

## ACTIVITY RULEBOOK

**Dodgeball**

*Dodgeball is a non-contact activity, however contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must electronically acknowledge/consent to the online waiver in IMLeagues prior to participating. By agreeing to the online waiver, each participant agrees to rules and policies outlined in this and all other documents provided by Intramural Sports.*

**All information in this rule book pertains to the facilitation of Dodgeball contests and its season administration. For questions or concerns, please contact [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu).**

**REMINDER:** all participants are encouraged to review the participant handbook and general rules overview prior to participating in each activity in which they are interested. View these documents by visiting the [“Rules” website](#).

**UWL Intramural Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify. For any eligibility concerns, please contact [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu).**

**Section 1: Starting the Contest****Start (Game) Time**

Game time is forfeit time. It is recommended teams arrive at the contest site 15 minutes prior to the scheduled start.

**Facility and Contest Set Up****a. Playing Location**

Dodgeball is played in the Mitchell Hall Gyms (112 and 114). It is recommended teams review their schedules prior to each contest. Intramural Sports WILL NOT contact teams to remind them of contest dates, times or locations.

**b. Court**

Courts are set up by Intramural Sports staff only. All playing equipment is property of Rec Sports.

**c. Officiating**

All contests will be officiated by at least two (2) trained officials. All decisions made by officials are final, except for those eligible for protests.

Intramural Sports is always looking for officials and would love to have you join our team! To learn more about officiating, visit our [“Become an Official” website](#).

**d. Captain’s Meeting**

Captains will meet with the game official at center court to review contest rules, participant eligibility, legal equipment and to determine possession/team sides.

**Equipment**

Dodgeballs will be provided at the game. Six (6) balls will be used during each contest.

There is absolutely no squishing or kicking the balls.

If a ball is missing at the end of a match, the clock will stop until the players locate the ball.

Team members must wear the same color tops to help differentiate teams for the officials.

**Participation**

All matches are Co-Rec.

Teams consist of eight (8) players.

Teams must have a minimum of three (3) females participating at all times.

Teams may start with as few as six (6) players, but will still need to have three (3) females.

If a team is reduced to less than six (6) players at any time during the contest, a forfeit will result.

Substitutions may only occur between games (sets).

**Eligibility**

There are no eligibility restrictions in Dodgeball.

**Section 2: Playing the Contest****General Contest Rules**

The ball is part of your body, if an opponent's ball hits the ball you are holding then you are out.

The game is divided into games (sets). Each contest will be played in two fifteen-minute halves with a three-minute intermission.

If you catch an opponent's ball they are out and one player (if in the designated out area) may return to play..

Once a ball contacts anything/anyone it is dead. Exception: If a ball hits you and is then batted into the air without hitting another ball/person, any player on the team of the player hit may still make a catch on the opponent's ball.

Headshots are allowed permitting they are not malicious and dangerous to the participant(s). Officials' judgment on legality of headshots is final and not subject to argument or protest.

Players may not hold a ball for more than ten (10) seconds. Once ten (10) seconds are up, players in possession of a ball must throw the ball at an opponent. Throwing the ball back and forth between teammates in the regular playing area still constitutes ten (10) seconds.

To win a game (set), you must get all of the players from the opposing team into their designated out area.

The team that has player(s) left in the regular playing area at the end of each match will receive one point for that game (set).

The team that has the most points at the end of regulation wins.

**The Playing Area**

Players from each team all begin in their playing area (i.e. side of the half-court division line).

Each team will start with two (2) balls.

Once a player is hit from an opponent's ball on the fly or a ball is caught by an opponent, he/she must immediately raise their hand and jog to the designated "out" area.

If a player has a ball in their hand, they must drop the ball immediately after being hit. There is absolutely no advancing the ball to another teammate.

Players may never contact the ball or any person on their way in or out of the field of play. Failure to follow rules result in an automatic loss for that game (set).

If a player ever crosses the mid-line you must go to the designated out area. Intentionally crossing the mid-line is illegal and will result in a loss of the game (set).

**Designated Out Area**

Each team's "out" area is located in the right corner of their opponent's regular playing area. In order to return to play, the player must enter at the mid-court line.

**Mercy Rule**

The match will be called if a team is ahead by 12 points at any time during the 2nd half.

An official has the right to end the game at any time they feel necessary.

**Overtime**

If the score is tied at the end of regulation, there will be one more game (set) to determine the match winner. This rule applies to both the regular season and playoffs.

### Cheating

Honesty is a big part in Dodgeball and officials may not see subtle action. Cheating is described as (but not limited to):

- Getting hit by a ball and not going to the designated out area.
- Intentionally interacting with any ball/person on your way to or from the designated out area.
- Intentionally crossing the center line.
- Any other instance that the official deems to be unsportsmanlike conduct.

### Section 3: Winning Specifications

#### Game/Set

A game (set) is won when a team gets all of its opposing players into a designated out area. Teams are awarded one (1) point for winning a game.

#### Contest

Teams receive a win in standings by leading after the designated regulation time period or after applicable overtime period(s). Losses are included in standings as well.

#### Playoffs

All rules apply to playoffs. To qualify, teams must win at least one (1) contest and maintain a sportsmanship average of 4.0 during the regular season in addition to following forfeit policies. Other scheduling differences may apply to certain playoff circumstances. Qualification is monitored at the discretion of Intramural Sports administration.

#### Protests

Protesting is permitted. If a team wishes to protest eligibility, rule implementation/interpretation or a perceived scoring error in-game, they shall notify a staff member right away. To file a post-game protest, email the program at [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu) or visit the [Online Protest Form](#). Teams may not protest officials' judgment calls (i.e. incomplete vs. complete pass, foul vs. no foul, violation vs. no violation, inbounds vs. out-of-bounds, etc.).

### Section 4: The Playing Surface

