



HANDBALL RULES

A. Team Handball Rules

- a. A coin toss at the beginning of the game will determine which goal will be defended. Teams shall switch ends at the end of each half.
- b. Each game will consist of two (2) halves with each running half lasting fifteen (15) minutes in length. During the last minute of the 2nd half, the clock will stop at all dead ball situations.
- c. Officials may use discretion to stop the clock for unusual delays and prolonged injuries.
- d. There will be a three (3) minute intermission between halves.
- e. Each team will be allowed one (1) time-out per game. A time-out will be one (1) minute in length. Timeouts may not be called during overtime.
- f. Games will begin at the scheduled time. Teams will be given a 5 minute grace period to have the required minimum of players before the game is declared a forfeit.
- g. A jump ball will start each game. Players are allowed to be on either side of the court.
- h. A goal is worth one point regardless of where it is scored and is registered when the ball completely breaks the vertical plane of the goal line. After a scored goal, the game is restarted with a free throw from the goalie. This throw must not go past midcourt. Violation will result in a free throw for the defending team at midcourt.
- i. A throw-in is awarded to the opponent when one team loses the ball out of bounds on a sideline. The defense must be 3 meters away when the ball is thrown in. The player must have both feet touching the court during the throw-in.
- j. Defensive players can use their bodies to obstruct an opponent either with or without the ball. Using the arms or legs to push hold, trip or hit, however, is a violation.
- k. Offensive players are not allowed to charge into player, or a free throw is awarded from the spot of infraction.
- l. A team may substitute "on the fly". (Similar to hockey) The player leaving the playing area must be off the court of play before the substitute is permitted onto the court. If any infractions occur on a substitution, a free throw will be awarded to the team that did not commit the infraction from the spot where the ball was at the time the referee blew the whistle.

B. Overtime Period

- a. A three (3) minute sudden death overtime period will take place if the score is tied at the end of regulation. The clock will stop during the final (1) minute of overtime for all dead-balls.
- b. There will be no timeouts during the overtime period. If a team has a timeout remaining at the end of the game they will not be allowed to use it in overtime.
- c. If the score is still tied after the overtime period, a game of penalty throws will take place.
- d. For penalty throws, each team chooses five players to attempt the throws. Goalkeepers must remain the same throughout unless there is a serious injury. Once the officials decide which goal shall be used, a coin toss will decide which team throws first. If the game is still tied after the completion the first round of 5 throws for each team, a sudden death session begins. An end is achieved when one team has more goals than the other team and both teams have taken an equal number of throws. The team can call on players that threw in the first-round of penalty throws but an individual can only repeat once every five times. Players who have been sent off, disqualified or excluded earlier in the game are not allowed to take penalty throws.

C. The Court

- a. All lines are part of the area they enclose
- b. 7 Meter lines: A penalty line, measured from the basketball free throw line, where penalty throws are taken.
- c. 4 Meter lines: The line past which the goalkeeper cannot advance during a 7-meter penalty throw.
- d. 9 Meter line: A line from which free throws are taken for minor game penalties.
- e. 6 Meter line: Neither offensive nor defensive defenders may enter this area. Offensive players are allowed "air rights," meaning they can jump from behind the 6-meter line, shoot from above the goalkeeper area, then land in it after releasing the ball.

D. The Goal Area

- a. Only the goalkeeper is allowed in the goal area, except for the shooting player that may fly into the goal area to shoot the ball but may not touch the goal area of the shooting line prior to the ball being released. Once they touch the ground, they must immediately attempt to exit the area, without disturbing the goalkeeper.
- b. The following action occurs when players enter the goal area:
 - i. If the offensive player enters the area, it is an automatic violation and the goalie then throws the ball back into play.

- ii. If the defensive player enters the area and gains an advantage, but does not destroy a clear chance of scoring, a free throw will be awarded.
 - iii. If the defensive player enters the area and gains an advantage, and destroys clear chance of scoring, a penalty throw is awarded.
- c. Only the goalie may touch the ball when it is in goal area. Violation: free throw if done by the defense, goal throw if done by the offense.
- d. A defensive player may not play the ball back into his/her own goal. If this happens, the following occur:
- i. A goal is awarded if the ball goes in the goal.
 - ii. A penalty shot by the opponents if the goalie touches the ball.
 - iii. A penalty shot by the opponents if the ball comes to rest in the goal area.
 - iv. Play continues if the ball traverses through the goal area (without touching the goalie).

E. Goalies

- a. Keepers can touch the ball with any part of the body while in the act of defending inside the goal area.
- b. Keepers may exit the goal area without possession of the ball, but then the goalkeeper becomes subject to the rules that apply to players in the playing area. When the goalie wants to re-enter the goal area they may not be in possession of the ball. When goalies come out of the goal area they may never go past half court.
- c. Keepers may move around in the goal area without any restrictions, except for a 5-second count to release the ball.
- d. A goal throw is taken by the goalkeeper from the goal area out over the 6-meter line. Once the ball is put back into play, he or she may not receive the ball again until the defense has gained possession.
- e. The captain will notify the officials when their team pulls the goalie or puts the goalie back into the game.
- f. Goalies substitutions must be notified to the official and done in a timely manner.

