

-Sam Houston State University-  
INTRAMURAL SPORTS  
**Dodgeball Rules**

All games will be governed by the 2008-2009 National Dodgeball League Rules with Intramural Sports modifications.

### Players and Equipment

1. Each participant must present a current, validated SHSU student or faculty/staff ID card in order to be eligible to participate.
2. The game shall be played between two teams of 6 players each. Each team must have a minimum of 5 players in order to begin a game. In Co-Rec play, each team will consist of 3 men and 3 women on the court at all times.
3. Due to injury, a team may continue with less than the minimum number of required players. An ejection that leaves a team with less than the minimum number of required players will result in a forfeit by that team.
4. Game balls will be provided for each game.
5. Each team is urged to wear numbered shirts of one distinguishable color. Any team not dressed in like-colored shirts may wear the colored intramural jerseys provided by Intramural Sports.
6. **Shoes:** Tennis shoes must be approved court shoes which have non-marking soles. Players may not play barefoot.
7. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces made of any hard material must be covered with at least one-half inch of padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play.
8. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own eyeglasses.
9. **Jewelry:** No jewelry or any other item deemed dangerous by the official may be worn. Any player wearing exposed permanent jewelry (i.e. body piercings) will not be permitted to play.
10. **Headwear:** Players may wear a knit or stocking cap (no caps with bills) during play. Bandanas which are tied with a knot are not permitted.
11. For specific rules concerning the eligibility of players, such as current or former club sport or varsity team members, refer to the Intramural Sports Handbook.

### Game Format

1. The court will be modified to 60 feet x 30 feet (same as a volleyball court).
2. Each match will consist of the best 3 out of 5 games. The first team to win 3 games will be determined the match winner. Each game (not match) will have a time limit of 5 minutes.
3. In the last 2 minutes of each game, no player is permitted to hold the ball for more than 10 seconds. If a player holds the ball for more than 10 seconds, they are out of the game, just as if they got hit by a ball. The game officials will keep track of time and how long a player has been holding the ball. All calls by the official are final.
4. If the 5 minute time limit expires and neither team is eliminated, the team with more players left on the court wins the game. If the teams have an equal number of players remaining, a tiebreaker will occur. Each team will place 4 players on the court, and the first team to eliminate an opposing player will win the game. The same rules apply that apply that during the last 2 minutes of each game.
5. **Forfeit time is 5 minutes after scheduled game time.** A team must have the minimum number of players to start a game. The minimum number of players for Men's, Women's, and Co-Rec play is five. The game clock will begin running at the scheduled game time. If a team does not have the minimum number of players to begin at game time, the following penalties will be enforced:
  - a. Team Ready for Play (TRP) will begin the game with all six balls.
  - b. TRP begins with all six balls the opposing team only begins with 5 players at 2 minutes after game time.
  - c. Forfeit if team is not ready 5 minutes after game time.
6. A coin toss at the beginning of the game shall determine which teams gets choice of side. After the first game, teams will alternate sides after every game. If a deciding fifth game is needed, another coin toss will be conducted to decide choice of sides.

### Start of Play

1. At the beginning of each game, the 6 balls will be placed on the center line.
2. Each team will line up behind their respective end lines and wait for the official's whistle.
3. When the official blows the whistle, both teams are required to retrieve 3 balls ONLY. They are only allowed to retrieve the balls from their designated half of the court. For example, one team will always get the 3 balls on the left half of the center line and the other team will get the 3 balls on the right half of the center line.

4. The balls must then be taken back behind your team's end line before they can be thrown at the opposing team. If the ball is not taken back appropriately and an opponent is struck, they are not out of the game.

## Rules of Play

1. Any player that is struck by a ball thrown by the opposing team is out for the remainder of that game.
2. A player can only be eliminated by a direct hit from a thrown ball. For example, a ball that bounces off the ground and hits a player will not result in elimination of that player. Also, if a teammate blocks a thrown ball and the ball then hits another player, they are not out of the game. For a player to be eliminated, the thrown ball must contact him/her before it touches anything else.
3. The player's clothing is considered part of their body.
4. Any ball that touches the ceiling or any wall is a dead ball and can not eliminate a player.
5. If a defender catches a thrown ball, the thrower is out of the game and one player will return to the defender's team. The thrown ball must be caught before it touches anything else for the thrower to be eliminated. For example, if a throw hits a player and bounces in the air and is then caught by someone else on that team, the thrower is not eliminated. However, in this instance, the person that was hit by the throw is not eliminated either. For the person to be eliminated after it hits them, the ball must hit the ground or another dead ball item (i.e. wall).
6. If a defender attempts to catch a live ball, but drops it, the defender is out.
7. The defender may block a live ball with another ball. However, if the defender drops the ball they are holding when the block is attempted, they are out of the game.
8. During play, all players must remain within the boundary lines. Players may leave the court through their end-line only to retrieve stray balls. They must also return through their end-line.
9. Once a player has crossed the end-line with intent to retrieve a ball, they are no longer eligible to be eliminated. They must retrieve a ball and immediately return in bounds. If there is any delay or the player stops behind the end-line, they will be eliminated. Also, if the player throws a ball from behind their end-line, they will be called out.
10. A player shall **NOT**:
  - a. Have any part of their body contact the playing surface on or over a side line.
  - b. Exit or re-enter the court through their sideline.
  - c. Leave the playing field (side-line or end-line) to avoid being hit by, or attempt to catch, a ball.
  - d. Have any part of their body cross over the center-line and contact the ground on their opponents' side of the court. (Exception: During the opening rush, players may step on or over the center-line and not be called out.)
11. Substitutions are not allowed during a game. The only time a team may substitute is between games or for an injured player.
12. Any headshots resulting from a high thrown ball will result in the player being called out and possibly ejected.
13. If a defender is ducking to avoid a ball and is hit in the head, the defender is out.
14. After a player has been eliminated, they may help retrieve balls for their team. However, they may never cross over into their opponent's half of the court to retrieve a ball.
15. Substitutes that are not playing in that game are not allowed to retrieve balls. If the official sees the substitutes retrieving balls, that team will be given a warning. On the second violation, a player of that team will be called out. Only players eliminated from that game can retrieve balls, not substitutes that are not participating in that game.

## Team/Player Conduct

1. All rulings by the officials are final. You may not protest a judgment call. For instance, you may not protest whether or not someone got struck by a thrown ball.
2. Players shall use good judgment when striking an opponent. If an opponent has his/her back turned and you're 4 feet away from them, you do not throw the ball as hard as you can. If the official deems that you used unnecessary roughness, you can be called out and/or possibly ejected from the game.