SECTION 1. LEAGUE FORMAT

I. League Overview
   A. The league will consist of three (3) regular season games.
   B. Participants will be able to choose which day of the week and what time they play their regular season games by selecting a division within their desired league via IM Leagues.

II. Playoff Format
   A. Following league play, a single elimination tournament will be played.
   B. Team rankings will be based on season performance and sportsmanship ratings

III. Rosters
   A. Teams will be allowed to add additional players to their rosters during the tournament and through the end of the semi-final game.
   B. Teams will be allowed a maximum of 20 players.

IV. Location
   A. Games will be played in the MAC Gym, located on the third floor of the CoRec.

V. Supervision
   A. Officials will be assigned for all scheduled games. They will be responsible for officiating the game and providing sportsmanship ratings.
   B. An Intramural Supervisor will provide oversight and aid with operations of the sport.
      i. Please alert the Intramural Supervisor if assistance is needed.
      ii. ALL PARTICIPANTS MUST PRESENT THEIR ID IN ORDER TO PARTICIPATE.
      iii. GAME TIME IS FORFEIT TIME!
          a. All participants must be signed in and “ready to play” with the minimum number of players to avoid a forfeit.
          b. “Ready to play” includes having the proper game equipment and being at the field ready to begin at the scheduled time.

VI. Alcohol and Drugs
   A. The Division of Recreational Sports Facility Policy clearly states that:
      i. Alcohol, tobacco products, illegal drugs, firearms, and other weapons are strictly prohibited in DRS facilities.
      ii. Use of the facilities under the influence of alcohol or drugs is also prohibited.
   B. The Intramural Staff will strictly enforce these policies.

SECTION 2. THE GAME

I. Brief Overview
   A. The walls are considered in play; however, the netting and vertical plane above the wall is considered out of play.
B. Any ball contacting the ceiling will be out of play; a free throw will ensue directly under the spot of contact.
   i. If the ball touches directly above the goal arc area, the free throw will be just outside the black line.
C. Players are allowed three (3) steps maximum while in possession of the ball.
D. Players are not allowed in the goal arc area unless they do not interfere with play.

II. The Court
   A. The playing area has the dimensions of 59 feet wide by 108 feet long.
   B. The goal arc, located directly in front of the goal, will be 30 feet in diameter and 20 feet in length.
   C. The goals are 12’ wide by 6’7” tall.

III. Beginning Play
   A. The Intramural Supervisor will assist teams with field assignments.
   B. Captains’ Meeting
      i. Prior to the start of play, each team’s captain will be required to meet with the officials.
      ii. Follow the officials’ instructions and ask any desired rule clarifications at this meeting.
   C. Coin Toss
      i. Either a coin toss or even/odds game will determine the first choice.
      ii. The visiting team captain will be designated to make the call.
      iii. The captain winning the toss/game shall choose one of the following options:
         a. Choose to throw-off in the first or second half.
            a. If this option is chosen, the remaining captain will choose which side of play to defend in the first half.
            b. Choose which side of play to defend in the first half.
               a. If this option is chosen, the remaining captain will choose between throwing-off in the first or second half.
      iv. Upon completion of the toss/game, each team will assume their respective sides and play will begin with a throw-off from midcourt.

SECTION 3. EQUIPMENT

I. Equipment Provided
   A. A regulation indoor handball will be provided for play.
   B. Players may use their own indoor handballs if both captains agree prior to play and it is approved by the Intramural Supervisor.

II. Illegal and Required Equipment
   A. Shoes
      i. Players must wear non-marking athletic shoes.
      ii. Shoes must be made up of soft, pliable upper material (molded plastics, canvas, leather, or synthetic) which covers the foot attached to a composition bottom.
   B. Attire
      i. It is required that teams wear uniformly colored shirts to help distinguish one team from another.
         a. Goalkeepers must wear a distinguishing colored shirt that differs from the color worn by their teammates. Goalkeeper pennies will not be provided by the Intramural Staff.
ii. Players must wear athletic shorts or pants and shirts.
iii. Jeans are not permitted.
iv. No jewelry, baseball hats, wristbands, watches, rings, or anything that would be considered potentially harmful may be worn.
v. Jerseys may be rented from the Equipment Center for $1/jersey.

III. Recommended Equipment
   A. Goggles and mouth guards are highly recommended but not required.
      i. Goggles can be rented at the Equipment Center.

