ELIGIBILITY
The following eligibility regulations have been established to protect the intramural athletes and to
insure them ample opportunity to participate. It is important that all participants observe the rules
equally so that no team or individual may gain an advantage over those abiding by the rules. Each
participant is responsible for the verification of his/her own eligibility. Each team captain is
responsible for the eligibility of his/her team members.

- In order to be eligible to participate in Intramural Sports, an individual must fall into one (1) of
  the following categories:
  - All Oklahoma State University (Stillwater Campus) and Northern Oklahoma College
    Gateway Undergraduate and Graduate students who are enrolled during the current
    semester. The key to being eligible is that a student who has paid the Student Activity
    Fee (correspondence courses or audited course work do not make participants eligible).
  - Faculty/Staff members who have purchased a Colvin Recreation Center Activity Card.

- Before participation in an Intramural Sport, individuals must be registered on an entry form
  filed in the Intramural Sports Office. This entry form becomes the official team roster.
  - For each Intramural Sport(s) there are a maximum and minimum number of players
    allowed. These numbers vary per intramural sport/activity and they are known as roster
    limitations. At no time will the Intramural Sports Office accept an entry form that does
    not fit within the roster limitations.
  - Roster additions and deletions may be made throughout the sport season in the
    Intramural Office, or they may be completed at the game site.
    - During scheduled contest(s), new players’ full names may be added at the game
      site up to the roster limitations.
    - If there is no space remaining on the team roster, names must be deleted and the
      new name of the team member(s) inserted into that roster spot.
    - The full names and CWIDs MUST be clearly written on the appropriate score
      sheet for the new team member to be added to the permanent roster. Players are
      not eligible until this occurs.
    - If this procedure is completed properly the Intramural Sports Office will add and
      delete the player(s) to the permanent team roster. Note: Roster deletions are
      permanent. The deleted player will not be eligible to compete unless she/he is
      added back to the roster.
    - For all intramural activities the final opportunity to add/delete a player(s) is
      during the first contest played in playoffs.
  - No roster additions/deletions will be taken over the phone.
Substitutions in individual/dual sports must be made before a player’s first scheduled game/match. The original player cannot re-enter the tournament after the substitution is completed.

- An individual may not participate for more than one team within a division in a given sport. For example: a male may not play in Men’s A league and Men’s B league, but is allowed to play on a Men’s team and a CoRec team.
  - If a player wishes to change from one team to another, he/she must do so in the Intramural Sports Office before the player competes.
  - A player listed on two rosters will be considered a member of the team he/she first plays for. *Any player signed in on a game score sheet will be considered to “have played.”
  - The Intramural Database will recognize ineligible players by marking them ineligible via the score sheet. There are many reasons why players are marked ineligible on the score sheets, but the most common reason is due to players participating for multiple teams. *Ineligible players must visit the IM Sports Office to become eligible.*

- Any person playing under an assumed name or ID number shall be barred from intramural competition during that season and the team penalized with forfeits/losses for all the games in which the violator participated.
- Any person who is a member of a varsity or junior varsity squad shall not be eligible to participate in that sport or corresponding sports.
- Any person who has competed as a professional in a sport shall not be eligible to participate in that sport or corresponding sport(s) until the lapse of seven (7) years from their last season on a professional roster.
- In order to participate for a fraternity or sorority an individual must be associated with that organization as a pledge, member or alumni.
- In order to compete on a residence hall team, a player must be a current or past resident of the hall. The maximum number of past residents on a team’s roster is two (2).
- Independent teams may be composed of persons who may or may not belong to a previously mentioned group.
- Consequences for using an ineligible player(s):
  - The team shall forfeit all contests in which the ineligible individual(s) played.
  - Players participating illegally are referred to the Intramural Sports Coordinator for further disciplinary action.

**FORFEITS**

- **GAME TIME IS FORFEIT TIME, THERE WILL BE NO GRACE PERIOD**
- If a team is scheduled to play at 7pm, they must be signed in, jerseys on and ready to BEGIN playing at 7pm or a forfeit will be declared. It is recommended that teams arrive at least fifteen (15)-minutes prior to the start time to ensure they are ready to play on time.
- In team sports, a Forfeit Fee of $25.00 will be charged for any forfeited contest.
  - Team Forfeit Fees may be paid in the Intramural Office within 24 hours of the forfeit. Otherwise, they will be charged to the Captain’s Bursar Account.
  - All forfeits, regardless of cause, will result in the Forfeit Fee being assessed (i.e. sportsmanship or illegal player).
- In order to claim a forfeit, the opposing team must have the minimum players present and ready to play at game time.
- Conceding: A team captain may concede a game/contest (No Forfeit Fee will be charged) by notifying the Intramural Office prior to 12-noon the day of the contest that they will not play.
(5pm Friday for weekend games).

