

The University of West Alabama
Intramural Sports
Dodgeball Rules

TEAM:

A team consists of 6 players on the court. A team may play with a minimum of 4 (2 males, 2 females). **Extra Players:** No more than 6 players per team may be on the court at a time. A roster may not exceed 10 participants. If a team has additional players, they may wait on the sideline to enter when their team catches an opponent's throw. **COED:** Teams may play with more females but may NOT exceed 3 males on the court.

GAMES, TIME, & OVERTIME:

- a) Matches will be decided using a "best-of-five" format in which the first team to win three (3) games will be the winner.
- b) A **5-minute time limit** (running clock) has been established for each contest. If neither team has been eliminated at the end of the 5 minutes, the team with the greater number of players remaining will be declared the winner.
- c) If an equal number of players remain after regulation, a **1-minute sudden-death** overtime period will be played.

COURT:

- a) The game will be played in the group exercise room inside the fitness center. The playing field shall be a rectangle divided into two equal sections by a centerline and an attack-line parallel to the centerline.
- b) During play, all players must remain within the boundary lines. A player may not step on or over the centerline. They may reach over to retrieve a ball.

EQUIPMENT:

Players must wear proper attire (tennis shoes, shirts etc.). Players must remove all jewelry before each match.

GAME:

- a) Game begins by placing the six dodgeballs along the centerline with players taking a position on their end line.
- b) Following the start signal by the Supervisor teams may approach the centerline to retrieve the balls.
- c) Teams may only retrieve the three (3) balls to their right of the center hash. Once a ball is retrieved, it must be taken behind the **attack-line** before it can be legally thrown. **After taken behind attack line (orange cones), players may throw up to the centerline. Players must catch and throw from within the boundary lines.**
- d) If a player is hit by a "fly ball" below the shoulders, before it hits the floor and after being thrown by a player on the opposing team that player is out.
- e) If a player catches a "fly ball", the thrower is out. Also, the other team returns an eliminated player to their team. **Players come back into the game in the order they were eliminated.**
- f) A player who is hit in the head (if they did not duck) is **not** out. The thrower is out. If the player hit in the head did duck, there is no consequence.
- g) A ball rebounding off a wall, backboard etc. is out of bounds and does not eliminate a player. h) Deflected Throws:
 - 1. If a ball is deflected by a held ball and caught by the opposing team, the thrower is eliminated.
 - 2. If a player holding the ball drops his/her ball by trying to deflect the thrown ball that player is eliminated.
 - 3. If a player trying to catch the deflected ball drops the ball, that player is out.
 - 4. If a ball is deflected by a held ball and then hits a teammate, the teammate is still in.
- i) A ball rebounding off a "catch" attempt may be caught before touching the floor by any in bounds player on the "hit" player's team. Result: the thrower is out.
- j) Catching a ball out-of-bounds does not count. If a ball is deflected off one player and he/she or a teammate catches it out-of-bounds the first player is still out.
- k) Players may not lift or support their teammates in catching a throw.
- l) Players have **7 seconds** to release the ball and may only possess 1 ball at a time

ELIMINATED PLAYER AREA

- a) Eliminated players will form lines on their side of the court next to the endline on their side of the court. Keep in elimination order with the first person eliminated standing by endline at least 5 feet off the sideline. Re-enter on a "caught" ball in same order eliminated.
- b) Eliminated players may throw an out of bounds ball back to their team; they may not throw a ball at the other team or hold onto a ball. If an eliminated player holds the ball too long or throws it at the other team, then they will have to eliminate one of their players and will have 30 seconds to choose a player or the other team has the choice of who they want eliminated.

RULE ENFORCEMENT ~ 'The Honor System' 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. A supervisor will monitor all contests. The supervisor's responsibility will be to rule on any situation in which teams cannot agree. **The Supervisor's decision is final...no exceptions!**