



# Dodgeball Rules

The department of University Recreation, Intramural Sports assumes no responsibility for injuries; however basic, first aid will be available.

Regulations published in the Intramural Sports Handbook will be the governing policies for all intramural sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

Dodgeball is a self-officiated sport. The Intramural Sports Supervisors will have the final decision on any and all discrepancies.

A review of Dodgeball rules, along with the Intramural Sports modifications are as follows:

## **ELIGIBILITY AND GUIDELINES**

All participants must meet the eligibility guidelines as outlined in the Intramural Sports Participants Handbook.

## **PLAYERS AND ROSTERS**

1. The game shall be played between two (2) teams of five (5) players each. Three (3) players are required to begin a game.
  - a. Co-Rec Only: The game shall be played between two (2) teams of six (6) players each; four (4) players are required to begin a game. A minimum of two (2) males and two (2) females are required to begin a game.
2. If, due to injuries, a team drops below the minimum number of players, five (5), it may continue if the Supervisor deems the game is still competitive.
3. Roster limit will be twelve (12) players.

## **UNIFORMS AND EQUIPMENT**

1. All teams are required to furnish their own jerseys.
  - a. All jerseys must be of the same color.
  - b. All jerseys must have numbers on the back.
    - i. Numbers 0-5 are preferred.
    - ii. No three digit numbers
    - iii. Numbers may NOT be taped.
      1. Numbers that are painted, sharpie, marker, etc. are acceptable.

2. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.
3. **Jewelry:** Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.
  - a. The only type of permissible jewelry are medical alert bracelets. These bracelets must be taped down to the participant's wrist, with the important medical information showing.
4. **Shoes:** Only non-marking shoes will be allowed. Basketball-Athletic style shoes are preferredrequired.
5. **Supports, Braces, & Pads:** No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the Intramural Sports Staff and their decisions shall be final.
6. **Headwear:** Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.

## **THE GAME**

1. Each match will be played as a best of two (2) out of three (3) games.
2. Each game has a five (5) minute time limit.
3. A floating off-sides line will be used. This line will be marked with cones at the end of each line. When throwing the ball, a player must not have either foot **completely** across the line when **throwing**. After the ball has been released, it is permitted for a player's **momentum** to carry them over the boundary line, so long as they immediately return to their side of the court and do not attempt to pick up a ball while on the other side of the boundary line.
4. Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. The Supervisor will rule on any situation that teams cannot agree upon and for rule interpretations. **The Supervisor's decision is final.**

## OUTS

For an out to occur, the ball must hit a player **below the shoulders**. If a player is hit in the head, **no player** will be considered out.

**Exception:** if a player ducks or is on the ground and is hit in the head, the player hit will be called out.

An out is scored when:

1. A thrown ball, not a kicked ball hits a player **on the fly**.
2. Players will be called out if a ball they throw is caught on the fly. If a ball is deflected off of a player, and caught by a teammate, the thrower is out.
3. If a player catches a ball, the thrower is out and a teammate of the person that caught the ball is allowed to come back into the game.
4. If the ball is dropped as a result of contact from the thrown ball, then the player who drops the ball is out.
5. If a ball hits another ball, which a player has in their possession, and that ball is caught by a teammate, the person who threw the ball is out.
6. If a ball hits another ball, which a player has in their possession and that ball hits a teammate, the person who was hit is out.
7. Once a player is out, they must immediately leave the floor.  
**Players who have been called out cannot retrieve stray balls for their teammates, or that ball will be given to the other team.**
8. Deflections off the floor, wall, court dividers, rafters, bleachers, hoop, and official do not count as an out if caught. Deflections off a teammate do not count.
  - a. Example: Team A – Player 1 throws a ball and hits and deflects off Team B – Player 1 and then Team B – Player 2 catches the ball before it hits the ground, both Team A – Player 1 and Team B – Player 1 are out. Also, Team B is allowed to have another player re-enter the game because of the caught ball.
9. If a ball hits another ball, which a player has in their possession, it does not make either player out.
10. 15 minute time limit will end all games in the tournament season. The team with the most players at the end of the game is considered the winner.

## LEAVING THE PLAYING AREA

1. All players are confined to the out of bounds cones.
2. Players may leave out the sidelines and end-lines to retrieve balls, but must re-enter through the end-line. A player may not be hit while he/she is retrieving a ball.
3. A player cannot make a catch outside the boundary lines and get an opponent out.
4. If a player goes out of bounds to avoid getting out, they will be called out.
5. If a ball is thrown into the bleachers, it must be given to the team that is on that side.

## **STALLING**

1. If a player is stalling, or making no attempt to play a ball, they will be ordered to roll the ball to the other side by the official/supervisor.
2. A player may be called out at the supervisor's discretion for continuously stalling to avoid an outcome of the game.