

Arkansas State University

Intramural Sports

Handball Rules

**Game format:**

1. Games will consist of 2 twelve minute halves with a running clock.
2. Teams will consist of 6 players. A team may start a game with a minimum of 4 players. If a team does not have the minimum number of players AT GAME TIME, then it will result in a forfeit.
3. No timeouts
4. Substitutions will be made on the fly.
5. The winner of rock/paper/scissors shall have the option of receiving, or defending a goal. The losing team will decide which goal.
6. Goals are worth 1 point. There will be no extra point tries.
7. Goals must be scored outside of the 3 point line (standing or jumping)
8. Field players will be allowed to take 3 steps before they must dribble, pass the ball to the next field player or try for a goal.
9. Overtime will be sudden death. The first team to score will win. Rock/paper/scissors will be administered to decide who has first possession.
10. Mercy rule:
    1. If a team is ahead by 20 points at half time the game shall be called
    2. If a team is ahead by 15 points with 4 minutes left in the second half the game shall be called
    3. If a team is ahead by 10 points at the 2 minute mark the game shall be called

**Fouls:**

1. Violations consist of traveling with the ball, or holding the ball longer than 5 seconds.
2. Players will not be allowed to body check or tackle, but active hands and guarding will be allowed.
3. No double dribbling.
4. A penalty shot will be given for the following:
   1. Defender stepping inside the 3 point line
   2. Defender making an attempt to intentionally stop an attacking player from throwing (intentional foul)
5. Fouls and violations result in a change of possession
6. Passive play (passing to waste time) will not be allowed and the ball may be given back to the other team at the referee’s discretion
7. Fouls:
   1. First foul-yellow card
   2. Second foul-2 minute suspension
   3. Third foul or serious offenses-red card
8. No sliding or tackling.