or when the game has been interrupted with no infringement of the rules and neither team is in possession of the ball.
- b) The execution is similar to a basketball "jump ball" and will occur at mid-court

16. Goal area

- a) A ball inside the goal area belongs to the goalie. However, the ball is not considered to be in the goal area if it is in the air. An opponent could jump or reach, and bat or collect the ball.
- b) When a court player enters the goal area
  - i) No advantage gained – no penalty
  - ii) Directly proceeding an offensive pass or shot – no penalty
  - iii) In an attempt to gain a defensive advantage and destroys a scoring chance – penalty shot
  - iv) In an attempt to gain a defensive advantage and is contacted by the ball – penalty shot
  - v) In an attempt to gain a defensive advantage but does not destroy a scoring chance – free throw
  - vi) In an attempt to gain an offensive advantage – turnover, goalkeeper throw
  - vii) In possession of the ball – turnover, goalkeeper throw

17. The Goalkeeper

- a) Must be identified by different jersey color than teammates and opponents
- b) Violating restrictions below will result in a free throw for the opposing team:
  - i) When inside the goal area, the goalies may play the ball with any body part.
  - ii) After obtaining possession, the ball must be thrown back into play.
  - iii) Leaving the goal area while in possession of the ball
  - iv) Entering the goal area while in possession of the ball
- c) The goalie can only be changed after a goal, injury, or when starting a new period.

**For complete information on general intramural information and sportsmanship policies visit  
[www.washburn.edu/getfit](http://www.washburn.edu/getfit)**

## 18. Goals

- a) Goals are worth one point and may be scored from all formal throws (i.e. Penalty throw, free throw, throw-in, throw-off from center of court, and goal throw by goalie).
- b) To be considered a goal, the ball must pass entirely over the goal line.
- c) Ball must be released before time expires.

## 19. Penalty throws

- a) A penalty throw is given when an offensive player is fouled flagrantly and/or an offensive scoring chance was destroyed due to a defensive violation.
- b) When taking a penalty throw, the thrower must keep both feet in contact with the ground until the ball has left the thrower's hand.
- c) Throwers must throw within three seconds after the referee's whistle.
- d) All other players must be behind the red line until the ball has left the throwers hand.
- e) When defending a penalty throw, the goalie may take any position within the goal box.
- f) The ball is "live" after the shot is taken and play continues unless a goal is scored.

## 20. Free Throws

- a) A free throw is given for all other fouls and infringements of the rules, similar to a violation in basketball. After the referee has blown the whistle to restart play (when necessary), the free throw is taken from the place the violation occurred.
- b) The defense must remain 3 feet away.
- c) The thrower must have one foot continuously in contact with the court and must make a throw or pass within 3 seconds.

## 21. Fouls, Violations, and Penalties

- a) In addition to those fouls and violations listed above:
  - i) Offensive fouls (charging) are called like basketball. If defender had established a legal guarding position in the shooter's path, the shooter is required to stop or change direction. If contact occurs on the defender's front torso, it's a charge, and a free throw is awarded to opponent.
- b) Personal penalties
  - i) Violations or fouls which carry the penalty of a penalty throw will have the following procedure:
    - (1) The offending (box) player will go to the penalty box for one minute of game time.
    - (2) Any player on court for the offended team may take the penalty throw.
    - (3) If the penalty throw is made, the foul is recorded and the box player is released.
    - (4) If the penalty shot is missed, the box player shall serve the remainder of the penalty or be released when the opposing team scores.
    - (5) Teams with a player in the box will play down a player until the box player is released.
    - (6) Teams which accumulate more than one box player at a time will play no more than one player down at any time.
    - (7) Players may accumulate two penalty shot fouls prior to disqualification
- c) Fouls occurring inside the free throw line will result in the free throw being moved out to a corresponding spot, outside the free throw line.

22. Substitutions may be made at any dead ball. Substitutes must check in at the scorer's table prior to the dead ball and have 5 seconds to complete their substitutions. Failure to substitute in the 5 second window will result in the offending team playing a player down for 30 seconds.

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