



Winnipeg High School Team Handball League



Information Package – 2024

What's New 2024

Information Package: The information package is a replacement for the annual preseason meeting and will be the source of all information for league details. During the off-season or immediately before the season starts is when individuals can request clarification or changes to be made. All updates will be summarized under the “What’s New” section in the following version. It is the responsibility of the school representative and coach to read and understand the details of this document.

Season Calendar

This schedule is a rough outline and may be subject to changes based on the operational requirements of the league.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 24	SPRING BREAK					March 30
	April 1	2	3	4	5	6
	NO GAMES					
7	8	9	10	11	12	13
	WEEK 1					
14	15	16	17	18	19	20
	WEEK 2					
21	22	23	24	25	26	27
	WEEK 3					
28	29	30	May 1	2	3	4
	WEEK 4					
5	6	7	8	9	10	11
	WEEK 5					
12	13	14	15	16	17	18
	PLAYOFFS					
19	20	21	22	23	24	25
	Victoria Day	PLAYOFFS				
26	27	28	29	30		
		League FInals		All-Star Games		

Registration

Team Registration: School representative must fill out the online form with coach and team information. Once submitted, the WHSTHL coordinator will manually add teams with corresponding team contact to league website.

Player Registration: All athletes are required to sign up on the WHSTHL website as this serves as a waiver and is used to determine statistics and playoff eligibility.

New members: Follow instructions on <https://whsthl.redzoneleagues.com/>

Returning members: Login to your account and request to join your team

Rosters: Can be managed by the team contact either by accepting requests from athletes to join the online roster or by manually looking up their players and adding them. Students can join the team at any time up until playoffs when the rosters will be locked.

Eligibility: All student athletes must be signed up on the website and added to your roster and must play in at least one (1) regular season game to compete in playoffs.

League Fees: Include referee wages, Tshirts, medals, banners, gym time, and MVP awards. Invoices will be emailed to school rep when registration is complete. **2024 fees: \$400.00 per team**

Cheques can be made out to Manitoba Team Handball Federation (Attn: Danielle Baril WHSTHL) and mailed to:

205-474 Beliveau Road East
Winnipeg, MB R2M 1T5

Schedule

Regular Season Format: Games are played Monday through Thursday starting at 6:00pm and 7:30pm. Teams will play a round-robin with 1 or 2 games per week depending on the number of teams in the division but never play back-to-back evenings.

Playoff Format: Will depend on the number of teams but a single elimination tournament bracket will be used with play-in games if necessary so every team gets at least 1 post season game.

Defaults: If the situation arises where a team cannot play or a gym becomes suddenly unavailable, the WHSTHL will make an effort to get the game rescheduled. If a school is unable to field a team for a scheduled game with <24hrs notice then the

game will simply be cancelled and considered a loss for the defaulting team with a score of 10-0.

Game sheets

New sheets can be printed from the website under “Rules, Forms & Files” where you can also find an example of a properly filled out game sheet (helpful for scorekeepers) see link here:

https://whsthl.redzoneleagues.com/league_files

If filling out your roster by hand, please print names clearly and if possible list in alphabetical order by last name as this makes entering statistics much easier.

To submit your game sheet, take a photo and use the QR code on the game sheet to access google forms. Please ensure the *entire* sheet is visible.

You can also save the link here: <https://forms.gle/TqwBNcKTJ9qouZyZ6>

Score keeping instructions:

Team handball is played in two 25 minute halves with running time. The clock should only be stopped when the referee blows the whistle three times (usually for a time out, a 2 minute penalty, or an injury).

1 goal is worth 1 point, signalled by 2 whistles. Mark goals with a tally lines i.e. |||| = 5 goals

Progressive punishment: players can be penalized with either a yellow card (warning), 2 minute penalty, or a red card (ejection).

-Yellow cards are marked with an “X”

-2 minute penalties are written with the time that the penalty is over and then crossed out when they return to play

-Red cards are also marked with an “X”

*see example game sheet on the website at the link below:

https://whsthl.redzoneleagues.com/league_files

Standings

Regular Season:

2 points for win, 1 point for tie, 0 points for loss

Final standings will be determined in the following order

1. Points
2. Head to head
3. Goals against
4. Results vs. common opponents

Playoff tie-breaker format

1. 1st OT (2 x 5 minute halves)
2. 2nd OT (as 1st)
3. 5 person shoot-out (5 different players, alternating team shots)
 - a. coin toss to determine who shoots first
4. 1-1 sudden death

Awards

League MVP:

Given to an individual who had an outstanding contribution to the success of their team. Must have played in 80% of games.

League All-Stars

Each coach is given a number of nominations based on their final standing before playoffs. Selections should be made on skills demonstrated throughout the season and enthusiasm towards the sport. Two teams of 14 are selected.

Rules

All regular IHF rules with the exception of 1 on 1 (being “manned out”) defense. This rule will remain in effect at least until the 2026 season i.e. until the league has run for 3 consecutive seasons.

Complaints

If you have a issue with an opponent, official, or spectator that requires league intervention, please follow this link <https://forms.gle/p9cBRiqhA46vsYVp7> to fill out the formal complaint form. A reminder that any serious concerns during a game should be brought to the attention of the referee for the quickest resolution.

Contact

League Coordinator: Danielle Baril

Email: MTHFdevelopment@gmail.com

Cell: 204-795-6931

Please only use cell phone for emergent calls/texts and if you plan to call, send a text first as I don't answer calls from numbers I don't recognize. I do have a day job that is mostly Monday-Friday and I receive email notifications to my phone so I can reply to emails quickly if necessary.