

Dodgeball

ELIGIBILITY

All participants must have an active WRC membership, Intramural Sports Play Pass, and show their UNI or Government issued ID prior to each contest. Eligibility status is the responsibility of each individual participant.

TEAMS

1.1 The game shall be played by two teams of seven (7) players. A minimum of four (5) players is necessary to begin play.

Teams can have a maximum of 10 players

1.2 **CO-REC ONLY:** Teams must consist of at least two (2) players of each gender to start play

1.3 A 5-minute grace period from the scheduled starting time will be allowed before a forfeit is declared.

1.4 Rule interpretations discussion may take place only between a Team Captain and Officials.

EQUIPMENT

2.1 Dodgeballs will be provided by Intramurals

2.2 Athletic apparel must always be worn and tennis shoes (no barefoot, five-finger shoes, or open toes).

THE GAME

3.1 Matches shall consist of the best 2 of 3 games within a 10-minute time limit established for each game.

3.2 When the 10-minute time limit is up, the team with the most players will be declared the winner.

3.3 The game begins by placing 8 dodgeballs along the centerline. Players then position behind their starting line. The official will start the game with a signal, at which point teams may approach the centerline to retrieve the balls.

3.4 All players must remain on their side of the centerline at the start of the game.

3.5 All matches will be officiated by an Intramural supervisor

3.6 If after the 10 minutes, teams have the same number of players remaining on the court, a sudden death period will occur.

The beginning of the period will begin as usual. The first team to eliminate ONE player from the opposing team will be declared the winner of the game.

RULES

4.1 The object of the game is to eliminate all opposing players by getting them "OUT."

4.2 An OUT is scored by:

- Hitting an opposing player with a LIVE thrown ball at or below the shoulders.
- Contact with any part of the player's body, including the hands and clothing, will result in an out.
- Catching a LIVE ball thrown by your opponent.
- Causing an opponent to drop a held ball as a result of contact by a thrown LIVE ball (usually occurs when a ball is being used to block a thrown ball.)
- An opposing player stepping out of bounds

4.3 Catching a live, thrown ball will result in the throwing player being eliminated and one player being brought back in from the catching team. A live ball is a ball that has not hit the ground or another held ball

4.4 Players can advance to the opponent's side of the court but cannot pass the designated center line.

4.5 During play, all players must remain inside the surrounding barriers. Players may leave the boundaries only to retrieve a stray ball. (**NOTE:** A player who leaves the playing field for any reason other than to retrieve a dead ball will be out)

4.6 If a player is struck in the head while in a standing position, then the player who threw the ball is out. (**NOTE:** If a player ducks or takes a position with his/her head below where the shoulders would normally be when standing and this is the cause for the hit being above the shoulders, the player is OUT and the throw is legal)

4.7 Stalling Rule: Stalling is the act of intentionally delaying the game. Teams must be given the opportunity to eliminate opposing players. This requires a ball to be at the disposal of both teams.

- A player holding a ball must throw it toward the opponent within 10 seconds.
- One team may NOT control all the balls (all balls are located on their side of the centerline) for more than five seconds. Teams must make a legitimate effort to get at least one ball across the opponent's attack line in bounds within 5 seconds or a violation will result.
- A team may avoid a violation by throwing or rolling a ball into the opponent's backcourt over the attack line.
- The 5-second count will end when, in the opinion of the official, a ball is at the disposal of the opposing team.

Questions or concerns regarding the rules and regulations should be directed to imsports@uni.edu