

Princeton University Intramural Sports Team Handball Rules



I. EQUIPMENT/UNIFORM/ELIGIBILITY

- a. All players must present their Princeton University ID in order to participate.
- b. Proper sneakers must be worn at all times. No black soled shoes, boots or dress shoes allowed.
- c. No hats with brims or jewelry are allowed to be worn during play.
- d. Only Princeton University students, faculty, and staff members are eligible to play.

II. NUMBER OF PLAYERS/GAME TIME/FORFEIT PENALTY

- a. Teams consist of 5 field players and a goalie for a total of 6 players.
- b. Teams must have at least 5 players to start.
- c. Field players will wear one color while their goalie will wear another color.
- d. CoRec teams consist of 6 players (3:3 ratio). If only 5 people, teams must consist of a 3:2 ratio. In CoRec, the goalie may be either male or female.
- e. Teams should arrive 10 minutes before the posted start time of their game. Teams will be given a 5-minute grace period after their posted start time to have the minimum number of players required to begin. Once the grace period expires, the game will be declared a forfeit.
 - i. Note that playoff seeds will be based on a points system. Forfeiting a game will result in your team losing points. Forfeiting 2 games will result in your team being removed from the league.
 - ii. Players must participate in at least 1 regular season scheduled game in order to play in the playoff tournament.

III. GENERAL RULES AND REGULATIONS

- a. Games consist of two (2) 20-minute halves. Halftime will be 3 minutes in duration. The clock will run continuously except for official time outs. Each team will have one 30-second time-out per half.
- b. The winner of a coin toss will take possession of the first half from half court out of bounds. The other team will take possession at the start of the 2nd half, and teams will switch goals after half time.
- c. Overtime will be a 5-minute period. A coin toss will decide first possession. Teams will defend the same goal as in the second half. During playoffs, if play is still tied after the first overtime period, 5 players from each team will shoot alternating penalty shots. All players will shoot at the same goal. Winner of a coin toss chooses between shooting order or the goal at to which to shoot.
- d. Substitutions are made on the fly from the team bench area. Teammate must tag-in to assure a clean, non-advantage entry.
- e. Players may take 2 steps with the ball after gaining possession.
- f. Players may hold the ball for no longer than 3 seconds. **RESULT:** Delay of game and loss of possession.

- g. A player may not pass to him/herself. Consecutive possessions by the same player may only occur after a missed or blocked shot or tipped ball by the defense.
- h. Field players may not purposely touch the ball below the knee. Goalies may use kick saves within the goalie box. Outside the goalie box, the goalie is a regular field player.
- i. A throw in is awarded to a team when the ball is knocked out of bounds (sideline) by the opposing team at the sideline nearest to the spot of last touch. Defending players must remain **5 feet away from the throw in**. If the goalie was last to touch while making a save, the goalie will remain in possession of the ball. Both feet must be touching the ground during a throw in.
- j. If the ball is knocked down by the opposing team and stays within the boundaries, the ball will change possession at that spot.
- k. A goal is scored when the entire ball has passed over the goal line between the goal post and under the crossbar.
- l. Field players may not enter the shooting arc (3-point line) unless their momentum carries them into the area. If this happens, they must immediately leave the shooting arc once their momentum has stopped. When shooting, the ball must be released before touching the ground and the offensive player must immediately leave the arc if the shot is missed and play resumes. If a rebound is gained by the offensive team, and is scored while an offensive player is within the goal crease, the goal is removed.
- m. Each team can have at most one defender (stopper) who will be allowed inside the shooting arc, but not inside the goalie box. If there are 2 defenders in the zone at one time, the offensive team will receive a penalty shot.
- n. All fouls will result in a restart granted at the site of the infraction.
- o. A player may not pull, hit, or punch the ball out of the hands of an opponent. If a defensive player attempts to do so, a foul is called, and the offensive team will be granted a restart from the spot of the foul.
- p. There is **NO DIVING, SLIDING, HOLDING, HITTING, ROUGHING, HITTING THE BALL OUT OF THE HANDS DURING A SHOT, OR FIGHTING** during Team Handball. This is a non-contact sport. Anyone violating these rules repeatedly will be removed from the game by the Intramural Supervisor on duty and will be subject to further sanctions by the Assistant Director of Intramural Sports.

IV. GOALIE REGULATIONS

- a. The goalie is allowed to leave the goal arc with the ball. Once the goalie has left the arc, he/she is held responsible to all the rules the other 5 players have. The goalie may receive a pass from a field player while in the goal area. When the goalie throws the ball into play, the pass may not cross the half court line. If done so, then a change of possession occurs at half court.
- b. A ball blocked by the goalie that bounces once can be retrieved by either team, given that neither team retrieves the ball within the three point arc. The offensive team must make at least one pass before a shot can be taken after a rebound.
- c. A ball going behind the goal is an **AUTOMATIC** goalie throw regardless of whom, offense or defense, touched it last.