

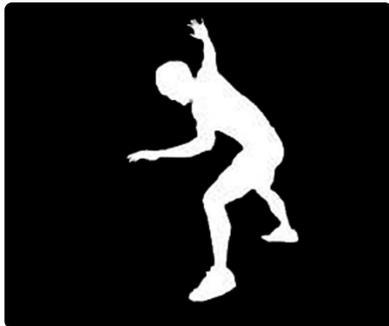
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RECREATIONAL SERVICES

Intramural Rulebook



4-Wall Handball

HANDBALL RULES

Rule 1. The Game

Section 1. Types.

Four-wall handball may be played by two, three, or four players. When played by two, it is called "singles," when played by three, "cut throat," and when played by four, "doubles."

Section 2. Description.

Handball, as the name implies, is a competitive game in which either hand or either fist may be used to serve and return the ball.

Section 3. Objective.

The objective is to win each rally by serving or returning the ball so the opponent is unable to keep the ball in play. A serve or rally is won when a side is unable to return the ball to the front side before it touches the floor twice.

Section 4. Points and Outs.

Points are scored by the serving side when it serves an ace or wins a rally. When the serving side loses a rally, it loses the serve. Losing the serve is called an "out."

Section 5. Game.

A game is won by the side first scoring 15 points, or in the case of a tie-breaker, 11 points. You need not win by two points.

Section 6. Match.

A match consists of two 15-point games with an 11 point tie breaker if the first two games are split. For the 11 point tie breaker, the player with the most points scored in the first two games is awarded the first serve. If the points are tied in the first two games, a flip of the coin determines the server.

Rule 2. Court and Equipment

Section 1. Court. The specifications for the standard four-wall court are:

Article 1 - Dimensions. 20 feet wide, 20 feet high, and 40 feet long with back wall recommended minimum height of 14 feet.

Article 2 - Lines and Zones. Handball courts shall be divided and marked on the floors with 2 inch wide lines. Recommended colors are white or red. The lines shall be marked as follows:

- a. Short line - Parallel to the front and back walls. Its outside measurement is 20 feet from the front wall.
- b. Service Line - Parallel with the short line and its outside measurement is 5 feet in front of the outside of the short line.
- c. Service Zone - The area between the outer edges of the short and service lines.
- d. Service Boxes - Located at each end of the service zone by lines whose outside measure is 18 inches from and parallel with each side wall.
- e. Receiver's Restraining Lines - Five feet back of the short line (outside measure), the lines should be marked on the floor extending 6 inches from the side wall. These lines are parallel to the short line. See Rule 3, Section 2, Art. 1.

Section 2. Ball.

Article 1 - The specifications for the standard handball are:

- a. Material - The ball should be rubber or synthetic material.
- b. Color - Color is optional. Black handballs are not allowed in the Recreation Complex.

- c. Size - 1 7/8" diameter, with a 1/32" variation.
- d. Weight - 2.3 ounces with a variation of .2 ounces.

Section 3. Gloves.

Article 1 - General Handball may not be played bare-handed. Gloves must be worn.

Article 2 Style Gloves must be light in color and made of soft material or leather, and form fitting.

The fingers of the gloves may not be webbed, connected or removed.

Article 3 - Foreign Substances No foreign substance, tape or rubber bands shall be used on the fingers or the palms of the gloves. Metal or hard substances should not be worn on the hand or under the glove. For sensitive, bruised, or sore hands, surgical gauze or tape may be wrapped around the palm of the hand with or without thin foam rubber for protection purposes.

Article 4 - Wet Gloves Gloves must be changed when they become wet enough to moisten the ball. This is the referee's decision. It is the player's responsibility to have an ample supply of dry gloves for each match.

Rule 3. Play Regulations

Section 1. Serve.

