

NEW MEXICO STATE UNIVERSITY

Recreational Sports

Team Handball Rules

*Note- The Rec-Sports Assistant Director may make changes to any rules he deems necessary.

PLAYER ELIGIBILITY

1. Participation is limited to full-time enrolled NMSU students on main campus, Aggie Fit members, faculty members, and full-time staff. NMSU branch students, NMSU alumni, and members of the community are **NOT ELIGIBLE** without the purchase of an Aggie Fit pass. All areas of eligibility are covered in the Rec-Sports Intramural Policies and Procedures.
2. In order to participate in an Intramural contest each player must present their validated NMSU ID.
3. Participants must be able to access the Rec-Sports facilities. A valid NMSU ID is required to enter the facility.

The Game

1. Handball combines the elements of soccer and basketball; six players move
2. the ball down floor that is larger than a basketball court and try to score by throwing the ball past a goalkeeper into the net. A successful scoring attempt results in the award of a single point.
3. A regulation game is played in 20 min. halves with one timeout per team per
4. half. The game is started with a jump ball just like basketball.
3. The clock will stop on all penalty shots in the last two minutes of the second half. Other than this the clock will only stop for time-outs, other major Interruptions and injuries as determined by the officials.
5. A three-minute halftime will separate the first and second halves.
6. No overtime for regular season games.

Players

1. Seven (7) players on each team will be on the court at the same time (6 players and a goalkeeper). A game may be started with a minimum of 5 players.

2. Substitutions will be made on the fly as in hockey and indoor soccer. The player on the court must leave the court before the substitute can enter the court.
3. Penalty for violation: Free throw from the spot nearest the violation.

Equipment

1. All team members must wear similar colored shirts. The Intramural Office will provide colored jerseys per team.
2. Participants must remove all jewelry prior to competing.
3. No hats or bandanas will be allowed. One-piece elastic headbands are the only forms of headwear that will be allowed.
4. Athletic shoes and athletic attire are required for participation. Unacceptable attire includes jeans, jean shorts, khaki pants/shorts, button down shirts, hiking boots, and street shoes.
5. Any athletic brace with exposed metal must be covered and/or taped. The Intramural

Overtime

1. If the game is still tied at the end of regulation, penalty shots will occur. Each team nominates 5 players currently on the floor. These players make one throw each, alternating with the players of other team. Goal keepers may be freely chosen and substituted among the players eligible to participate. Shots will be take place from 7 meter line.

Mercy Rule

1. If a team is up by 20 points at any time after the completion of the first half the game will be over.
2. If a team is up by 10 points at the 2 minute mark of the second half the game will be over.

The Goal Area

1. Only the goalkeeper is allowed in the goal area, (Goal area includes the goal area line, the solid arc.)
2. **The shooting player may fly into the goal area to shoot the ball, but may not touch the shooting line or land in the goal area before the ball is released. Once the shooter jumps they have to commit to the shot. No pass-outs. Once the shooter comes down in the goal area they must make an immediate attempt to exit the area, (all action completed without disturbing the goalkeeper).**
3. Penalty for an offensive player entering the goal area illegally: Goalie Throw

4. Penalty for a defensive player entering the goal area and gaining an advantage: Penalty shot
5. Only the goalie may touch the ball when it is in goal area.
6. If a player intentionally plays the ball into his/her own goal area, the following could occur: Goal if the ball goes in the goal, A penalty shot by the opponent if the goalie touches the ball, If the ball comes to a rest in the goal area, a penalty shot by the opponent is awarded, Play continues if the ball traverses through the goal area (without touching the goalie)

Playing the ball

1. Players are allowed to:
 - a. Dribble the ball for an unlimited amount of time.
 - b. Run with the ball for up to three steps before and after dribbles.
 - c. Hold the ball without moving for only three seconds.
2. Players are not allowed to:
 - a. Endanger an opponent with the ball
 - b. Pull, hit, or punch the ball out of the hands of an opponent (similar to flag football).
 - c. Contact the ball below the knees
 - d. Block a throw or shot from behind.(Penalty Shot and yellow card)

On the Court

1. Three steps are called like in basketball (Jump stops count as one complete step)
2. The three second count starts as soon as the player gains control of the ball. Fumbling of the ball does not count as possession/control.
3. If a team is noticeably stalling (not attempting to score or shoot) they will have 10 seconds to attempt a shot on goal. If they do not attempt a shot on a goal a penalty shot will be awarded to the opposing team.
4. If both opponents gain possession of the ball simultaneously, there will be a jump ball at the spot where the simultaneous possession occurs between the two opponents.
5. Any ball that goes out of bounds above the indoor soccer walls will be considered out and throw-in from the nearest spot
6. If inside the 9 meter dotted line, ball will be placed outside the line and nearest spot.
7. Any ball that hits the ceiling will be considered out and throw-in from the nearest spot.
8. 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 a goalie throw.

