

Elementary Intramural Handball Official Rules

1. Game Schedule

- **Game 1:** 7:45 AM
- **Game 2:** 8:00 AM

2. Team Lineup & Rosters

- **On-Court Players:** 7 players per team on the floor at a time (6 outfield players + 1 goalkeeper).
- **Fixed Goalie Rule:** Goalkeepers must remain the same for the entire duration of the game—no switching goalies during play or substitutions.

3. Ball Handling & Possession

- **3-3 Rule:** Players may take a maximum of 3 steps with the ball and hold it for no more than 3 seconds before passing or shooting.
- **Dropped Balls:** If a pass is dropped or the ball hits the floor, possession does not change. The ball remains live and can be picked up by either team.
- **Rebounds:** Any ball rebounding off the goal post, crossbar, or goalkeeper is a live ball.

4. Defensive Rules & Crease Area

- **Strict Hands-Off Defense:** Defenders must maintain a 2-step cushion from the ball handler. No grabbing, pushing, or physical contact is allowed—defenders may only use body positioning/shielding to block paths.
- **Offensive Crease Violation:** If an offensive player steps inside the goalkeeper's crease, play stops and possession is awarded to the goalkeeper.
- **Defensive Crease Violation:** If a defender (other than the goalie) enters the crease to block or stop a shot, a penalty shot is immediately awarded to the attacking team.

5. Scoring & Restarts

- **Valid Scoring Zone:** Goals must be thrown from on or inside the black volleyball attack line in the offensive zone. Shots taken from behind the attack line (or half-court) will not count.
- **Goal Restarts:** After a goal, play restarts with a throw-out from the goalkeeper. The defending team must retreat behind the half-court line until the pass is made.

6. Penalty Shots

- **Positioning:** The shooter stands at the crease boundary with one foot planted.
- **Ball Hand-off:** The referee hands the ball directly to the shooter.
- **Shot Timing & Signal:** Once the referee blows the whistle, the shooter has 3 seconds to take the shot. The referee will visibly chop their hand to count the 3 seconds so the count is clear to all players and spectators (similar to a basketball referee counting time).

7. Substitutions & Equal Playing Time

- **2-Minute Whistle:** The referee will blow the whistle every 2 minutes for mandatory player substitutions.
- **Equal Playing Time:** Every team member must substitute off regularly to guarantee equal playing time across the entire roster.
- **Resuming Play:** Substitutions must be completed quickly. Play resumes with a free pass awarded to the team that had possession when the whistle sounded.

8. Sportsmanship & Officiating

- **Referee Authority:** Referees have full control over the match. Any arguing, whining, or disrespectful conduct towards officials will result in an immediate penalty.
- **Post-Game Handshake:** At the end of the game, both teams must meet at mid-court to give high-fives to all opposing players and coaches, regardless of the final score.