Article 1 - General

- a. Order - The player or side winning the toss becomes the first server and starts the first game. A lag can be used to determine service.
- b. Start - Games are started by the referee calling "play ball."
- c. Place - The server may serve from any place in the service zone. No part of either foot may extend beyond either line of the service zone. Stepping on the line (but not beyond it) is permitted. Server must remain in the service zone until the served ball passes the short line. Violations are called "foot faults". See RULE 3, SECTION 1, Article 3b., 1.
- d. Manner - A serve is commenced by bouncing the ball to the floor in the service zone. After the serve is commenced, on the first bounce the ball must be struck by the server's hand or fist so that it hits the front wall and on the rebound hits the floor back of the short line, either with or without touching one of the side walls.
- e. Readiness - Serves shall not be made until the receiving side is ready. "Ready" means receiver has at least one full second in the receiving position. Server must also stand in the "ready" position for one full second before serving. After a point or side-out, the receiver has up to 10 seconds to assume a receiving position. Once the receiver is ready, the server has 10 seconds in which to serve.

Article 2 - Doubles

- a. Server - At the beginning of each game in doubles, each side informs the referee of the order of service, which must be followed throughout the game. Only the first server may serve the first time up and continues to serve first throughout the game. When the first server is out, the side is out. Thereafter, both players on each side shall serve until an out for each occurs. It is not necessary for the server to alternate serves to his teams' opponents.
- b. Partner's Position - On each serve, the server's partner shall stand erect with his back to the side wall and with both feet on the floor within the service box until the served ball has passed the short line. Violations are called "foot faults".

Article 3 - Defective Serves. Defective serves are of three types resulting in penalties as follows:

- a. Dead Ball Serves - Results in no penalty and the server is given another serve without canceling a prior illegal serve. Dead ball serves do not cancel any previous illegal serve. They occur when an otherwise legal serve:
 1. Hits partner - Hits the server's partner on the fly or on the rebound from the front wall while the server's partner is in the service box. Any serve that touches the floor before hitting the partner in the box is a short serve. See Rule 3, Section 1, Article 3c., 3.
 2. Screen balls - The ball passes so close to the server or the server's partner that the view of the returning side is obstructed. Any serve passing behind the server's

- partner and the side wall is an automatic screen. See Rule 3, Section 5, Article 1d.
3. Straddle balls - A legally served ball between the legs is an automatic hinder.
 4. Court hinders - Hits any part of the court that under local rules is a dead ball. See Rule 3, Section 5, Article 1a.
- b. Fault Serve - Two fault serves result in an out. The following serves are faults and any two in succession result in an out:
1. Foot faults - (1) When the server leaves the service zone before the served ball passes the short line. (2) When the server's partner leaves the service box before the served ball passes the short line.
 2. Short serve - Any served ball that first hits the front wall and on the rebound hits the floor in front of the back edge of the short line either with or without touching one of the side walls.
 3. Three-wall serve - Any served ball that first hits the front wall and on the rebound hits two side walls in the fly.
 4. Ceiling serve - Any served ball that touches the ceiling after hitting the front wall either with or without touching one of the side walls.
 5. Long serve - Any served ball that first hits the front wall and rebounds to the back wall before touching the floor.
- c. Out Serve - An out serve results in a side-out.
1. Bounces - Once the server is within the service zone and the receiver is in the ready position, the ball may not be bounced anywhere but on the floor within the service zone.
 2. Missed ball - Any attempt to strike the ball on the first bounce that results either in a total miss or in touching any part of the server's body other than his serving hand or fist.
 3. Non-front wall serve - Any served ball that strikes the server's partner, ceiling, floor, or side wall before striking the front wall.
 4. Touched serve - Any served ball that on the rebound from the front wall touches the server or the server's partner while his feet are out of the service box. This includes the ball that is intentionally caught. See Rule 3, Section 1, Article 3a., 1.
 5. Out-of-order serve - In doubles, when either partner serves out-of-order or one player serves both serves. The violation must be detected before the next team serves.
 6. Crotch serve - Any served ball that hits the crotch in the front wall shall be considered the same as a ball that hits the floor and is an out. A crotch serve into the back wall is an ace, as is a three-wall crotch serve.
 7. Delay - A server fails to serve the ball within the ten seconds after he and the receiver have assumed the ready position.

