

## Department of Recreational Sports | Intramural Sports 2023-24

### 6v6 Handball Information Sheet

#### Rules of the Game

1. Number of Players
  - a. **Games are played between teams of 6.**
  - b. In CoRec games, the following gender restriction apply:
    - i. 6 players → gender max 3
    - ii. 5 players → gender max 3
    - iii. 4 players → gender max 3
  - c. If a team falls below the required number of players due to injuries or ejections, play may continue until the game is no longer competitive.
  - d. Teams must have **at least 4 players** present in order to begin a game.
    - i. Players are allowed to play without a goalkeeper
  - e. If a team does not have the required minimum number of players checked in at the scheduled game time, a 10-minute grace period is given.
    - i. If a team (or teams) doesn't have the required number of players by the end of the 10-minute grace period, the game is recorded as a forfeit.
    - ii. If one team is present at the start of the grace period (scheduled game time), that team has the option to start up by the mercy rule (5 goals) when their opponent arrives during the grace period. However, the present team may also elect to decline the penalty and start the game with a score of 0-0.
2. Periods/Time
  - a. The game consists of **two 20-minute halves** with a running clock.
    - i. Clock is only stopped for major injuries and time outs
    - ii. Overtime periods will not be used during the regular season but will be used during playoffs.
  - b. Time will be stopped on any dead ball or restart: goal, out of bounds, penalty, during the last 30 seconds of both halves.
  - c. Each team is entitled to one 30-second time-out per half. Time-outs do not carry over between halves or overtime.
3. The Ball
  - a. A ball will be provided, teams may not use their own.
4. Substitutions
  - a. Players may substitute freely so long as the players enter and exit at the same spot at the same time. Substitutes must be in uniform and ready for play prior to the substitution.
  - b. Following a goal, the restart may be delayed to allow for substitutions.
  - c. In CoRec, gender rules must be maintained following a substitution.
  - d. Goalkeepers may be substituted for outfield players in the event a team wishes to gain an extra attacker.
    - i. If the substituted player is not designated as a goalie (different color jersey), they may NOT defend from within the goal area
5. The Goal Area
  - a. Area within the 25 ft arc (basketball 3 pt line)
  - b. Outfield players may not enter the goal area unless
    - i. The player played the ball from outside the area and their momentum carried them into the goal area
    - ii. The player enters the area accidentally and no competitive advantage is gained
6. Playing the ball
  - a. Playing the ball constitutes catching, passing, or shooting the ball
  - b. Players may...
    - i. Throw, catch, or contact the ball with any part of the body above the knee
    - ii. Hold the ball for up to 3 seconds
    - iii. Take up to 3 steps with the ball
  - c. Players may not

- i. Be the first to touch the ball after they have played it unless the ball has touched the ground or another player (Double Touch)
- ii. Intentionally contact the ball below the knee
- iii. Dive on the ground to chase a loose ball
- iv. Exit the court while in possession of the ball
- v. Play the ball to their own goalkeeper while the goalkeeper is within the goal area
- vi. Engage in "Passive Play"
  - 1. Time-wasting - it is clear that no attempt to attack is being made

## 7. Scoring

- a. A goal is scored if the ball completely passes over the goal line
- b. A ball must completely cross the goal line prior to the end of a period in order for a goal to be counted

## 8. Defending

- a. It is illegal to
  - i. Forcibly remove the ball from a player's possession
  - ii. Use arms, hands, or legs to prevent an opponent from moving

## 9. The Goalkeeper

- a. The Goalkeeper may
  - i. Use any part of his body to contact the ball
  - ii. Move with the ball within the goal area
    - 1. Not restricted by outfield player movement rules
  - iii. Leave the goal area without the ball
    - 1. Goalkeeper will then be treated as an outfield player
    - 2. Goalie may remain outside the goal area for remainder of match if they wish
  - iv. Receive the ball outside the goal area - will then be treated as outfield player
- b. The Goalkeeper may **NOT**
  - i. Hold the ball for more than 3 seconds
  - ii. Receive the ball from a teammate while in the goal area. This includes all restarts.
  - iii. Leave the goal area with the ball in their possession
  - iv. Touch the ball from within the goal area when the ball is outside the goal area
  - v. Enter the Restricted area before the ball enters the goal area (area within free throw lane from goal line to inner gray line on pickleball courts)

## 10. Restarts

- a. Throw-off
  - i. Begins each half (team that starts with ball is decided with coin toss prior to start of game)
  - ii. Restart following a goal
  - iii. Player is given ball at the middle of half court, teams must stay on their respective sides of the court until whistle is blown to signal start of play
  - iv. Initial thrower must remain stationary until the ball has been played to another player
- b. Throw-In
  - i. Occurs when the ball has exited the court along a sideline
    - 1. Ball must completely cross out of bounds or player in possession steps on or over outer boundary lines
  - ii. Throw-In is awarded to opposite team of whichever team last touched the ball
    - 1. Player taking the throw in must stand at the point that the ball left the court and remain stationary in that position until the ball has been played to a teammate
    - 2. Opponents must be at least 5 feet from the player taking the throw-in
- c. Goalkeeper Throw
  - i. Occurs when
    - 1. Ball exits play along an endline (even if last off the goalkeeper)
    - 2. Ball hits overhanging basketball fixtures
  - ii. Goalkeeper retrieves the ball and plays it to a teammate within 3 seconds of re-entering the goal area
- d. Free Throw
  - i. Occurs when a foul is committed by a member of either team
  - ii. Any player on team that was fouled takes the ball to the spot of the foul and may play it

1. Player must remain stationary in spot of the restart
  2. Players may shoot from a free throw
- e. Penalty Shot
- i. Occurs when a foul is committed that directly prevents a player from scoring
  - ii. Any player on the team that was fouled is given the ball at the top of the goal area
  - iii. All other players must stand outside of goal area

#### 11. Yellow and Red Cards

- a. Any foul that is deemed unnecessarily aggressive or in the event a player is committing fouls repeatedly, a yellow card may be issued
- b. Any player that acts in a way to deliberately delay a restart or pace of play in an act to waste time may be given a yellow card
- c. In the event a player makes violent contact or acts in an extreme unsporting manner, a red card may be given, ejecting that player from the game
- d. A player who receives a second yellow card, will receive a subsequent red card resulting in the player being ejected
- e. Ejected players may not reenter the game, and their team must play at a reduced team size (reduced by 1 player for every player that has been ejected)

#### 12. Mercy Rule

- a. If a team is ahead by 5 or more goals with two minutes remaining in the 2nd half, the game is over.
- b. If a team scores during the last 2 minutes of the 2nd half and that score creates a 5 goal difference the game is over.

#### 13. Overtime Rules

- a. In the playoffs, if a game ends in a tie an overtime period will be played.
- b. Possession to start overtime will be determined by a coin toss.
- c. Each team will be allowed 1 time-out for the overtime period
- d. Overtime will consist of an additional 3 minute period with a running clock
  - i. Clock will stop in the last 30 seconds just as in the first and second halves.
- e. If still tied after 3 minute period, game will continue until the next goal is scored (golden goal)
  - i. Clock will stop running, however play will continue without stopping