

Team Handball

Rules and Regulations

Eligibility

Below are the guidelines that participants must follow in order to be eligible to enroll or play in UREC intramurals.

1. Undergraduates/Graduate Students

All undergraduate students enrolled in 7 or more hours (6 or more hours for graduate students) at JMU are eligible for intramural competition.

***Note: Undergraduate students enrolled in 1 to 6 hours (1 to 5 hours for graduate students) will be required to pay a recreation fee in order to participate in the program.**

2. Faculty and Staff

All full-time faculty and staff at JMU are eligible for intramural competition. Spouses of full-time faculty and staff are required to obtain a URAC card to participate in the program.

***Note: All part-time faculty/staff can participate in the program; however, their spouses cannot participate.**

3. Alumni

All alumni are ineligible to participate without a proper membership to UREC.

4. Professional Athletes

Students ineligible for varsity competition due to professional rank are prohibited from competition in the intramural sport(s). Those participants with professional rank will be ineligible for five (5) years from the date professional career ended. (This does not include try-outs and cuts from a professional team).

5. Varsity Letter Person

A person who has received a varsity award at any university (4 year college or junior college) within the last academic year is ineligible to compete in the lettered sport or a related sport. They will be allowed to compete one full year after their final varsity season. However, teams may only carry one former varsity player on their roster

6. Student Athletes

Any person whose name appears on a varsity, junior varsity, or freshman roster will be ineligible in that intramural sport during that academic year. This includes all players who are "red shirt" in any sport or anyone who practices with a team regularly but does not participate in intercollegiate competition.

7. Sport Club Members

Sport club members are defined as individuals who meet any **one** of the following criteria:

- Name appears on sport club team roster during the academic year.
- Signed a participation waiver **and** is actively participating in club functions.
- Actively participating with the club during their season.

***Note: Teams are restricted to two Sports club members in their related intramural activity. Sport Club members can only compete in Level 2 and Level 3 activities (Level 1 is prohibited).**

***Note: All Eligibility requirements can be located in the [Intramural Handbook](#).**

Valid JACards are required for participation. “No JACard, NO play”

Assumption of Risk

Individuals are highly encouraged to have a physical examination and obtain adequate health and accident insurance **prior to participation** in UREC activities. Individuals that choose to participate in UREC activities do so at their own risk. James Madison University does not provide insurance and is not responsible for any injury that may occur to individuals participating in any UREC activity. Participation is voluntary. Student Health and Accident Insurance information may be obtained at the University Health Center.

UREC strongly discourages the use of alcohol and/or drugs by participants prior to any recreational activity. The use of alcohol and/or drugs by participants during any recreational activity is prohibited. In addition, **food, beverages, and tobacco products (dip, chew, cigarettes, etc) are not allowed** at any intramural activity site. The following rules apply to all participants of University Recreation sponsored programs:

Smoking, drinking, or using smokeless tobacco products at an intramural site will result in removal from facility site and sound.

Leaving the bench area and/or consuming an alcoholic beverage will result in an immediate ejection from the game.

Games may be forfeited if, **IN THE JUDGMENT OF THE INTRAMURAL SITE MANAGER ON DUTY**, the participant’s unsportsmanlike conduct is due to the use of alcoholic substances either before or during the activity.

Facilities

1. All games will be played in Godwin Gymnasium Side A.
2. Officials will be present to keep score and time for all games.
3. Boundaries are indicated by lines on courts.

The Team

1. Teams consist of 6 players (5 field players and a goalie). Teams must have at least 5 players to start and 4 players to finish a game. Field players will wear one color while their goalie will wear another color separate from the two teams and other goalie.
2. All players must meet the eligibility requirements listed above.
3. Each team must use a goal-keeper at all times
4. No jewelry is allowed.
5. Valid JACards are required for participation.

Game and Game Timing Regulations

1. Team Handball combines the 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.
2. Games consist of (2) 20-minute halves.
3. The clock will run continuously except for official time outs and the single team time out allotted for each half.
4. Team time outs will be one minute in length.
5. The team winning the coin toss will start with the ball. There will be a throw-off at mid-court. First possession of each half and overtime (only during playoffs) will be followed by an alternate possession arrow in the event of tie-ups.
6. Teams switch goals after half time.
7. The goalkeeper wears colors distinct from all the other players on the court.