SECTION 4. PLAYERS

I. Team Composition
   A. Each team will be made up of seven (7) players, one (1) of whom will play goalkeeper, on the field.
   B. Teams are permitted a maximum of 20 players on their roster.
   C. *(Co-Rec Modification)*
      i. Teams with seven (7) players may have three (3) males and four (4) females or Vice Versa.
      ii. Teams with six (6) players may have any of the following:
          a. Three (3) males and three (3) females or Vice Versa.
          b. Four (4) males and two (2) females
          c. Two (2) males and four (4) females

II. Minimum Team Requirements
   A. Games may be started with a minimum of five (5) players.
   B. *(Co-Rec Modification)* Teams with five (5) players must have three (3) males and two (2) females or Vice Versa.

III. Club Sports Players
   A. A maximum of two (2) club sports participants are permitted to be on each team’s roster.

IV. Substitutions
   A. Teams may substitute at any time provided they enter and exit through the team box door.
      i. The player entering the game must wait until the substituted player leaves the playing court before entering live play.
      ii. The player entering the game during live action must not gain an advantage.
      iii. Improper substitution, such as jumping over the boards or gaining an advantage when entering play, will result in an automatic yellow card.
   B. Goalkeepers may only be subbed during dead ball periods.
      i. To enter play, the substitution must first be recognized and approved by the official.
   C. Players arriving late must first sign in with the Intramural Supervisor before entering play.

SECTION 5. TIMING

I. Periods
   A. A regulation game will consist of two (2) ten (10) minute halves.
   B. The clock will not stop and will be managed by the Intramural Supervisor.
   C. Halftimes will be a maximum of three (3) minutes long and teams will switch sides at the start of the second half.
II. Timeouts
   A. Teams will not receive any time outs.
   B. Injury time outs may be determined only by the Intramural Supervisor.

III. Overtime
   A. During league play, there are no overtime periods and games will result in a tie.
   B. During the playoffs, a three (3) minute period will be played until the first team scores (the “golden goal”).
   C. If no goal is achieved in this three (3) minute period, a shootout, taken from the top of the arc, will occur with the following rules:
      i. Each team will designate five (5) of the field players on the court at the end of the regulation game to partake in the shootout.
         a. A goalkeeper shall be designated before the shootout and will remain the goalkeeper for the duration of the shootout.
      ii. The five (5) players then enter a rotation that does not change throughout the shootout of alternating penalty throws.
         a. The first round of penalty throws consists of each player taking a shot. The team with the higher number of goals wins.
         b. If, after both teams have taken five (5) throws, both have scored the same number of goals, or have not scored any goals, throws continue to be taken in the same order until one team has scored a goal more than the other from the same number of throws using the remaining eligible participants on the roster for each team.
            a. With the exception of the foregoing case, the players who are on the field of play at the end of the match, which includes extra time, are allowed to take throws from the penalty mark before players who are not on the field may begin taking throws.
            b. Each throw is taken by a different player and all eligible players must take a throw before any player can take a second throw.
      iii. The officials will choose the side of field for the shootout. A coin toss (see Section 2.III) will determine who shoots first.

IV. Official Game
   A. If a game has reached halftime and inclement weather stops play, the game will be over and its score will be considered official.
   B. If a game has not yet reached halftime and inclement weather stops play, the game will be considered cancelled.
      i. Cancelled games will not count toward playoff qualification.
      ii. Cancelled games will only be made up if time and space permits.

SECTION 6. SCORING

I. Goals
   A. A goal is scored only when the entire ball has passed completely over the goal line, between the goal posts and under the crossbar, provided no infraction of the rules has occurred during this process.
      i. A goal shall be awarded if there is a violation of the rules by a defender but the ball still goes in the goal.
ii. Own goals are rewarded, excluding goalkeeper throws.
   B. A throw-off will restart play after a goal.
   C. A goal can be scored directly from the throw-off.
   D. The clock does not stop after a scored goal.

II. Mercy Rule
   A. There will be no mercy rule scores.

III. Forfeit Score
   A. In the event of a forfeit, a score of one (1) to zero (0) will be given.

SECTION 7. PLAYING THE BALL

IV. Advancing the ball: VIDEO EXAMPLE (https://www.youtube.com/watch?v=5xLeHtJhZWY&)
   A. Players are permitted to throw, catch, stop, push, or hit the ball by using their hands, arms, head, torso, 
thighs, and knees.
      i. Players may not kick the ball.
   B. Players can hold the ball for a maximum of three (3) seconds.
      i. The three second count will start when a player gains possession of the ball.
      ii. The count will restart after a player takes steps or dribbles.
   C. Players can take a maximum of three (3) continuous steps with the ball.
   D. While running, players can bounce the ball repeatedly (dribble) to advance the ball.
      i. Once a player picks up his/her dribble, it must be passed or shot within three (3) seconds or after
         no more than three (3) steps.
      ii. After a player picks up his/her dribble, they may not dribble again until another player touches
         the ball.
   E. The ball may be played while kneeling, sitting, or lying on the floor.

