

**DIVISIONS OF COMPETITION:**

Men's

Women's

**FORMAT:** This is a 6-player league. Teams will be placed in round robin pool play with the top teams advancing to a single elimination playoff tournament. Games are scheduled between 6:00PM - 11:00PM, Sunday through Thursday. All games will be played in the MAC of the Student Recreation Facility. Only checked in players are allowed in the bench areas.

**FORFEIT PROCEDURE:** If a team fails to have the required number of participants at the scheduled game time, the opposing team who is present will have the following options:

1. Take the win by forfeit at that time. No contest will be played.
2. Choose to wait until the opponent arrives to compete. However, the official game clock will start running as scheduled. The game will commence once the opponents arrive with whatever game time is remaining on the clock and the score at 2-0, in favor of the waiting team. If the opposing team is not ready to play 10 minutes after the scheduled game time, the Intramural Staff will declare a forfeit win for the waiting team.

**EQUIPMENT:**

1. Teams are encouraged to wear their own color-matching jerseys with visible numbers on the back. No taped-on or pinned-on numbers are permitted. Pinnies will be available at the game sites for teams that need them. A t-shirt with full sleeves (short or long) must be worn underneath the pinnie issued by UConn Recreation.
2. Goalies must wear a contrasting colored shirt/pinnie than any other player on the field.
3. Sneakers must be worn at all times, shoes with protruding rubber are not allowed. **Not allowed: rubber turf shoes, bare feet, five finger shoes, metal cleats, plastic molded or screw-in cleats, and boots of any kind.**

**GAME RULES**

1. Play begins with the ball starting at half court, and both teams starting with one hand on the wall adjacent to their team's goal.
2. The goalie is not allowed to throw the ball past half court, it will be an automatic turnover at half court if they do so.
3. Only the goal keeper is allowed completely in the goal area crease. Defensive players may stand on the arc line but are not allowed any deeper into the goalie crease (keep one foot on or in front of the line at all times).
4. The shooting player may not fly into the goal area to shoot the ball. If a shot is attempted and the shooter lands across the arc, any goal will not count.
5. If the offensive player enters the goalie crease, the goalie takes possession of the ball and throws the ball back into play.
6. If a defensive player enters the goalie crease past the allowable defensible position on the arc, a penalty shot is awarded to the offensive team
7. Substitutes may be made "on the fly" provided that the subbing player(s) does not gain any advantage, offensive or defensive. PENALTY: substitution is disallowed; offended team receives a free throw from center circle.
8. Goals can be scored from any place on the court beyond the arc.
9. It is illegal to keep the ball in a team's possession without making a recognizable attempt to attack and to try to score. In other words, a team cannot stall (free throw awarded to other team).
10. A throw-off is repeated after every goal and after halftime. Each team must be in its own half of the court with the defense on their side of the court. Following a whistle, the ball is passed from center court to a teammate and play begins.

**PLAYING THE BALL**

1. A Player is allowed to
  - a. Run with the ball for 2 steps (continuous motion/ momentum),
  - b. Hold the ball for 5 seconds
  - c. A defensive player is NOT allowed to pull, hit, or punch the ball out of the hands of an opponent or make contact with the ball below the knee (except for goalie)

**THROW-INS**

1. Awarded to a team when the ball is knocked out of bounds (sideline) by the opposing team at the sideline nearest to the spot of last touch.
2. Defending players must remain 3 feet away
3. If the goalie was last to touch while making a save, the goalie will remain in possession of the ball
4. Both feet must be touching the ground during a throw in

**SCORING**

1. Field players may not enter the goalie crease/arc under any circumstances.
2. When shooting, the ball must be released before touching the ground and the offensive player must immediately leave the arc if the shot is missed and play resumes.
3. If a rebound is gained by the offensive team, and is scored while an offensive player is within the goal crease, the goal is removed.