Rules

OVERTIME (ONLY DURING PLAYOFFS)

1. First Overtime Period
 - a. 3-minute period.
 - b. A coin toss will decide first possession followed by the possession arrow.
 - c. Teams will defend the same goal as in the second half.
 - d. No team time outs.
2. Second Overtime
 - a. 5 players from each team will shoot alternating penalty shots.
 - b. All players will shoot at the same goal.
 - c. Winner of coin toss chooses between shooting order or the goal at which to shoot.
3. Sudden Death Overtime
 - a. 5 players from each team will shoot alternating penalty shots.
 - b. The first team scoring a goal wins.
 - c. Winner of coin toss chooses between shooting order or the goal at which to shoot.

MORE GAME RULES

1. Substitutions are made during **DEAD BALL SITUATIONS ONLY** from the team bench area by the score table.
 - a. Ex.---After a score; Official's whistle for out-of-bounds, fouls, etc.; or Official or team time-outs.
2. Players must dribble or pass to advance the ball up the court.

- a. Not dribbling will be a walking violation.
3. A single player may not possess the ball for more than 5 total seconds at a time.
4. A player may not pass to him/herself.
 - a. Consecutive possessions by the same player may only occur after a missed or blocked shot or tipped ball by the defense.
5. A team may not stall.
 - a. After 5 passes in the offensive court, the team must attack the goal or lose possession.
6. All inbound plays start a new pass count for the offense.
7. An offensive rebound of a missed shot starts a new pass count for the offense.
8. Field players may not purposely touch the ball below the knee.
9. Goalies may use kick saves within the goalie arc.
10. Outside of the goalie arc, the goalie is a regular field player.
11. Players, both offensive and defensive, must think in terms of basketball when handling the ball, driving to the arc, playing defense, etc.
12. A player may not use his/her body to obstruct opponents.
 - a. Pushing, holding, or hitting is not permitted.
 - b. This is a foul and will result in a turnover and throw-in by the opponent.
 - c. Excessive roughness may lead to a 2-minute penalty or ejection.
13. Throw-ins will be awarded on all non-shooting fouls and out of bounds situations.
 - a. Throw-ins are taken immediately from the spot of the foul or out of bounds.
 - b. The defending player must remain 3-feet away from the thrower.
 - c. The throw must occur within 5-seconds of receiving the ball.
14. A free-throw is awarded for goalkeeper infractions and other violations.
15. A goal-keepers throw is awarded to the goal-keeper when the ball crosses the outer goal line. The goal-keeper must throw the ball from the goal area and beyond the goal-area line.
16. 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.
17. The goal-keeper 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.
18. A goal-keeper 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 7-meter throw.

Players

Field Players

- May not enter the goalie arc unless their momentum carries them into the area.
 - This applies to offense and defense.
 - If this happens, they must immediately leave the goalie arc once their momentum has stopped without playing the goalie or an offensive player.
- 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.

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 he/she is 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.

Scoring

- All goals are 1 point.
- If the ball crosses the front plane of the goal, it is a score.
- There is no mercy rule.

Penalty shots

- Similar to soccer.
- The player has 5 seconds to shoot once the official sounds his/her 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 an 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
 - Team may not replace 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 technicals on a team results in forfeiture of the game.

Player Equipment

1. **Head decorations, head wear, and jewelry are illegal.** Only headbands no wider than 2 inches made of nonabrasive, unadorned, single-colored cloth, elastic, fiber, soft leather, pliable plastic, or rubber will be permitted during the course of the game. No bandannas (“do rags”) or baseball caps are allowed. Officials will advise team captains to inform their teams to remove all jewelry before the game.
2. All players must wear non-marking, rubber-soled, close ended tennis or basketball shoes.
3. Games will be played with a UREC game ball. **This ball will not be used during warm-ups.** UREC will have a limited number of balls that can be checked out with a JAC card at the Equipment Issue Room. Teams are advised to bring their own ball to warm up with.

Site Managers

All UREC Site Managers will be held accountable for:

1. Keeping track of time.
2. Ruling on any questions brought forward by the participants.
3. Penalizing unsportsmanlike conduct with a technical foul.
4. Signaling teams to start play at the beginning of both halves.