Section 2. Return of Serve

Article 1 - Receiving Position The receiver or receivers must stand at least 5 feet back of the short line, as indicated by the 6 inch restraining line, until the ball is struck by the server. Any infraction of this rule results in a point for the server.

Article 2 - Fly Return In making a fly return, the receiver must play the ball after it passes over the short line and no part of his foot may extend on or over the short line. A violation results in a point for the server. After contact the receiver may step on or over the short line without penalty.

Article 3 - Legal Return After the ball is legally served, one of the players on the receiving side must strike the ball either on the fly or after the first bounce and before the ball touches the floor the second time to return the ball to the front wall either directly or after it has touched one or both side walls, the back wall, or the ceiling, or any combination of these surfaces. A returned ball may not touch the floor before touching the front wall. A ball may be played off the back wall as well as the front wall provided the ball does not touch the floor a second time.

Article 4 - Failure to Return The failure to return a serve, by the receiver, results in a point for the server.

Article 5 - Touching the Receiver See Rule 3, Section 4, Article 5.

Section 3. Change of Serve. A server is entitled to continue serving until he makes an out. When the server or the side loses the serve, the server or the serving side becomes the receiver, and the receiving side becomes the server, and so alternately in all subsequent services of the game. Outs are made by:

Article 1 - Out Serve. An out serve is made under Rule 3, Section 1, Article 3c.

Article 2 - Fault Serve. The server makes two fault serves in succession under Rule 3, Section 1, Article 3b.

Article 3 - Hits Partner. The server hits his partner with an attempted return before the ball touches the floor the second time.

Article 4 - Return Failure. The server or his partner fails to keep the ball in play by returning it as required by Rule 3, Section 2, Article 3.

Article 5 - Avoidable Hinder. The server or his partner commits an avoidable hinder. See Rule 3, Section 5, Article 2.

Article 6 - Second-out. In doubles, the side is retired when both partners have been put out, except on the first serve as provided in Rule 3, Section 1, Article 2a.

Section 4. Rally. Each legal return after the serve is called a rally. Play during rallies must accord with the following rules (each violation results in an out or a point).

Article 1 - One-hand. Only the front or back of one hand may be used at any one time to return the ball. Using two hands to hit a ball is an out. The use of the foot or any portion of the body, other than the hand or fist, is an out.

Article 2 - Wrist Ball. The use of any other part of the body to return the ball, including the wrist or arm above the player's hand, is prohibited, even though the wrist or arm is covered by a glove.

Article 3 - One Touch. In attempting returns, the ball may be touched only once by one player. In doubles, both partners may swing at the ball, but only one may hit it.

Article 4 - Return Attempts

- a. Singles - If a player swings at, but misses the ball in play, the player may repeat his attempts to return the ball until it touches the floor the second time.
- b. Doubles - If one player swings at but misses the ball, both he and his partner may make further attempts to return the ball until it touches the floor the second time. Both partners on a side are entitled to attempt to return the ball.
- c. Hinders - In singles or doubles, if a player swings at but misses the ball in play, and in his or his partner's attempt, again, to play the ball, there is an unintentional interference by an opponent, a hinder is called. See Rule 3, Section 5.

Article 5 - Touching the Ball. Except as provided in RULE 3, SECTION 5, Article 1b., any touching of a ball before it touches the floor the second time by a player other than the one making a return is a point or out against the offending player.

Article 6 - Out-of-court Ball

- a. After return - Any ball returned to the front wall that on the rebound or on the first bounce goes into the gallery or through any opening in a side wall is declared dead and the serve replayed.
- b. No return - Any ball not returned to the front wall, but which caroms off a player's hand or fist into the gallery or into any opening in a side wall either with or without touching the ceiling, side or back wall, shall be an out or point against the player failing to make the return.

