

# INTRAMURAL DODGEBALL PLAYING RULES

## Players

- 1) A regulation Intramural Sports Dodgeball team includes all players on the team.
  - a) Substitution rules for games where the teams have a different number of players will be discussed by the referee.

## Equipment and Uniforms

- 1) The Intramural Sports Program will provide dodgeballs for each game.
- 2) Athletic shoes with non-marking soles must be worn by all participants. Open heel and/or toe shoes are prohibited.

## Timing

- 1) A regulation match is no longer than 45 minutes. Matches will consist of 5 sets. ALL 5 sets will always be played, regardless of which team wins more sets. The match winner will be the team that has won the most sets, and teams will earn points for the set ratio.
- 2) Each set will be capped at 10 minutes. If a team has all players eliminated prior to the 10-minute time limit, then that team will receive the loss for that set. If both teams still have active players on the court at the 10-minute mark, then the team with more players standing will receive the win for that set.
- 3) If teams have the same number of active players remaining on the court, teams will go to a sudden victory format with the players remaining on the court. To start sudden victory, all balls must be placed at mid court, and the remaining players from the tied set will line up at the initial starting point for the set (see sudden victory protocol below).
- 4) The timing rules may be modified for championships or any other playoff matches.

## Scorekeeping and Officiating

- 1) An Intramural Staff member will be responsible for maintaining the official score and should be contacted immediately to address any scoring issues. No scoring protest will be heard at the end of the game.
- 2) The Intramural Staff member shall also be given complete control of the game and have the final say on all calls.
- 3) The winning team from each set will be awarded 1 point.

## Game Play

- 1) The game will be played inside the black boundary lines of the court. A set of cones on the court will govern the field of play depending on the time left in the game. Out of bounds shall be defined as outside of the cones.
- 2) Each set will start with the balls lined along the midcourt line and players will line up along the baseline. Players will run up to midcourt, grab a ball, and then run back to touch their ball to the wall of the court in order to start play.
- 3) Once a player has been hit by a thrown ball (not a bounced ball), that player is out and needs to leave the court immediately. They must leave any balls in their possession at the point they were called out.
  - a) A player CANNOT deflect a ball with another ball.
  - b) Once a player is called out, they are ineligible to touch any more dodgeballs from that point on.
- 4) If a player catches a thrown ball and maintains control of the ball, the "thrower" will be called out and a player from the "catcher's" side will return from being "out" and the "catcher" can grab a player from their team.
- 5) Once all players on a team are out, the other team is given the set victory.

## The Playing Area

- 1) The court size will continually reduce as the game clock elapses.
- 2) After 4 minutes, the court will reduce in size to the parameters outlined by the "4-minute" cones.
- 3) After 6 minutes, the court will again reduce in size to the parameters outlined by the "6-minute" cones.
- 4) At the 10-minute mark, the team with the most players still on the court wins. However, if both teams have the same number of players on the court, sudden victory begins.

## Sudden Victory Protocol

- 1) Sudden victory will be played within the "6-minute" cones.
- 2) # of players = # of balls, except in the case of 1v1, in which there will be two balls placed at the middle of the court.
- 3) The game begins in the exact same method as regulation play.
- 4) During sudden victory, a player cannot hold onto a dodgeball for longer than 15 seconds. At the 15 second mark, the referee will begin a 5-second countdown. If the player has yet to throw the ball after the 5-second countdown, the player is out.

## Outs

- 1) The object of the game is to eliminate all opposing players by getting them "OUT". Players will be called out when one of the following occurs:
  - a) A player hitting an opposing player with a thrown ball below the shoulders
  - b) A player catching a ball thrown by the opponent before touching the ground.
  - c) A player dropping a ball being used to deflect.
  - d) A player dodging out of bounds.
  - e) A player crossing the centerlines.
  - f) A player's clothing being hit by an opposing player's toss
- 2) If a player kicks a ball at an opposing player and hits them, the opposing player will NOT be called out. A player must throw the ball at the opposing team for one of their members to be called out

**Unsportsmanlike Conduct**

- 1) Any player that demonstrates unsportsmanlike conduct on or off the court, including arguing with the referee, is subject to ejection from the game.
- 2) Two warnings will result in an ejection; team warnings will be given to the captain.