SECTION 8. STALLING/PASSIVE PLAY

I. Passive Play
   A. Teams must make a recognizable attempt to attack or shoot on goal during their possession.
   B. Passive play violation results in a free throw for the opposing team.

II. Throw-Ins
   A. Any dead-ball throw must be thrown within 3 seconds of the whistle being blown.
      i. For throws that do not necessitate a whistle for the restart, the count begins when the thrower
         obtains possession of the ball for the throw.

SECTION 9. FREE THROWS AND THROW-IN RULES

III. Five (5) Yard Rule
   A. The five (5) yard rule pertains to all dead ball situations outside of the goal box, including throw-ins.
   B. Players must stand at least five (5) yards away from the ball.

IV. Dead-Ball Throw Procedure
   A. All of the following throws must be taken from a stationary position
      i. A legal throw permits the use of a pivot foot for the throwing motion
ii. Players may jump to initiate the throwing motion provided the ball is released before the player touches the ground

V. Throw-Ins
   A. Balls that go out of play shall be thrown in from the nearest spot on the court, unless the ball hits the ceiling.
      i. The walls are considered in play; however, the netting and vertical plane above the wall is considered out of play.
   B. The ball is considered in play when the ball is released from the hand of the thrower.

VI. Indirect and Direct Throws
   A. Indirect throws must be touched by another player before a goal may be scored; the following throws are indirect throws:
      i. Goalkeeper throws
   B. Direct throws may be scored without being touched by another player; the following are direct throws:
      i. Throw-offs
      ii. Throw-ins
      iii. Free throws
      iv. Penalty throws
      v. Corner throws

VII. Contacting the Ceiling
   A. Any ball contacting the ceiling will be out of play; a free throw will ensue directly under the spot of contact.
   B. If the ball touches directly above the goal arc area, the free throw will be just outside the black line.

VIII. Goalkeeper Throws
   A. The defensive team is awarded a goalkeeper throw when the offensive team last contacts a ball that contacts the defense’s goal line netting.
   B. The ball must travel outside the goal arc area before it may be played by anyone of either team.
      i. Infractions of this rule result in a re-throw.
   C. The ball must be thrown from a stationary position and may be thrown from any point within the goal arc area.

IX. Corner Throws: VIDEO EXAMPLE (http://www.youtube.com/watch?v=V9Zl1Fj1Qo8)
   A. The offensive team is awarded a corner throw when the defensive team last contacts a ball that contacts the defense’s goal line netting.
   B. The ball must be thrown from a stationary position.
   C. Goals may be scored directly from a corner throw.

X. Throw-Offs VIDEO EXAMPLE (http://www.youtube.com/watch?v=6V5sGXHZD4)
   A. A throw-off will occur at the beginning of each half and after each goal that is scored.
   B. The team in possession will throw the ball from the center of the court.
   C. Throw-offs can be played in any direction.
   D. Goals may be scored directly from a throw-off.

XI. Penalty Throws
   A. Penalty throws will result if an offensive player is in the act of shooting and is fouled by a defensive player disrupting their shot attempt on goal.
      i. Fouls resulting in a penalty throw include but are not limited to the following:
         a. Offensive player’s shooting motion or wind-up is affected

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b. Offensive player’s follow-through is affected
B. Penalty throws will be taken from the top of the goal arc.
C. The goalkeeper must remain on the goal line until the ball is thrown.
D. The remaining players must be behind the black line.
E. After an unsuccessful penalty throw:
   i. Any player, except for the thrower, may play the ball directly off of the wall or goalkeeper.
   ii. The thrower may play a ball that touches the goalkeeper; however, if the ball touches the wall, the thrower cannot touch the ball until it touches another player.

SECTION 10. GOALKEEPER/GOAL AREA RULES

I. Goal Arc Area: VIDEO EXAMPLE (http://www.youtube.com/watch?v=FNphP1HCC5Q)
   A. The goalkeeper shall have unrestricted movement in the goal arc area.
   B. No other player shall enter the goal arc area to gain an advantage or make a play on the ball.
      i. Players may jump into the goal arc area to shoot the ball provided they release the ball before any part of their body touches the ground within the goal arc area.
   C. Any obstruction of a goalkeeper by an opponent in the goal arc area, intentional or not, shall result in a goalkeeper throw.
   D. When a member of the defending team enters the goal area and gains an advantage, a free throw will be awarded to the attacking team.
   E. When a member of the defensive team, other than the goalie, enters the goal area and because of this destroys a clear chance of scoring, a penalty throw will be awarded to the offense.