Goalkeepers

1. Keepers can touch the ball with any part of the body while in the act of defense inside the goal area
2. Keepers may exit the goal area without possession of the ball, but then the goalkeeper becomes subject to the rules applying to players in the playing area.
3. When the goalie wants to re-enter the goal area they may not be in possession of the ball.
4. Goalies are not allowed to reach outside the goal area to gain possession of the ball.
5. When goalies come out of the goal area they may never go past ½ court (no power play)
6. Keepers have five seconds to release the ball: Penalty Shot awarded to the opposing team.
7. Keepers administer all throw-ins after all made goals.
8. The goalie can only be changed after an injury or the beginning of a new half.

Fouls

- Knocking the ball out of a players hand
- Pushing, hitting, tripping, holding
- Blocking/Charging

Violations

- Taking more than three steps
- Holding the ball for more than three seconds
- Double Dribbles
- Illegal Substitutions
- Stalling

Penalties

1. Throw-ins are awarded for all fouls (except shooting fouls and fouls from behind) and violations at the spot of the foul or violation.
 - a. A goal may not be scored directly from a throw in.
 - b. If the ball goes in the goal directly from a throw in, no point is awarded and the goalie is awarded a throw in.
 - c. Throw-ins are tap and throw after officials whistle. Must be made within 3 seconds.

- d. If a foul or violation occurs between the goal area and the 9 meter line the throw in will occur outside the 9 meter line nearest the spot of the minor foul or violation.
- e. All offensive players must be outside the 9 meter line during the throw in.
- f. All defensive players must be at least 3 meters away from the ball during the throw in.

· Penalty shot is awarded when:

- A foul destroys a clear chance to score
 - The goalie carries the ball back into the goalie area
 - A court player intentionally plays the ball to his or her own goalie in the goal area and the goalie touches the ball.
 - Anytime a pass or shot is blocked from behind.
 - Any player on the team may take the penalty shot for a team. While taking a penalty shot the player has to stand at the penalty spot and the pivot foot may not break contact with the penalty shot line. No part of the thrower's body can touch the floor across the dot until the ball is released.
1. Shooting player has three (3) seconds after official whistles to shoot.
 2. All players must be outside the 9 meter line when the penalty shot is taken. The ball is "live" after shot is taken.

Co-Rec Competition

1. A team consists of seven (7) players. 4:3 ratio. (At no one time may an advantage of more than one person per gender be used).
2. A team may start and compete with a minimum of five (5), 2:3 or 3:2 ratio of players
3. Substitutions must maintain the allowable M:F ratio of players on the court.
4. Women goals count as two (2).

Sportsmanship

1. Any unsportsmanlike conduct (verbal abuse to officials or players, unnecessary roughness, etc.) will result in a penalty being assessed and possible ejection from the contest and/or forfeiture. Yellow cards are for less severe infractions. Red cards are an automatic ejection from the game. Two yellow cards on one player also result in ejection. Three Cards or two ejections (red cards) on one team result in forfeit.
2. Any individual ejected from a contest will be ineligible for further participation in any intramural activity until they set up a meeting with the Rec-Sports

Assistant Director. Any player who is ejected must leave the playing area immediately.

Yellow and Red Cards

1. Excessive fouls may result in a yellow card for the offending player(s).
2. Any yellow card will also accompany an automatic 2 minute suspension for the offending player. The team cannot substitute for the suspended player. Any ejection results in the remainder of the game being played shorthanded. Two yellow cards for one player results in an ejection. Three cards on one team, or two red cards (ejections), will result in forfeiture of contest.
3. If a participant receives 2 yellow cards over the course of the season, or a red card in one game that participant will be ineligible from further competition until they set up a meeting with the Rec-Sports Assistant Director.

Any rules not addressed in these rules will be governed by International Handball Federation