

Official Dodgeball Rules and Regulations

I. TEAMS

- A. Teams will consist of 8 players with a minimum of 6 players to avoid forfeit.
- B. Substitutions may enter the game only during time-outs, or in the case of injury.

II. FIELD

- A. Will be played on intramural courts
- B. The playing field will use the basketball lines.
- C. There will be sidelines, end-lines, and a center line.

III. BOUNDARIES

- A. During play, all players must remain within the boundary lines. There is no boundary for the end lines (the wall is the end line). The basketball court end line will be used when retrieving stray balls.
- B. Players may pass through their **end-line only** to retrieve stray balls.
- C. When retrieving the ball, the player must also immediately re-enter the playing field **only** through their end-line.
- D. A player may be handed a ball as long as they are inside the boundaries.
- E. A player shall **not**:
 1. Have any part of their body contact the playing surface on or over a side line unless retrieving a stray ball and it must be noted by the court monitor. (Only through end line)
 2. Exit or re-enter the field through their sideline.
 3. Leave the playing field to avoid being hit by, or attempt to catch, a ball.
 4. Have any part of their body cross over the center-line and contact the ground on their opponent's side of the court. During the "opening rush," many players will cross the center-line. Officials should refrain from calling players OUT at this time unless a definite advantage is gained by that action.

IV. EQUIPMENT

- A. The official balls will be provided by the Intramural Department.
- B. All players must wear non-marking tennis shoes at all times.
- C. The standard number of balls for a 16-person game (8 on a side), is eight.

V. THE GAME

- A. The object of the game is to eliminate all opposing players by getting them OUT. **An OUT is scored by:**
 1. Hitting an opposing player with a thrown ball below the shoulders. NOTE: If a player ducks and this clearly is the cause for the player being hit above the shoulders, the player is out and the throw is considered legal.
 2. Only the player who is hit by the ball can catch the ball once it hits their body. The person getting hit is out regardless of whether or not another person catches the ball. A player who gets hit by a deflected ball off another player's body or ball is not out.
 3. Catching a ball thrown by your opponent.
- B. **When a ball is deflected off another ball:**

The player deflecting the ball is out when:

1. They get hit in the body (including above the shoulders) after the ball is deflected.
2. They attempt to catch the deflected ball but the ball used for deflection is hit out of their hand.
3. They attempt to catch the deflected ball and drop the deflected ball.

The player throwing the ball is out when:

1. The person deflecting the ball catches the thrown ball. The thrower is out if the deflector has both the deflected ball and the ball used for deflection in their hands or they intentionally put down the ball used for deflection and catch the deflected ball (determined by court monitor).

VI. TIMING, TIME-OUTS & SUBSTITUTIONS

- A. A 10-minute time limit has been established for each game.
- B. Each team will be allowed one (1) 60-second time-out per game.
- C. Only the Court Monitor will start and stop the clock.
- D. The court monitor will have the discretion to call a player out if there is a controversy.
- E. During time-outs, teams may substitute players. Subs may be players who did not start the game.

VII. BEGINNING THE GAME

- A. Prior to the game beginning, 8 dodgeball balls are placed on the center line.
- B. Players then take a position behind the end line.
- C. Following a signal by the official, teams may approach the center-line to retrieve the balls.
- D. Once balls are retrieved from center line at the beginning rush the balls must be brought back to the respective end lines before they are considered “live”.

IX. DECLARING A WINNER

- A. The first team to legally eliminate all opposing players will be the winner.
- B. If neither team has been eliminated at the end of regulation, the team with the greater number of remaining players will be the winner.
- C. In all overtime periods, the first team to legally eliminate any **one** opponent will be the winner.

X. OVERTIME

- A. If an equal number of players remain after regulation play, a sudden-death overtime period will be played.
- B. The overtime period will begin the same as the start of a regular game with balls placed on center line and an opening rush. The first team to eliminate any **ONE** opposing player will be declared the winner.
- C. No time-outs allowed during overtime.
- D. Substitutions may be made prior to start of overtime.

XI. STALLING & 30-SECOND VIOLATION

If one team possesses all of the balls they must throw at least two balls over the opposing team’s free throw line within 30 seconds.

First violation: Stoppage of play and balls will be divided evenly and play continues with players starting on the end line.

Second violation: Ejection of one (1) player from offending team.

NOTE: The stalling procedure does not apply to overtime periods.

XII. OFFICIALS AND COURT MONITORS

- A. All contests will be supervised by a Court Monitor
- B. Rules will be enforced primarily by the “honor system.” Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated.
- C. The Court Monitor’s responsibility will be to rule on any situation in which teams cannot agree. A team may appeal to the Court Monitor if they feel a player has violated any rule. **THE COURT MONITOR’S DECISION IS FINAL.**

XIII. MATCH PLAY

- A. Matches will be decided using a “best-of-three” (10-minute games) format in which the first team to win two (2) games will be the winner of the match. **This is for tournament play only.**
- B. League play will consist of three 10-minute game regardless of outcome.