F. Playing the Ball

Players can:

- a. Dribble the ball with no limit.

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- b. Run with the ball for up to three (3) steps before and after the allotted consecutive dribbles.
- c. Hold the ball without moving for up to three seconds.
- d. Block opposing players using the trunk of their body.

G. Players can NOT:

- a. Endanger an opponent with the ball.
- b. Pull, hit, strip, or punch the ball out of the hands of an opponent (similar to flag football).
- c. Contact the ball below the knees (exception of the goalie) unless it was thrown by an opposing player.
- d. Block opposing players using anything that is not their trunk (e.g. arms, legs)
- e. Block a throw or shot from behind (exception: results in a penalty throw instead of a free throw if the shot is a clear scoring opportunity).
- f. Run or jump into an opponent. Penalty: Free throw from where the foul occurred.
- g. All players (except the goalkeeper) are only permitted to hold the ball for three seconds or three steps before a violation is called.
- h. A player who has controlled the ball is not allowed to touch the ball more than once unless it has touched the floor, another player or the goal in the meantime.
- i. Three steps are called like in basketball (Jump stops count as one complete step).
- j. 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.
- k. If a team is noticeably stalling in the last two minutes of the second half (not attempting to score or shoot) the official will give a warning. Should the team now fail to make a recognizable attempt to shoot on goal, the opposing team will be awarded the ball and a free throw attempt from the spot where the ball was last in possession of the offensive team.
- l. If both opponents gain possession of the ball simultaneously then the ball will be awarded to the defensive team on the court where the possession occurred, in the form of a free throw.

H. Penalties

- a. Free Throw: For a minor foul or violation, a free throw is awarded to the opponent at the exact spot where it took place, with the defense positioned 3 meters (10') from the ball. The offending team must immediately put down the ball on the floor if they are in possession at the time of the whistle. If the infraction occurs between the 6-meter line and the 9-meter line, the

defense lines up at the 6-meter line and the free throw is taken from the 9-meter line, closest to where the foul took place. A goal may be scored directly from a free throw.

b. Penalty Shot: A foul destroys a clear chance to score, the goalie carries the ball back into the goalie area, anytime a pass or shot is blocked from behind, a court player intentionally plays the ball into his or her own goal area and the goalie touches the ball, or the ball comes to rest in the goal area, or a defensive player enters the goal area and gains an advantage and destroys a clear scoring opportunity.

c. Taking a Penalty Shot: Any player on the team may take a penalty shot for the team. An offensive player shoots the penalty shot one-on-one against the goalkeeper from the 7-meter line. All other players must be outside the 9 meter line for a possible rebound. The shooter is not allowed a running start and must keep at least one foot on the ground behind the line during the throw. The official will blow their whistle and after that, the thrower has 3 seconds to throw the ball. The goalkeeper must not touch the floor across the 4 meter line. One foot must be behind the line until the ball has left the thrower's hand. It's allowed to move any other body part over the line if it remains in the air.

d. Yellow Card Administration: Excessive minor fouls may result in a yellow card for the offending player(s). Any yellow card will also accompany an automatic 2-minute suspension for the offending player (that player must serve the entire 2 minutes, regardless of how many goals are scored). The team cannot substitute for the suspended player (example: hockey power play). Any ejection results in the remainder of the game being played shorthanded. A player who receives 2 yellow cards will be given a red card and be ejected from the game.

e. Actions directed mainly at the opponent and not the ball, such as reaching around, holding, pushing, hitting, tripping, and jumping into an opponent, are to be punished by a yellow card.

f. Any of the above actions may also result in a direct red card and subsequent ejection from the game.

g. If a player has been disqualified (red card), or two (2) yellows resulting in a red card, he/she cannot be replaced in that game.

I. Overtime

a. After regulation, there will be a 1-minute intermission, during which the teams change goals.

b. Overtime will last 3 minutes, with the clock stopping in the last 2 minutes for penalty shots and balls out of bounds. The period will be started with a coin toss and a subsequent throw off at center court. If the game remains tied at the end of overtime, we will go into penalty throws.

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c. For penalty throws, each team chooses five players to attempt the throws. Goalkeepers must remain the same throughout. Once the officials decide which goal shall be used, a coin toss will decide which team throws first. If the game is still tied after the completion of the first round of five throw for each team, a sudden death session begins. An end is achieved when one team has more goals than the other team and both teams have taken an equal number of throws. Teams can call on players that threw in the first-round of penalty throws (but an individual can only repeat once every five times). Players who have been sent off, disqualified or excluded earlier in the game are not allowed to take penalty throws.

J. Mercy Rule

a. If a team is leading by 10 goals or more in the final five minutes of the game or if a team is up by 15 at halftime or any point thereafter the game is over.