

## ACTIVITY RULEBOOK

## Dodgeball

*Dodgeball is a non-contact activity, however contact and injuries are a possibility. Rec Sports 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 Rec Sports.*

UWL Rec Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify.

## 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**

Dodgeball courts may have an official or a scorekeeper. In the event that a staff member is not provided, teams will need to be honest and “call their own” outs. This sport requires a tremendous amount of integrity. Please do your part!

d. **Captain’s Meeting**

Captains will meet with the official/scorekeeper/supervisor 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. 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

- Teams consist of 8 players.
- Co-rec teams must have a minimum of 3 females participating at all times.
- Teams may start with as few as 6 players (co-rec teams need to have 3 females.)
- If a team is reduced to less than 6 players at any time during the contest, a forfeit will result.
- Substitutions may only occur between games (sets).
- 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 15-minute halves with a 3-minute intermission.
- If you catch an opponent’s ball they are out and one player (if in the DOA) may return to play.
- Once a ball contacts anything/anyone it is dead
  - Exception: if ball 1 hits player A, then a teammate catches ball 1, player A remains in the game, the thrower is out, AND one of player A’s teammates can return from the DOA.
- Headshots are allowed permitting they are not malicious and dangerous to the participant(s).
- Players may not hold a ball for more than 10 seconds. Once 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 10 seconds.
- To win a game, you must get all of the players from the opposing team into their DOA.
- 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.
- 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).
- 6 balls will be lined up on the centerline
- Once a player is hit from an opponent's ball on the fly or a ball is caught by an opponent, they must immediately raise their hand and jog to the DOA.
- If a player has a ball in their hand, they must drop the ball immediately after being hit. **NO ADVANCING BALLS TO TEAMMATES!**
- 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.
- If a player ever crosses the mid-line you must go to the DOA. Intentionally crossing the mid-line is illegal and will result in a loss of the game.

## Designated Out Area (DOA)

- 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.
- Rec Sports staff 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) to determine the match winner. This rule applies to both the regular season and playoffs.

## Cheating

**Honesty is a big part in Dodgeball.** Cheating is described as (but not limited to):

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

## Section 3: Winning Specifications

### Game/Contest

- A game is won when a team gets all of its opposing players into a DOA. Teams are awarded 1 point for winning a game.
- 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 1 contest and maintain a sportsmanship average of 4.0 during the regular season. Other scheduling differences may apply to certain playoff circumstances. Qualification is monitored at the discretion Rec Sports staff.

### 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