- If a team forfeits or concedes two (2) contests during a sport season they will be dropped from further competition in that sport.
  - All teams scheduled to play that team will automatically receive a victory and a four (4) sportsmanship rating unless another team is inserted in its place.
  - Members of a team, which has forfeited out are not eligible to participate for another team. Exception: a team, which did not show up for any contests prior to forfeiting out, only by the permission of the coordinator of that sport.
- All teams, which forfeit out of a sport, will not receive All-University Points.

PROTESTS

- The team captain must file all protests with the IM sports Supervisor/official at the time a question occurs, before the next live ball.
- Only protests that concern rule interpretations, policy and procedure, or player eligibility will be considered.
- When a team request a protest a time out will be charged. If the ruling is changed the timeout will be an official’s timeout. If the ruling is not changed it will be a charged timeout. If the team is out of timeouts a delay of game penalty will be assessed.
- Rule interpretation protests:
  - PROTESTS THAT CHALLENGE THE ACCURACY OF A JUDGEMENT CALL BY AN OFFICIAL/SUPERVISOR WILL NOT BE ACCEPTED.
  - Rule protests must be filed at the time a question occurs and will be settled at that time by the Supervisor (before the next play).
  - NO contests or portions thereof will be replayed due to improper rules enforcement. If you have a question captains, please ASK it.
  - All protests that challenge rule interpretation will be recorded by the IM Supervisor.
  - For further questions about protests, please see the Intramural Sports Calendar.
- Player eligibility protests
  - Eligibility protests will be decided at the time the question is raised whenever possible.
  - Players found to be ineligible after the contest will result in that contest being forfeited and/or that player being suspended.

For any additional information on eligibility please see the Intramural Sports 2012-2013 Policies and Procedures Handbook which can be viewed online at http://wellness.okstate.edu/ or visit the Intramural Sports Office in room 104 Colvin Recreation Center.

**Rules of the Game**

**Object of the Game**

- Handball combines the elements of soccer and basketball; six players move the ball down a floor that is larger than a basketball court and try to score by throwing the ball past a goalkeeper into the net. A successful scoring attempt results in the award of a single point.
A regulation game is played in 20 min. halves with one timeout per team per half. The game is started with a jump ball just like basketball.

The clock will stop on all penalty shots in the last two minutes of the second half. Other than this the clock will only stop for time-outs, other major interruptions and injuries as determined by the officials.

A three-minute halftime will separate the first and second halves.

No overtime for regular season games.

Equipment

- All team members must wear similar colored shirts. The Intramural Office will provide colored jerseys per team.
- **Participants must remove all jewelry prior to competing.**
- No hats or bandanas will be allowed. One-piece elastic headbands are the only forms of headwear that will be allowed.
- Athletic shoes and athletic attire are required for participation. Unacceptable attire includes jeans, jean shorts, khaki pants/shorts, button down shirts, hiking boots, and street shoes.
- Any athletic brace with exposed metal must be covered and/or taped. The Intramural Office will not be responsible for providing athletic tape.
- The Intramural Sports Department will provide a game ball for each scheduled contest. The ball is a little smaller than volleyball, but just as heavy as a soccer ball. A valid OSU ID is required for participants to checkout a game ball, for warm-up prior to the start of the game.

Overtime (Playoffs Only)

- One three (3) minute overtime period will occur. Clock will only stop for penalty shots under one (1) minute. If the game is still tied, penalty shots will occur. Each team nominates 5 players currently on the floor. These players make one throw each, alternating with the players of other team. Goal keepers may be freely chosen and substituted among the players eligible to participate. Shots will be taken place from 7 meter line.

Mercy Rule

- If a team is up by 20 points at any time after the completion of the first half the game will be over.
- If a team is up by 10 points at the 2 minute mark of the second half the game will be over.

Co-Rec

- If a team is up by 30 points at any time after the completion of the first half the game will be over.
- If a team is up by 15 points at the 2 minute mark of the second half the game will be over.

Teams

- Seven (7) players on each team will be on the court at the same time (6 players and a goalkeeper). A game may be started with a minimum of 5 players.
Substitutions will be made on the fly as in hockey and indoor soccer. The player on the court must leave the court before the substitute can enter the court.

- Penalty for violation: Free throw from the spot nearest the violation.

The Goal Area

- Only the goalkeeper is allowed in the goal area, (Goal area includes the goal area line, the solid arc.)
- **The shooting player may fly into the goal area to shoot the ball, but may not touch the shooting line or land in the goal area before the ball is released. Once the shooter comes down in the goal area they must make an immediate attempt to exit the area, (all action completed without disturbing the goalkeeper).**
- Penalty for an offensive player entering the goal area illegally:
  - Goalie Throw
- Penalty for a defensive player entering the goal area and gaining an advantage:
  - Penalty shot
- Only the goalie may touch the ball when it is in goal area.
- If a player intentionally plays the ball into his/her own goal area, the following could occur:
  - Goal if the ball goes in the goal
  - A penalty shot by the opponent if the goalie touches the ball
  - If the ball comes to a rest in the goal area, a penalty shot by the opponent is awarded
  - Play continues if the ball traverses through the goal area (without touching the goalie).

