

Bellarmino University Intramural Sports

TEAM HANDBALL RULES HANDOUT

ELIGIBILITY RULES:

1. Bellarmine University Intramural Sports program participation is voluntary and individuals use facilities at their own risk. Participation in any physical activity involves inherent risk and even when safety precautions are utilized, injuries and accidents can occur. The Sport, Recreation, and Fitness (SuRF) Department would like to encourage each individual to consult their physician and obtain adequate personal health/accident insurance prior to participation in our programs.
2. You must have a Bellarmine University ID to participate. NO ID, NO PLAY...NO EXCEPTIONS!
3. No Person shall play on more than one team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
4. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly SuRF for a period of time determined by the Intramural Director.

THE GAME

1. There will be a "5 Minute Grace Period". At game time the clock will start and the team who is present will receive 1 goal every minute. At the end of 5 minutes if the opposing team has not shown up the game will be declared a forfeit. The team that is present will win the game 6 – 0 (1 goal at the start of the clock and 1 goal each minute). If a team shows up during the grace period the contest will begin with the score that accumulated during that 5 minute period (the team shows up 3 minutes late and will be down 4 – 0 with 12 minutes to go in the first half).
2. The game shall be played between five players each (including the goalie). Four players are required to avoid a forfeit.
3. Teams must wear opposite color jerseys. The goalie will wear a different color jersey.

REGULATIONS AND TIME

1. Coin Toss: The winning team selects offense, defense, or direction. There will be an alternate possession in the case of tie ups. Teams switch sides at half time.
2. Playing time shall be two 15-minute halves. The intermission between halves shall be 2 minutes. The clock will run continuously.

3. Substitutions are made on the fly. Teammates must “tag” in to avoid advantage.
4. Players must dribble or pass to advance the ball up the court. Not dribbling will be a walking violation. No more than 3 steps may be taken by any individual with the ball other than the goalie.
5. A player may not be in possession of the ball for more than 5 seconds at a time.
6. A player may not pass to himself or herself.
7. The only player allowed to contact the ball below the waste is the goalie and they can only do that when making kick saves.
8. A player may not use his or her body to obstruct opponents. Pushing, holding, and hitting are not permitted. This is a foul and will result in a turnover and throw-in by the opponent. Excessive roughness may lead to a 2 minute penalty or ejection.
9. Throw-ins will be awarded for all non-shooting fouls and out of bound situations. Throw-ins are taken from the spot of the foul or out of bounds. The defender must be 5 feet from the thrower and the thrower has 5 seconds to get the ball in play.
10. Field players may not enter the goalie arc (3 point line) unless their momentum carries them into the area. If this happens they must leave immediately after their momentum stops without playing the goalie.
11. Field players can jump and shoot from completely outside the goalie arc. If jumping into the goalie arc, the ball must be released before touching the ground and the offensive player must leave the goalie arc immediately after the shot is released and play resumes.
12. THE GOALIE:
 - a. Is not allowed to leave the goalie arc with the ball.
 - b. Is not allowed to touch the ball outside of the goalie arc if he/she is located within the arc.
 - c. May not receive a pass from a player on their team inside the goalie arc.
 - d. Does not have to dribble within the arc. However, if they are outside the arc they must dribble the ball.

Overtime:

- The first OT is a 3 minute period. A coin toss will determine possession. Teams will defend the same goal and there are no timeouts.
- The second OT will consist of 5 players shooting alternating penalty shots. All shots are taken at the same goal and a coin toss determines shooting order and which goal is used.

FOULS

1. Regular fouls result in a penalty shot if shooting. If not shooting it will be a throw-in.

2. Technical fouls result from excessively rough play or unsportsmanlike conduct. A single conduct technical will result in a 2 minute power play for the offended team. The power play does not end if a goal is scored.
3. No jewelry may be worn.
4. Flagrant fouls refer to an intent to injure another player in an excessive manner. This will result in an ejection and a 5 minute power play.

Mercy Rule: If at any time at or after the 5 minute mark in the second half has a team winning by 5 goals or more the contest will end.

7/2012