**FOULS**

1. All minor fouls will result in a restart (free-throw) granted at the site of the infraction.
2. A player may not pull, hit, or punch the ball out of the hands of an opponent. If a defensive player attempts to do so, a foul is called, and the offensive team will be granted a free-throw from the spot of the foul
3. There is NO DIVING, SLIDING, HOLDING, HITTING, ROUGHING, HITTING THE BALL OUT OF THE HANDS DURING A SHOT, OR FIGHTING during Intramural Handball. This is a non-contact sport. Anyone violating these rules repeatedly will be removed from the game by the Intramural Sports Manager and will be subject to further sanctions by the Intramural Sports staff.
4. Free-Throws: For a minor foul or violation outside of the goal arc, a free-throw is awarded to the opponent at the exact spot it took place.
5. Penalty-Throw is awarded when...
  - a. A foul prevents a clear chance to score
  - b. A defensive player completely enters his or her goal area to gain an advantage over an attacking player in possession of the ball.
  - c. All players except the goalie must be outside the goal arc when the penalty-throw is taken. The player taking the throw has 5 seconds to shoot after the referee's whistle. Any player may take the penalty-throw and their feet must stay planted during the throw.
6. Intentional fouls (trip, push, riding into a wall, holding, etc.): Play will be immediately whistled dead and a yellow card will be issued to the offending player. Play will be restarted with an indirect kick from the spot of the foul unless:
7. Major Fouls include fouls with intent to injure, fighting, excessive and recurrent unsportsmanlike behavior, etc. Major fouls are penalized with red cards. For counting purposes, straight red cards are counted as two yellow cards. Straight red cards result in the immediate ejection of the player; his/her team must play short-handed for the remainder of the game.

### **MERCY RULE:**

1. If a team is leading by 10 goals or more with 2 or less minutes remaining in the 2<sup>nd</sup> half, the game will end.

### **SUBSTITUTIONS**

1. Subs can be made at any time
2. The player leaving the court must be off before another player enters the playing field. If at any point there are more than 6 players on the court at a time from a single team, the opposing team will be awarded possession at the division line.
3. Multiple substitution infractions will result in a team having to play down for the remainder of that period.
4. Goalies can only switch during proper substitution opportunities.

**SPORTSMANSHIP RATING:** Good sportsmanship is required of all participants. Players, coaches, and spectators are to conduct themselves properly at all times. UConn Recreation reserves the right to suspend or disqualify groups or individuals for unsportsmanlike conduct at any time. Unsportsmanlike conduct before, during and/or after a game (event) will not be tolerated. **The team captain assumes full responsibility for the conduct of the team and spectators.**

Unsportsmanlike conduct includes actions that are unbecoming to an ethical, fair, honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting. UConn Recreation disapproves of any form of taunting which is intended or designed to embarrass, ridicule, or demean others under any circumstances.

Following each contest, the game officials, intramural manager(s) and scorekeeper will rate each team on their sportsmanship with either an "Acceptable" or "Unacceptable" rating.

### **The following behavior may result in an Unacceptable rating for sportsmanship:**

- The team or individual(s) receive any card issued for unsportsmanlike conduct or slide tackling
- Player(s) persistently harass opponents, officials or spectators

### **The following behavior will result in an Unacceptable rating for sportsmanship:**

- The team or individual(s) receive multiple cards for unsportsmanlike conduct or slide tackling
- Any member(s) of the team is ejected from the game
- Members of the team or spectators display unsportsmanlike conduct after the conclusion of a game

**Teams receiving their 2<sup>nd</sup> Unacceptable rating in the same season will be dropped from the league or playoffs.** Depending on the severity of the incident, a team may be removed from the league and/or face additional sanctions for only one Unacceptable rating.

**The Intramural Managers reserve the right to reevaluate and amend any grade based on team/player's sportsmanship.**

If you have any questions, please contact Kelsey Cato (Coordinator of Intramurals and Tournaments) at 860-486-2357 or by email: [Kelsey.Cato@UConn.edu](mailto:Kelsey.Cato@UConn.edu)