



**CAMPUS RECREATION  
INTRAMURAL SPORTS**

***DODGEBALL RULES***

*Updated: 06/16*

**1. EQUIPMENT**

- 1.1 All players must wear non-marking athletic shoes.
- 1.2 Participants must remove all jewelry before playing.
- 1.3 The Office of Campus Recreation will provide dodgeballs.
- 1.4 Teams must use provided equipment.
- 1.5 Hats and bandanas may not be worn.

**2. COURT**

- 2.1 The court will be a rectangle of 63' x 42'.
- 2.2 The court shall be marked with sidelines, end lines, attack lines, and a center line with center hash mark.
- 2.3 The Boundaries
  - a. During play, all players must remain within boundary lines.
  - b. Players may pass through their end-line only to retrieve stray balls.
  - c. When retrieving a ball, the player must also immediately re-enter the playing field only through their end line.
  - d. A player shall not:
    - i. Have any part of their body contact the playing surface on or over a sideline.
    - ii. Exit or re-enter the court through their sideline.
    - iii. Leave the playing field to avoid being hit by, or attempt to catch, a ball.
    - iv. Have any part of their body cross over the center-line and contact the ground on their opponents' side of the court.

**3. PLAYERS**

- 3.1 A team will consist of 6 players.
- 3.2 A team must start with a minimum of 4 players.
- 3.3 The maximum number of players a team may have on their roster is 18.
- 3.4 No substitutions or time-outs are allowed during the games. If a team has more than 6 individuals, additional players can line up and come in on a catch if their team is not at full strength.
- 3.5 You may switch players in-between games.

**4. PLAY**

- 4.1 The match will be a best of 3 out of 5 games.
- 4.2 Each game will have a 5 minute time limit.
- 4.3 A coin flip will start the match. The winning team will have choice of sides to begin the match.

- 4.4 Teams will alternate sides following each game.
- 4.5 The object of the game is to eliminate all opposing players by getting them out.
- 4.6 The first team to legally eliminate all opposing players will be declared the winner of the game.
- 4.7 If neither team has been eliminated at the end of regulation, the team with the greater number of remaining players will be declared the winner.
- 4.8 If each team has equal number of remaining players, an overtime period will be played.
  
- 4.9 An out is scored by:
  - a. Hitting an opposing player with a LIVE thrown ball below the shoulders. Note: If a player ducks, and this clearly is the cause for the player being hit above the shoulders, they are out.
  - b. Catching a LIVE ball thrown by your opponent
  - c. Causing an opponent to drop a held ball as a result of contact by a thrown LIVE ball.
  - d. An opposing player stepping out of bounds to dodge a ball.
  - e. Intentional head shots are illegal, resulting in an out of the thrower and ejection. Accidental head shots result in no players being out. However, if a player is hit in the head while attempting to dodge a throw, that player is out.
- 4.10 A player may block a thrown ball with a ball being held, provided the held ball is not jarred loose as a result of the contact with the thrown ball. NOTE: A ball deflecting off a held ball and striking the holder is no longer a LIVE ball.
- 4.11 Definition of LIVE ball: A thrown ball is live until contacting the ground, wall (or any out of bounds object), held ball, or being caught.
- 4.12 A ball that strikes a player remains live. For example, if it hits another player, they are both out. If a teammate catches it, the player is saved and the opponent who threw the ball is out.
- 4.13 Players must immediately leave the court after being called out. The result of interfering with play while leaving the court is a second out.
- 4.14 Extra players and those already out should line up on the sideline in order so that the next player in on a catch enters nearest the end line.

## 5. START OF THE GAME

- 5.1 Prior to the beginning of the game, 6 dodgeballs are placed along the center line equally spaced.
- 5.2 Players will take position behind their end line and at the supervisor's signal may approach the center-line to retrieve balls.
- 5.3 Teams may retrieve any ball placed across the center line.
- 5.4 Some discretion will be given to players crossing the center line at the start. However, players who grossly cross the line will be called out. Players pushing or maliciously contacting others will also be called out.
- 5.5 Opening Rush Rule: Each/every ball retrieved at the opening rush must first be taken beyond the attack line and into the team's backcourt before it may be legally thrown at an opponent.

## 6. STALLING AND FIVE SECONDS' VIOLATION

- 6.1 A team trailing during a regulation game must be given the opportunity to eliminate an opposing player.
- 6.2 It is illegal for the leading team to control all the balls for more than five seconds. If the leading team controls all the balls- *ie. All balls are located on their side of the center-line* – they must make a legitimate effort to get at least one ball across the attack line and into the opponent's backcourt. This does not include throwing a ball over and through an opponent's end line. Players also cannot roll balls across the line.
- 6.3 A player will first be warned about stalling. Subsequent stalling will result in an automatic out.
- 6.4 The stalling procedure does not apply to overtime.

## 7. OVERTIME

- 7.1 Overtime will be a sudden death period.
- 7.2 All overtime periods will begin with an equal number of "balls in hand" behind a team's end line. The first team to eliminate any ONE opposing player will be declared the winner.

## 8. SPORTSMANSHIP

Players must act in a sportsmanlike manner towards each other, their opponents, and the officials. Dodgeball is a fast paced game with no time to argue calls. Players who disrupt the game through argument, etc. will first be given a warning, and next ejected from the contest. All ejected players are ineligible to participate in any intramural sports and activities until having met with

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