Article 7 - Dry Ball and Gloves. During the game, and particularly on services, every effort must be made to keep the ball dry. Deliberately wetting the ball results in an out or point. The ball may be inspected by the referee at any time during a game. If a player's gloves are wet to the extent that they leave wet marks on the ball, the player must change to dry gloves on a referee's timeout. This is strictly a referee's judgment. If a player wishes to change to dry gloves, he must

hold the palms of his hands up to the referee and obtain the referee's permission to change. He may not leave the court without the permission of the referee. Two minutes are allowed for glove changes. The referee should give a one minute warning, but the player is still responsible to be back in the court within two minutes. Deliberately wetting the gloves result in an out or point.

Article 8 - Broken Ball. If there is any suspicion that a ball has been broken on the serve or during a rally, play continues until the end of the rally. The referee or any player may request the ball be examined. If the referee decides the ball is broken, a new ball must be put into play and the point replayed. Once the succeeding serve is begun (or attempted) the previous rally stands.

Article 9 - Play Stoppage. If a player loses a shoe or other equipment, or foreign objects enter the court, or any other outside interference occurs, the referee must stop the play immediately.

Section 5. Hinders. Hinders are of two types: "dead ball" and "avoidable".

Article 1 - Dead Ball Hinders. As described in this rule result in the point being replayed. When called by a referee, the following are dead ball hinders:

- a. Court hinders - If in the referee's opinion an erratic bounce, caused by a court obstruction, affected play, it should be called a "court hinder". The player should not stop play at any time in anticipation of a call, nor influence the call.
- b. Hitting opponent - When a returned ball touches an opponent on the fly before it returns to the front wall, and the shot obviously would not have reached the front wall on the fly, the player who is hit by the shot will be awarded the rally. If there is any doubt as to whether or not the ball would have reached the front wall, a dead ball hinder will be called.
- c. Body contact - When any body contact with an opponent interferes with seeing or returning the ball:
 1. A player should not stop play, except on physical contact on the backswing by the offensive (shooting) player. He should immediately call "contact" if he wants to contact hinder. If he elects to shoot, no contact call will be permitted. At no other time should the players stop on physical contact. Physical contact is not an automatic hinder. It is the judgment of the referee if the physical contact impeded the play.
- d. Screen ball - When any ball rebounds from the front wall close to the body of a player on the side that has just returned the ball in such a way as to interfere with or prevent the returning side from seeing the ball. See Rule 3, Section 1, Article 3a., 2.
- e. Straddle ball - When a ball passing between the legs of a player on the side that just returned the ball, if there is no fair chance for the opposing player to see or return the ball. This is not automatic.
- f. Avoidance - While making an attempt to return the ball, a player is entitled to a fair chance to see and return the ball. It is the duty of the side that has just served or returned the ball to move so that the receiving side may go straight to the ball and not be required to go around an opponent. On the other hand, the receiver must make a reasonable effort to move towards the ball in such a way that an opponent cannot see it until it is too late. It is no excuse on an attempted kill, unless in the opinion of the referee the player cannot return the ball. Hinders must be called without claim from a player, especially in loose plays and on game points. It is not a hinder when one player hinders his partner.
- g. Doubles - Both players on a side are entitled to a fair chance at the ball. Either one is entitled to a hinder even though it naturally would be his partner's ball and even though his partner may have attempted to play the ball and have already missed.
- h. Effect - A call by the referee of a hinder stops the play and voids any situation following, such as the ball hitting a player. No player is authorized to call a hinder, except the shooting player on the back swing and such a call must be made immediately.

Article 2 - Avoidable Hinders An avoidable hinder results in an out or a point depending upon whether the offender was serving or receiving. Player intent need not have bearing on an avoidable call. Avoidable hinders are called when:

- a. Failure to move - A player does not move sufficiently to allow his opponent to his shot.

