



Winnipeg High School Team Handball League

Information Package – 2025



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1) What's New 2025

- Letter sized game sheet with instructions
- Name for organization
 - Crocus Handball Manitoba inc. aka "Handball Manitoba"
- New address to mail cheques
- Remove "no manning out" rule
- New League director phasing in

2) 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 the 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: Log in to your account and request to join your team

****If you have any trouble with your account, please contact the league admin as they have the authority to change or fix any information on your account****

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: Invoices will be emailed to school rep when registration is complete. **2025 fees: \$400.00 per team**

Cheques can be made out to **Crocus Handball Manitoba inc.** (Attn: Danielle Baril WHSTHL) and mailed to:

**PO Box 47014
Winnipeg RPO Marion
Winnipeg, MB R2H 3G9**

Cheques made out to any other name will not be accepted

3) 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 30	SPRING BREAK					April 5
6	7	8	9	10	11	12
	NO GAMES					
13	14	15	16	17	18	19
Pre-Season Mini Tournament	WEEK 1					
20	21	22	23	24	25	26
	WEEK 2					
27	28	29	30	May 1	2	3
	WEEK 3					
4	5	6	7	8	9	10
	WEEK 4					
11	12	13	14	15	16	17
	WEEK 5					
18	19	20	21	22	23	24
	Victoria Day	PLAYOFFS				
25	26	27	28	29	30	June 1
		PLAYOFFS				
2	3	4	5	6	7	8
		League Finals @Dakota		All-Star Games		

4) 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 will 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 less than 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 email or text it to Danielle at 204-795-6931 or dbaril@mbteamhandball.com. Please ensure the *entire* sheet is visible.

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", any given team can only receive 3

-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

5) 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

6) Awards

League MVP:

Given to an individual who had an outstanding contribution to the success of their team. Must have played in a minimum of 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 and get the opportunity to play in the All-Stars game at the end of the season. If any your selections are unable to attend the game, you may change them for an athlete who can attend.

7) Rules

All regular IHF rules except for game times count down with 25 minute halves, and there is no use of the "blue card".

8) Complaints

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

9) Contact

League Coordinator: Danielle Baril & Alex Knight

Email: dbaril@mbteamhandball.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 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.