



## Florida Southern College Intramural Team Handball Rules

### General Information

- 1) All participants must have their current valid FSC ID card with them
- 2) Jewelry, pockets, and metal cleats are not allowed.
- 3) All participants must arrive to the playing surface 15 minutes before game time.

### Rosters

Adding players to rosters is allowed in all team competition. The player must bring his/her FSC ID card to the team's game to be added to the roster. The player must check in with the IM Staff and then they will be added to the roster. Players can be up to when playoffs start. Rosters are frozen after the teams last regular season game. After a player is added at the game-the following day the office will check to make sure the player is legal, if the player is found to be illegal the team will forfeit any games that the illegal player participated.

### Eligibility Requirements

**Intramurals are open to current FSC students, faculty, and staff with FSC ID.** All current full-time students, faculty and staff regularly enrolled in any department of Florida Southern College are eligible to enjoy all Intramural activities. Participants shall remain eligible until they graduate, withdraw or fail to comply with the rules of eligibility. This privilege may also be revoked/suspended by the Intramural Advisory Council or the Assistant Director for just cause at their discretion. Participation in the Intramural program is entirely voluntary and is a privilege, not a right. All full-time students (twelve or more hours per semester constitute a full-load) are eligible to enter into any intramural activities provided they do not break any other eligibility policies listed in this Article. Any part-time student is eligible to participate in Intramural activities provided he or she meets all of the following criteria:

- Is pursuing a degree during the year in which he/she is classified as a part-time student.
- Is enrolled in a departmental day course offered by the college to earn credit for graduation.
- Has paid the college activity fee.
- Received approval from the Assistant Director of Intramural Sports

For any questions regarding a varsity athlete, club athlete or professional athlete, etc. and their eligibility within the Intramural Sports program, please refer to the Intramural Sports Participant Manual. This manual can be found on the Wellness Website or on IMLeagues.

If an Intramural employee determines that an individual is attempting to check in with false identification in order to participate in an Intramural activity, the ID will be **confiscated** and that individual will not be allowed to play. If it is determined the participant used improper identification, the team will forfeit any contest the person participated in. In addition, any individual caught trying to check in with an ID card that is not his/her own has jeopardized themselves and the owner of the ID to disciplinary action by the college. Non-FSC students are not eligible to participate in the Intramural program. Any non-student found to be participating will cause the team he participated with to forfeit any contests he participated in. Additionally, the forfeited games will result in a Sportsmanship Score of zero being averaged into the team's overall Sportsmanship Rating.

### The Court

Games will be played in the HWC Gym.

### Players

A team shall consist of 6 players (5 field players and a goalie). A team can play with a minimum of 4 players. Each team must use a goal-keeper at all times.

#### Field Players:

- May not enter the goalie arc unless their momentum carries them into the area
  - This applies to the offense and the defense
  - If this happens, they must immediately leave the goalie arc once their moment has stopped without playing the goalie or an offensive players
- Can jump and shoot from completely outside of the shooting arc
  - If jumping into the goalie arc, the ball must be released before touching the ground and the offensive player must immediately leave the goalie arc if the shot is missed and play resumes.
- Cannot reach into the goalie arc to retrieve the ball

### Equipment

No jewelry is allowed in Team Handball.

Field players will wear one color while their goalie will wear another separate color from the two teams and the other goalie.



### **Substitutions**

Substitutions must be made prior to the start of the game. No substitutions can be made during a game, except in cases of injury.

### **Matches**

Games will consist of two-10 minute halves. The clock will run continuously except for official timeouts and the single team time outs that are allotted for each half. Team timeouts will be one minute in length.

### **The Game**

Team Handball combines elements of soccer, basketball, hockey, lacrosse, and water polo. The objective of the game is to out-manuever the opponent by passing the ball quickly and then throwing the ball past the defense and goalkeeper to score. The team that wins the coin toss will start with the ball. Play begins with a throw-off. First possession of each half and overtime (If needed) will be followed by an alternate possession arrow in the event of tie-ups.

Teams switch goals after half time.

Players must dribble or pass to advance the ball up the court.

Not dribbling is a Walking Violation

A single player may not possess the ball for more than 5 total seconds at a time.

A player may not pass to themselves.

Consecutive possessions by the same player may only occur after a missed or blocked shot, or a tipped ball by the defense.

A team may not stall.

After 5 passes in the offensive court, the team must attack the goal or lose possession

All inbound plays start a new pass count for the offense.

An offensive rebound of a missed shot starts a new pass count for the offense

Field players may not purposely touch the ball below the knee.