Playing the ball

- Players are allowed to:
  - Dribble the ball for an unlimited amount of time.
  - Run with the ball for up to three steps before and after dribbles.
  - Hold the ball without moving for only three seconds.
- Players are not allowed to:
  - Endanger an opponent with the ball
  - Pull, hit, or punch the ball out of the hands of an opponent (similar to flag football).
  - Contact the ball below the knees
  - Block a throw or shot from behind.(Penalty Shot and yellow card)
- Three steps are called like in basketball (Jump stops count as one complete step)
- The three second count starts as soon as the player gains control of the ball. Fumbling of the ball does not count as possession/control.
- If a team is noticeably stalling (not attempting to score or shoot) they will have 10 seconds to attempt a shot on goal. If they do not attempt a shot on a goal a penalty shot will be awarded to the opposing team.
- If both opponents gain possession of the ball simultaneously, there will be a jump ball at the spot where the simultaneous possession occurs between the two opponents.
Goalkeepers:

- Keepers can touch the ball with any part of the body while in the act of defense inside the goal area.
- Keepers may exit the goal area without possession of the ball, but then the goalkeeper becomes subject to the rules applying to players in the playing area.
- When the goalie wants to re-enter the goal area they may not be in possession of the ball.
- When goalies come out of the goal area they may never go past ½ court (no power play).
- Keepers have five seconds to release the ball.
- Penalty: Penalty Shot awarded to the opposing team.
- Keepers administer all throw-ins after all made goals.

Fouls

- Knocking the ball out of a players hand
- Pushing, hitting, tripping, holding
- Blocking/Charging

Each team will be allowed six (6) fouls per half. On the seventh foul, and any subsequent fouls, the opposing team will be awarded a penalty shot.

Violations

- Taking more than three steps
- Holding the ball for more than three seconds
- Double Dribbles
- Illegal Substitutions

Penalties

- Throw-ins are awarded for all fouls (except shooting fouls and fouls from behind) and violations at the spot of the foul or violation.
  - A goal may not be scored directly from a throw in.
  - If the ball goes in the goal directly from a throw in, no point is awarded and the goalie is awarded a throw in.
- If a foul or violation occurs between the goal area and the 9 meter line the throw in will occur outside the 9 meter line nearest the spot of the minor foul or violation.
  - All offensive players must be outside the 9 meter line during the throw in.
  - All defensive players must be at least 3 meters away from the ball during the throw in.

Penalty shot is awarded when:
  - A foul destroys a clear chance to score
  - The goalie carries the ball back into the goalie area
  - A court player intentionally plays the ball to his or her own goalie in the goal area and the goalie touches the ball.
  - Anytime a pass or shot is blocked from behind.
• Any player on the team may take the penalty shot for a team, except on shooting fouls. While shooting the penalty shot the players pivot foot may not break contact with the penalty shot line.
• All players must be outside the 9 meter line when the penalty shot is taken.

Co-Rec Modifications
• A team consists of seven (7) players. 4:3 ratio. (At no one time may an advantage of more than one person per gender be used).
• A team may start and compete with a minimum of five (5), 2:3 or 3:2 ratio of players
• Substitutions must maintain the allowable M:F ratio of players on the court.
• Women goals count as two (2).

Playoffs
• Teams/individuals may be barred from participation in playoffs due to unsportsmanlike conduct or eligibility violations during the regular season (see Sportsmanship Policy).
• All eligibility protests must be filed prior to the clock starting any contest.
• Teams must average a three (3) sportsmanship rating throughout the regular season to be eligible for playoffs.
• If a player is suspended during playoffs they will be suspended for at least the remainder of the playoff tournament.
• Teams must be represented at the playoff captain’s meeting. Those captains who are not represented will be assessed a $15 Forfeit Fee.

Sportsmanship
• Any unsportsmanlike conduct (verbal abuse to officials or players, unnecessary roughness, etc.) will result in a penalty being assessed and possible ejection from the contest and/or forfeiture. Yellow cards are for less severe infractions. Red cards are an automatic ejection from the game. Two yellow cards on one player also result in ejection. Three Cards or two ejections (red cards) on one team result in forfeit.
• Any individual ejected from a contest will be ineligible for further participation in any IM activity until the incident is resolved with the Intramural Graduate Assistant. Any player who is ejected must leave the playing area immediately.

Yellow and Red Cards
• Excessive fouls may result in a yellow card for the offending player(s).
• Any yellow card will also accompany an automatic 2 minute suspension for the offending player. The team cannot substitute for the suspended player. Any ejection results in the remainder of the game being played shorthanded. Two yellow cards for one player results in an ejection. Three cards on one team, or two red cards (ejections), will result in forfeiture of contest.
• If a participant receives 2 yellow cards over the course of the season, or a red card in one game that participant will be ineligible from further competition until they meet with the Graduate Assistant in charge of Team Handball.

Any rules not addressed in these rules will be governed by International Handball Federation Rulebook.