- b. Blocking - A player moves into a position that effects a block or crowds his opponent about to return the ball; or in doubles, one partner moves in front of an opponent as his partner is returning the ball.
- c. Moving into the ball - A player moves in the way and is struck by the ball just played by his opponent.
- d. Pushing - A player forcible pushes or shoves an opponent during a rally.
- e. View obstruction - Deliberately moving across a player's line of vision just before he strikes the ball.
- f. Distraction - Any avoidable intimidation or distraction that would interfere with the player playing the ball such as stomping fee, shouting, whistling, or loud noises.

Section 6. Rest Periods

Article 1 - Timeout. During a game each player may request a timeout. Each timeout must not exceed one minute. No more than three timeouts in a game may be granted each singles player or to each team in doubles. Two one-minute timeouts are allowed during the tie breaker. A player may not call a timeout after, in the judgment of the referee, the players have taken their positions as server and receiver. A player may leave the court during a timeout. Timeouts may be called consecutively.

Article 2 - Equipment Timeout At the discretion of the referee, equipment timeouts may be granted for lost shoes, broken shoelaces, torn equipment, wet shirts, wet floor, etc. Player is not charged for his timeout.

Article 3 - Injury No timeout shall be charged to a player who is injured during play. An injured player shall not be allowed more than a total of 15 minutes of rest. If the injured player is not able to resume play after a period totaling 15 minutes per match, the match shall be awarded to the opponent. For an injury, the tournament director, if present, or committee, after considering any available medical opinion, must determine whether the injured player may be allowed to continue.

Article 4 - Between games. Five minutes timeouts are allowed between the first and second game, and before the tie breaker. Players may leave the court.

ONE-WALL AND THREE-WALL RULES

Rule 1. The Game

Section 1. Exceptions. Handball rules for one-wall, three-wall and four-wall games are the same, with the following exceptions:

Article 1 - One-wall Court Size. The wall shall be 20 feet in width and 16 feet high, floor shall be 20 feet in width and 34 feet from the wall to the back edge of the long line. There should be a minimum of three feet beyond the long line and six feet outside each side to permit movement area for the players.

Article 2 - One-wall Short Line. Back edge of short line is 16 feet from front wall. Service markers, lines at least 6 inches long parallel to and midway between the long and short lines, extending in from the side lines. The imaginary extension and joining of these lines indicates the service line. Lines are 1 1/2 inches in width. Service zone - floor area inside and including the short, side and service lines. Receiving zone - floor area in back of the short line bounded by and including long and side lines.

Article 3 - Three-wall Serve. A serve that goes beyond the side walls on the fly is a player or side out. A serve that goes beyond the long line on the fly, but is within the side walls is the same as the "short".

Article 4 - Boundaries. Board at top of front wall is considered out of play.

Article 5 - Lines. Lines are "out".

INTRAMURAL CO-REC ADAPTATIONS

Rule 1. Alternating Service and Contact Rule

Section 1. Service

- a. Player of either sex may serve to player of either sex.
- b. Succeeding serves by that team during their side must alternate. Example: Service #1 - Male A serves Male B. Service #2 - Male A *must* serve Female B. Service #3 - Male A must again serve Male B, and so on.
- c. When Female A begins her turn at service, she need not continue the alternation pattern where her partner left off. In other words, each partner begins his or her own service pattern by first serving to either opponent, but each succeeding serve must alternate during his or her turn at service.

Section 2. Play

- a. Succeeding contacts by a team during a rally must be made by a player of the opposite sex.
- b. Example 1: Male A serves Male B
Male B shot to Female A
Female A shot to Female B
Female B shot to Male A
Etc
- Example 2: Male A serves Female B
Female B shot to Female A
Female A shot to Male B
Male B shot to Male A
Etc
- Example 3: Female A serves to Male B
Male B shot to Male A
Male A shot to Female B
Female B shot to Female A
Etc
- Example 4: Female A serves Female B
Female B shot to Male A
Male A shot to Male B
Male B shot to Female A
Etc

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