



Arizona Intramurals

Dodgeball Rules

(Co-Rec)



THE TEAM

A team Roster may have a maximum of 12 players on it. A minimum of 6 players (3 females minimum) are necessary to compete. The game begins with six players on either team and no one may substitute into a game after it has already started.

TIME-OUTS & SUBSTITUTIONS

There will be no time outs during games. Teams may only substitute in between games and in case of injury during play.

MATCH PLAY

Matches will be decided using a "best-of-seven" format in which the first team to win four (4) games will be declared the winner. Each game will have a 3 minute time limit. Each match has been allotted 25 minutes.

THE COURT

The games will be played in the Student Recreation Center. The court will be a regulation sized Volleyball court.

THE EQUIPMENT

Participants must wear shoes. No black soled shoes are allowed.

THE GAME

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

1. Hitting an opposing player with a thrown ball on or below the shoulders. (A player who intentionally gets hit in the head is also considered "OUT")
2. Catching a ball thrown by your opponent before it touches the ground.

Notes:

- *A deflected ball can be caught, in which case the player who was hit is not OUT and the player who threw the ball is OUT.*
- *If a player is knocked out but has already thrown a ball, that ball is live.*
- *A ball that is caught in the air does not allow an eliminated player on your team to re-enter into the game.*

The Game begins by placing six dodgeballs along the center line. Players then take a position touching their end line with either their feet or a hand. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Once a

ball is retrieved from the center line to start each game, it must be “cleared” behind the 3 meter line before that ball can be thrown.

Note: “Cleared” is defined as a player who has his/her entire body beyond the 3 meter line. After a ball is “cleared”, the ball can be thrown from anywhere within a team’s own half of the court.

The first team to legally eliminate all opposing players will be declared the winner. A 3-minute time limit has been established for each contest. If neither team has been eliminated at the end of the 3 minutes, the team with the greater number of players remaining will be declared the winner. In the case of an equal number of players remaining after regulation, a Dual will be played.

THE DUAL

In the event of an equal number of players remaining on each team at the end of regulation, a Dual will be played to determine the winner. Each team will select one of their remaining players. The two players will stand back to back, as close to each other as possible, and on their respective side of the court, as positioned by the official. On the official’s first whistle blast the two players will walk directly (straight line) away from each other until the official’s second whistle blast. At this time both players will immediately throw their respective dodgeballs at the other player. The first player whose ball strikes the other player wins the game for their team. If neither ball hits the other player, or if both balls are determined by the official to have hit at the same time, additional duals will take place until a winner is determined. All regular dodgeball rules apply during a dual.

BOUNDARIES

- During play, all players must remain within the boundary lines. Stepping on the line is considered OUT. The midline will be treated like any other boundary line. The midline extends infinitely, and players may not cross it even when retrieving a ball that is out of bounds.
- There will be an entry and exit point on each side of each end of the court. Players must enter and exit through this point in order to retrieve dodgeballs that are out of bounds. A player who is retrieving a ball, outside the boundaries is not a legal target.
- A ball cannot be played by any player who is outside the boundary lines.
- The team bench area and “Out zone” (where players are sent after being called out) are also considered boundary lines. Any player inside one of these areas, who steps on the line or outside of the area (with hands, feet, etc.) will be penalized. Penalty: Closest player to the infraction will be called out. Substitutes and “Out Zone” Players may reach over the boundary lines of the box to retrieve balls to pass to active teammates as long as no part of their body comes in contact with the floor on or beyond the box line.
- The back wall is considered out. Once a ball hits the wall, that ball is treated as if it has hit the ground.
- Note: Players can come in contact with the back wall and will not be considered “out”.

DELAYS

The official is given sole discretion in matters of delays. The two types of delays are:

1. Holding the dodgeball for any amount of time greater than what is needed to complete a play.
2. Remaining out of bounds for more time, or taking more time than is necessary to retrieve a ball that has gone out of bounds.
3. Leaving the wall early at the start of a game.

Note: The official may warn or call a player "OUT" based solely on their discretion for violation of the delay rules.

PROTESTS

Protests will only be accepted in cases involving use of an ineligible player or faulty rule interpretations. Protests of judgment calls will not be accepted.

NATIONAL AMATEUR DODGEBALL ASSOCIATION CODE OF CONDUCT

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of game officials and staff.
3. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
4. Be responsible for your actions and maintain self-control.
5. Do not taunt or bait opponents and refrain from using foul or abusive language.