II. Goalkeeper Restrictions
   A. The goalkeeper may block a shot with any part of their body inside the goal arc area.
   B. Should the goalkeeper possess the ball, they may not advance the ball past half court by throwing the ball without it first touching any part of the defensive side of the court or another player.
      i. An infraction results in a free throw for the opposition at the mid-court line.
   C. The goalkeeper may not advance the ball outside of the goal arc area if they possessed the ball inside the goal arc area without the ball touching another player first.
   D. The goalkeeper is allowed to leave the goal arc area without possession of the ball.
      i. Once outside of the goal arc area, the goalkeeper shall have the same restrictions as any field player.
   E. The goalkeeper is not allowed to touch the ball when it is stationary or rolling on the floor outside the goal area while he is standing inside the goal area.
   F. The goalkeeper is not allowed to re-enter the goal area from the playing area with the ball.
   G. Goalkeeper violations will result in an indirect free throw.

SECTION 11. MISCONDUCT AND PENALTIES

I. Ejection
   A. Any player receiving two yellow cards during one game will be ejected and must leave the playing court.
   B. Any player receiving one red card during one game will be ejected and must leave the playing court.
C. Ejected players must meet with the Intramural Supervisor to fill out information, and will then be required to attend a misconduct meeting with the Assistant Director of Intramural Sports before they can play in the next game.

II. Violations Resulting in a Yellow Card
   A. Violations resulting in a yellow card include but are not limited to the following:
      i. Persistent rule infringement throughout the game.
      ii. Shows dissent by word of mouth or action to decisions.
      iii. Is guilty of any incidental vulgar or profane language.
      iv. Is guilty of unsporting conduct.
      v. Improper substitution.
      vi. Illegal equipment.

III. Violations Resulting in a Red Card
   A. Violations resulting in a red card include but are not limited to the following:
      i. Is guilty of violent conduct or serious foul play.
      ii. Is abusive in language or gesture towards a player or official.
      iii. Persists in misconduct after receiving caution.

IV. Timed Penalties
   A. Any player who receives a yellow card during a game will serve a 60 second timed penalty in the penalty box and that team will play shorthanded.
   B. If a goal is scored by a team playing shorthanded, the player in the penalty box must remain in the penalty box until his penalty time ends.
   C. If a goal is scored by the team playing with an advantage:
      i. The penalty is over if only one (1) player is in the box.
      ii. And if there are two (2) players in the penalty box, the player with the least amount of penalty remaining may return to play.

V. Allowed Contact vs. Non-allowed Contact
   A. Allowed contact includes:
      i. Using an open hand to play the ball out of the hand of another player.
      ii. Using bent arms to make body contact with an opponent, and to monitor and follow him this way.
      iii. Using one’s trunk to block the opponent, in a struggle for positions.
   B. Non-allowed contact includes:
      i. Pulling or hitting the ball out of the hands of an opponent.
      ii. Blocking the opponent with arms, hands, legs, or to use any part of the body to displace him or push him away.
         a. This includes a dangerous use of the elbow, both as a starting position and in motion.
      iii. Holding an opponent, even if he remains free to continue play.
      iv. Running or jumping into an opponent.

SECTION 12. SPORTSMANSHIP

I. Minimum Rating
   A. Teams must receive an average of 2.75 sportsmanship rating during league play to be eligible for the playoffs.
B. Sportsmanship ratings will range between 0-4 with detailed explanations available in the Participant Handbook

Article 9: Sportsmanship and Player Conduct

II. Intramural Supervisor
A. The Intramural Supervisor will determine sportsmanship ratings for each of the game’s teams.

SECTION 13. PROTESTS

I. Eligibility Protests
A. If a player is believed to be ineligible (please see our Policies Information for more details), the game may be played under protest.
B. Please contact the Intramural Supervisor prior to the game’s start to file a protest form.

II. Rule Interpretation Protests
A. Rule interpretation questions must be declared immediately after the play in question.
B. Rulings involving an official’s judgment MAY NOT be protested.
C. Team captains must announce this protest to the Intramural Supervisor and both captains will be required to fill out information on the protest form.