

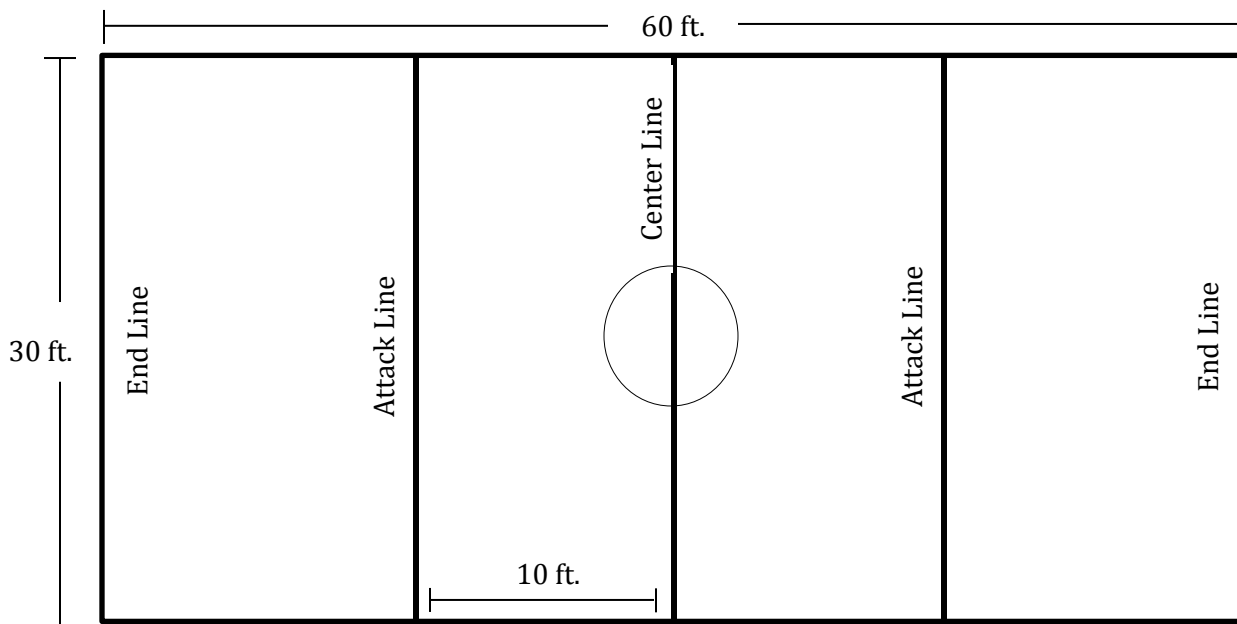
Dodgeball Rules

DODGEBALL DOES NOT INVOLVE PERSONAL CONTACT, BUT INJURIES ARE A POSSIBILITY. JAMES MADISON UNIVERSITY RECREATION ASSUMES NO RESPONSIBILITIES FOR INJURIES. BASIC FIRST-AID AND CPR WILL BE AVAILABLE WHEN NECESSARY.

Changes from last year's rules are indicated by a **gray highlight**.

RULE 1 - COURT AND EQUIPMENT

SECTION 1 - THE PLAYING COURT



Article 1. All Intramural Dodgeball contests will be played in UREC MAC 2 and MAC 3. The location will be reflected on team schedules on IMLeagues.com.

Article 2. The court is divided into two 30'-by-30' areas separated by a center line with an attack line located parallel to and 10' from the center line on each side of the court. The total length of the court is 60' and the total width of the court is 30'.

Article 3. Approximately 2'-3' should be allotted around each sideline allowing officials to move freely along the sidelines.

Article 4. The end lines form the boundaries at the back of the playing court.

Article 5. The Queue for each team is an approximate 3'-by-12' area and should be located 2'-3' from the sideline leaving enough room for an official to move freely along the sideline.