Possessing power to rule on any point not covered within these rules.

Sportsmanship

Philosophy

Sportsmanship is individuals or teams doing unto others as they would have others do unto them. Sportsmanship is individuals containing an understanding and appreciation of the rules developed for sport. Players enjoying the recreational experience and encouraging others to participate regardless of skill level will help enhance the integrity of the program. All participants will take responsibility for his/her own actions regardless of the repercussions, which involves not blaming others for mistakes made or making excuses for wrong doings. Sportsmanship is recognizing and acknowledging character and honor among team members and opponents while practicing such characteristics themselves. Participants will respect officials, supervisors, and opponents during, before, and after a contest. Finally, sportsmanship will portray an overall respect and passion for the sport and recreation.

Sportsmanship Mission

UREC and the Intramural Sports program are dedicated to promote and enforce positive sportsmanship among all JMU participants. Through each contest participants must portray fair play, respect for opponents, and intramural staff, as well as, graciousness in winning or losing. In order to encourage proper conduct during games, officials, supervisors, and administrative personnel will make decisions to warn, penalize and/or eject players, coaches, teams, and/or spectators for poor sportsmanship. The decisions made by these individuals are final and will be reviewed by the Coordinator of Intramural Sports. In the instance teams challenge their rating, only the captain will meet with the Coordinator of Intramural Sports to discuss the issue. **All captains are responsible for the conduct of their teams during an intramural contest.** The sportsmanship rating can be affected by actions occurring before or after a contest.

Sportsmanship Criteria and Ratings

Based on this philosophy the following system will be used to evaluate a team's sportsmanship during each contest in which they participate:

Teams will receive a rating each week that will create an average at the end of the season. Teams in **Level I** must have an average of 3.0 at the end of their fourth week to continue play. Teams in **Level II** and **Level III** must have an average of 3.0 to be eligible for playoffs.

Example:

Week 1: 3.0

Week 2: 3.0

Week 3: 2.5

Week 4: 3.0

Total 11.5

Average Conversion: $11.5 / 4 = 2.875$. This team would not be eligible for continued play or playoffs.

Superior: 4.0 "Win with class – lose with dignity"

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. Teams respect all decisions made by the intramural staff.
3. All questions to the sport official must be respectful and reasonable. *Statements are not questions and will not be recognized.*
4. Teams are responsible for their actions and spectators they bring to the event.
5. Teams state positive comments of encouragement towards teammates and opponents.
6. Teams accept a loss and congratulate the opponent on their success.
7. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

Excellent: 3.5

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.

5. Teams accept a loss and congratulate the opponent on their success.
6. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

**Note: All teams that request to cancel within 24 hours of their next contest will receive a 3.5 rating. The opposing team will also receive a 3.5 rating.*

Good: 3.0

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive and adhere to verbal warnings, but receive no ejections, yellow cards, unsportsmanlike penalties or technical fouls.**

Average: 2.5

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive a technical foul, yellow card, or unsportsmanlike conduct, but receive no ejections.**

Below Average: 2.0

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive two technical fouls, yellow cards, or unsportsmanlike conducts, but receive no ejections.**

**Note: Teams that forfeit through a no show will automatically receive a 2.0.*

Poor Conduct: 1.0

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive an ejection.**

Unacceptable: 0

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive multiple ejections or the game is forfeited by intramural staff.**

Sportsmanship Sanctions

The intramural program contains the right to address all issues that pertain to sportsmanship issues. Players that are ejected from an event will receive an automatic one game suspension and will have to meet with the Assistant Director or Coordinator of Intramural Sports. The captain of the team will have to attend this meeting to discuss the sportsmanship issue and the rating system. The intramural program also reserves the right to contact Judicial Affairs to resolve extreme disciplinary situations. All situations will be handling individually and sanctions may vary.

Blood Borne Pathogen Policies

Any player, who sustains an injury where bleeding or oozing occurs, or where blood has saturated the uniform, must leave or be removed from the contest. The bleeding must be stopped and the area completely covered before the individual is allowed to reenter the game. An Intramural staff member must clear the individual before the participant can resume play. If the uniform has become contaminated with blood, it must be changed before the player reenters the game.