Players, both offensive and defensive must think in terms of basketball when handling the ball, driving to the arc, playing defense, etc.

A player may not use their body to obstruct opponents

Pushing, holding, or hitting is not permitted. This is a foul and will result in a turnover and thrown-in by the opponent. Excessive roughness may lead to a 2-minute penalty or ejection

Throw-ins will be awarded on all non-shooting fouls and out-of-bounds situations.

Throw-ins are taken immediately from the spot of the foul or out-of-bounds

The defending player must remain 3-feet away from the thrower

The throw must occur within 5 seconds of receiving the ball

A throw-in is taken to put the ball back in play after it has gone out-of-bounds. It is taken where the ball went out-of-bounds.

### **Scoring**

All goals are worth 1 point

If the ball crosses the front plane of the goal, it is a score

There is no mercy rule

### **Goalies**

Goalies may use kick saves within the goalie arc

Outside of the goalie arc, the goalie is a regular field player

A penalty shot is awarded for goalkeeper infractions and other violations

A goalkeepers throw is awarded to the goalkeeper when the ball crosses the outer goal line.

The goalkeeper must throw the ball from from the goal area and beyond the goal area line.

The goalkeeper may:

- touch the ball with any part of their body while inside the goal area
- move with the ball inside the goal area with no restrictions
- leave the goal area without the ball, at which time they become subject to the rules applying to all players in the playing area
- and leave the goal area with the ball and play it in the playing area, if they have not been able to control it.



A goalkeeper may not:

- endanger an opponent
- intentionally play the ball out over the goal line after gaining control of the ball
- leave the goal area while in control of the ball
- touch the ball outside the goal area after making a goalkeeper throw, unless another player has since touched the ball
- touch the ball in contact with the floor outside the goal area when he is inside the goal area
- pick up the ball outside the goal area and bring it inside the goal area
- touch the ball with any part of his body below the knee, if he's not in the act of defending the goal
- or cross the 4-meter line before the thrower has thrown the ball in taking a penalty shot.

The goalie

- is not allowed to leave the goalie arc with the ball. It must be passed out of the arc.
- Is not allowed to touch the ball outside of the goal arc while they are inside the goal arc
- May not receive a pass from a field player while in the goal area
- Does not have to dribble within the goalie arc
- Outside of the arc is a regular player and must dribble to advance the ball

### Penalty Shots

Penalty Shots in Handball are similar in nature to soccer

The player has 5 seconds to shoot once the official sounds their whistle

The player must shoot from behind the shooting arc

If moving with the ball, the player must dribble

All other rules of play apply

### Fouls

Regular Fouls result in a penalty shot if in the act of shooting, otherwise are taken out of bounds for a throw-in at the nearest spot.

Technical Fouls (YELLOW CARD) result from excessively rough play such as excessive hitting, pushing, etc. No penalty shot is awarded unless the technical occurred during the act of shooting.

Other acts may lead to technical fouls such as unsportsmanlike conduct or language, etc. These other acts are very much as in basketball or soccer.

Wearing jewelry on the court, having too many players on the court, not checking into the game, etc., will result in a regular foul (the first time) and a technical foul (yellow card) thereafter that counts towards the player total of two per game for an ejection, but will not count towards the team's total of 3 technicals (yellow cards) for a forfeit.

Flagrant Fouls (RED CARD) refer to intent to injure another player through pushing, tripping, hitting, throwing elbows, etc. Continuous excessive roughness after fouls and warnings may be labeled as flagrant. Flagrant fouls result in an ejection for the offending player, a penalty shot for the offended.

One technical (yellow card) on a player results in a 2-minute suspension for the offending player, and the team may not replace the suspended player

Two technical (yellow cards) on the same player, results in an automatic red card and ejection and 2 minutes without a substitute for the ejected player

Three conduct technical fouls on a team results in forfeiture of the game.

### Overtime

First Overtime Period

- 3 Minute
- A coin toss will decide first possession followed by the possession arrow
- Teams will defend the same goal as in the second half
- No team timeouts

Second Overtime

- 5 players from each team will shoot alternating penalty shots
- All players will shoot at the same goal
- Winner of the coin toss chooses between shooting first or which goal to shoot at

Sudden Death Overtime Period

- 5 players from each team will shoot alternating penalty shots



- The first team to score a goal wins
- Winner of the coin toss chooses between shooting first or which goal to shoot at

**Substitutions**

Substitutions are made during dead ball situations only from the team bench area near the score table

Example: after a score, officials whistle for out of bounds, fouls, etc.

\*\*Any other rule clarifications will be made the day of the tournament or at the captains' meeting.