SECTION 2 – GAME EQUIPMENT

Article 1. The official ball used in every contest shall be an 8.25” rubber-coated, foam ball.

SECTION 3 – PLAYER EQUIPMENT

Article 1. The Intramural Sports Staff shall not permit any team member to wear equipment or apparel which, in his/her judgment, is dangerous or confusing to other players or is not appropriate.

Article 2. Participants must wear closed-toed shoes with non-marking soles while participating in Intramural Dodgeball.

Article 3. Equipment designed to enhance a player’s performance or gain an unfair competitive advantage shall not be permitted.

Article 5. Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

RULE 2 – TEAMS

SECTION 1 – TEAM COMPOSITION

Article 1. Each team consists of up to 6 players on the court at one time.

Article 2. All participants must be listed on the official team roster prior to their participation in any Intramural Sports activity. Roster provisions are outlined in the Intramural Sports Manual, which can be found on the UREC – Intramural Sports website.

Article 3. A game shall not begin without at least 4 eligible players on each team.

Co-Rec Rule: A team consisting of 6 players on the court must be made up of 3 females and 3 males. A team consisting of less than 6 players on the court must be made up of at least 2 females and 2 males at all times.

Article 4. If, at game time, one team has not met the minimum player requirement and their opponents have, the Captain’s Choice rule will go into effect. Captain’s Choice provisions are outlined in the Intramural Sports Manual, which can be found on the UREC – Intramural Sports website.

SECTION 2 – SUBSTITUTIONS

Article 1. Substitutions must be made prior to the start of a game. No substitutions shall be made during a game except in the event of an injury.

Article 2. All eligible substitutes must be checked in on the roster and located on the sideline outside of the 2’-3’ officials’ working area.

Article 3. A participant who is bleeding or has blood on his/her uniform cannot participate until the bleeding is stopped or the uniform is changed. If the participant fixes the problem within a reasonable time (to be determined by the officials), the player may remain in the game. If the participant does not fix the problem in a reasonable amount of time, he/she must leave the game and be replaced by a substitute. If no substitutes are available, the game will continue without that participant.

SECTION 3 – RETRIEVERS

Article 1. Players who are not in the game can retrieve balls that leave the playing court. These players may only retrieve balls that are on their team’s side of the center line.

Article 2. Retrievers may not enter the court at any time during the game.

Article 3. If a ball thrown by an opponent hits a retriever or any other player outside the playing court, that ball is dead immediately.

Article 4. If any player outside the boundary lines interferes with a thrown ball by an opponent, one player on the offending team shall be declared “out.”

NOTE: If that player was in the game when he/she interfered with the play, he/she is declared “out.”

RULE 3 – MATCH TIME AND LENGTH

SECTION 1 – MATCH

Article 1. A regulation match consists of a 25-minute running clock and as many games as can be completed within that 25-minute period.

SECTION 2 – GAME

Article 1. All games played in an Intramural Dodgeball match are elimination-style games. The game begins with the official’s whistle to signal the opening rush and ends when one team no longer has any players remaining on the playing court.

Article 2. The end of a game is indicated by the last player on a team being declared “out.”

Article 3. If the 25-minute match time runs out and the buzzer sounds after the official’s whistle to signal the opening rush of a new game, that game shall be played to its end and the score will be final after the result of that game is recorded.

Article 4. If the 25-minute match time runs out and the buzzer sounds before the official’s whistle to signal the opening rush of a new game, the match is over, another game shall not be played, and the score is final.

Article 5. Teams shall alternate sides between the end of one game and the beginning of the next game.

SECTION 3 – SCORING

Article 1. At the end of a match, the team that has won the most games shall be declared the winner.

SECTION 4 – OVERTIME

Article 1. During the regular season, if the score is tied at the end of the match, the match shall be recorded as a tie.

Article 2. During the playoffs, if the score is tied at the end of the match, one additional game shall be played. The team that wins that game shall be declared the winner of the match.

