Florida Atlantic University  
Campus Recreation  
Intramural Sports  

Team Handball Rules

Players
Teams will consist of 5 players (4 and a goalie). Teams must have a minimum of 4 players to start. All players MUST have their valid FAU Owl Card to play. If there are substitutes, they will substitute on the fly. Players do not have to wait for a dead ball, but do need to slap hands in order to make the substitution. The substitute player cannot play the ball until the other player is fully out of the playing area. Teams cannot substitute for penalized players.

Game Play
Games will be played with 15 minute halves with a running clock. If the game is tied at the end of regulation, 3 minute sudden death overtime will take place. The first team to score in the overtime period will win. Overtime will begin with a jump ball. If a team is ahead by at least 10 goals at the 2 minute mark in the second half, the game will be over, by mercy rule.

The boundaries will be the basketball court extended to the wall. Sidelines are out of bounds. The wall above the goal is considered still in bounds. The three point line will serve as the goalie crease. Both offensive and defensive players may not be in the goalie crease. Violations regarding the goalie crease will be explained in depth below. The game will begin with a jump ball similar to basketball. The winner of a tip off will take first possession followed by an alternate possession arrow to start the second half. Teams will switch goals after half time. After any scored goals, the game will resume with the goalie with possession of the ball. The team that just scored must retreat behind the centerline prior to the first throw to restart the game after a score. Once the ball has been passed, all players can cross the centerline.

Offense
The basic objective of the game is to outmaneuver the opponent by passing the ball quickly and throwing the ball past the defense and goalie to score a goal. Each player is allowed 3 steps to pass or shoot. If a player is being closely guarded, they have 5 seconds to pass or shoot, which will be shown by a visible 5-second count by the official. Offensive players must go around any defensive players. Defensive players are entitled to the space they stand in; any contact initiated by the offensive player to go through the defense will be a violation and a turnover - similar to an offensive foul in basketball. Any incompleted pass will result in the defense gaining possession. Defense can pick up the ball immediately and play resumes at the spot closest to the incompletion. On a shot attempt, if the ball bounces off the ground and returns outside the goalie crease, it is considered a live ball only if it is a single bounce. At the moment of the second bounce, it is a dead ball, and the goalie gains possession to resume play. A defended shot attempt that is blocked out of bounds will be awarded to the defense. Any out of bounds plays can be played immediately after the official signals which team is awarded the ball.
Violations
All violations will result in either a penalty shot, or lost possession of the ball. Play will resume immediately after a violation at the spot of the violation. Teams do not need to wait for a “resume play” whistle. Only on penalty shots will there be a whistle prior to the throw.

Players may not do any of the following:
- Contact the opposing player in an attempt to block a shot (Result: Penalty Shot)
- Dribble the ball or take more than 3 steps with the ball (Result: Turnover)
- Hold the ball for more than 5 seconds while being guarded (Result: Turnover)
- Contact the opposing player in an attempt to block a pass (Offense maintains possession)
- Strip the ball from the offensive player’s hands (Offense maintains possession)
- Contact the ball below the knee – excluding goalie (Result: Turnover or Offense maintains possession)
- Dive on the floor to retrieve a rolling or stationary ball (Result: Turnover)
- Make contact with the ball while out of bounds (Result: Turnover)

Goalie Crease
All players must stay out of the goalie crease. An offensive player is allowed to jump into the crease in an attempt to take a shot at the goal, but must exit immediately upon landing. A defensive player is allowed to run across the crease briefly, but must make an attempt to stay out of the crease. Defensive players will be allowed 3 seconds to clear out. Failure to do so will result in a penalty shot.

If a defensive player blocks or interferes with a shot attempt while in the goalie crease, the player attempting the shot will get a penalty shot.

If an offensive player steps into the goalie crease on his/her shot attempt, the shot will be nullified, and goalie will resume play with possession of the ball.

Penalty Shots
Penalty shots must be taken from behind the three point line. They will be allowed their 3 steps, and can throw from anywhere within the white lines on the court. Players will have 3 seconds to shoot, starting from when the whistle is blown by the official. After the shot, the ball is considered live, and normal rules apply.