SECTION 5 – TIME-OUTS

Article 1. There are no team time-outs.

RULE 4 – BEGINNING A GAME

SECTION 1 – BEGINNING PLAY

Article 1. Prior to the opening rush, play shall begin with all players positioned behind their team’s end line and 3 balls on each side of the center circle on the center line.

SECTION 2 – THE OPENING RUSH

Article 1. Upon the official’s signal, each team may rush to the center line to retrieve the 3 balls to its right side of the center circle. A team may rush with as many or as few players as it chooses, but at least one player from each team must rush.

Article 2. Once each ball has been retrieved, it must be taken behind the Attack Line before it can be thrown toward the opponent’s side.

NOTE: If a team chooses to leave one of their balls on the center line during the opening rush, it can be retrieved by either team after all other balls have been taken behind the Attack Line.

Article 3. A team’s first throw of the game must come from behind the Attack Line. After each team’s first throw from behind the Attack Line, all subsequent throws may come from anywhere on a team’s own side of the court.

Article 4. A ball that hasn’t been taken behind the Attack Line is considered a dead ball and any hits or catches with that ball are voided plays.

RULE 5 – OUTS, BLOCKING, STALLING, AND BOUNDARIES

SECTION 1 – OUTS

Article 1. A player shall be deemed “out” when:

- a. A live ball thrown by an opponent hits any part of the player’s body, clothing, or uniform,
- b. A live ball thrown by an opponent causes the player to drop a held ball as a result of the contact,
- c. An opponent catches a live ball thrown by him/her,
- d. He/she throws a live ball that hits an opponent above the shoulders (provided that, in the officials’ judgment, the opponent did not move to cause the ball to hit him/her above the shoulders),
- e. He/she steps on/over a boundary line or the center line,
 - a. EXCEPTION: Players may step on or over the center line during the opening rush
- f. He/she enters or exits the playing court via the sideline,
- g. or he/she steps on/over the end line during attempt to dodge a live ball thrown by an opponent.

Article 2. If a player catches a live ball thrown by an opponent, the opponent who threw the ball is out and one player from the Queue is allowed to re-enter the game. Players shall return from the Queue in the order in which they were put “out.”

Article 3. If a player catches a live ball that was thrown by an opponent and has struck one of his/her teammates, the player who threw the ball, the player who was hit by the ball, and the player who caught the ball all shall remain in the game. No player from the Queue is permitted to re-enter the game in this case.

SECTION 2 - BLOCKING

Article 1. Players can defend themselves by using a ball to block a live ball thrown by an opponent. In order to avoid being put “out,” a player must retain possession of the ball he/she uses to block a live ball thrown by an opponent.

Article 2. Any live ball that is thrown by an opponent and blocked by another ball is immediately dead. Any play made on or with a dead ball is void.

SECTION 3 - STALLING

Article 1. Stalling is the act of intentionally delaying the game.

Article 2. If a team possesses all 6 balls on its side of the court for 5 seconds or more, a violation shall be called and a reset shall occur. Players can avoid this violation by rolling or throwing at least one ball to its opponent’s side of the court.

SECTION 4 - BOUNDARIES

Article 1. During the game, all players who are in the game must remain within the boundary lines.

Article 2. Players may leave the playing court via their team’s end line in order to retrieve stray balls. After retrieving stray balls, players must return to the playing court immediately and via their team’s end line.

PENALTY: If a player leaves the court or returns to the court via a sideline, that player shall be deemed “out.”

Article 3. Any player who is legally retrieving a stray ball is not at risk of being put “out” by a live ball thrown by an opponent. Any play made on or by a player outside the boundary lines is void.

Article 4. Players may reach over boundary lines in order to retrieve stray balls. As long as a player is touching the playing court with any part of his/her body and is not touching the floor on, over, or outside a boundary line, he/she is still on the court and eligible to be hit by a live ball thrown by an opponent.