

# DODGEBALL RULES

*All games will be played in accordance to the National Amateur Dodgeball Association Rules Book with the following CSU Intramural Sports modifications:*

## PLAYERS & EQUIPMENT

1. Each participant must present a current CSU student or faculty/staff ID card in order to be eligible to participate.
2. Each team shall consist of six (6) players. Each team must have a minimum of four (4) players in order to begin a game. **Co-Rec** teams need at least two (2) males and/or two (2) females to be a legal team.
3. Game balls will be provided for each game.
4. **Shoes:** Tennis shoes are the recommended footwear. No black-soled shoes that may mark the floor are permitted. Sandals, street shoes, combat boots, or hiking boots are not allowed. No player will be allowed to participate in bare feet.
5. **Jewelry:** No jewelry or any other item deemed dangerous by the Intramural Staff may be worn during play. Any player wearing exposed permanent jewelry (i.e. body piercings) will not be permitted to play.
6. There will be no hats, bandanas, or hard barrettes worn during play. Cloth (elastic) bands may be used to control the hair.
7. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces may not have any exposed metal and/or screws. Braces made of any hard material (including plastic) must be covered with a padded sleeve or at least one-half inch 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 glasses.

## GAME FORMAT

1. **Game time is forfeit time.** A team must have the minimum number of players to start a game. If there are an insufficient number of players, the opposing captain has the option of taking the win or waiting for the minimum number of players to show. In the event that he/she decides to wait, that decision is irreversible and the game clock will begin at the scheduled game time. If a team chooses to wait, it will be required to wait until the opposing team has the minimum number of players present or a maximum of 10-minutes. Play will start as soon as the opposing team has the minimum number of players present. The minimum number of players to start a game is six.
2. A match will consist of a best three (3) out of five (5) games series. Each match will have an 8-minute time limit with a continuously running clock. If time expires before the completion of the game, the team with the most players remaining on the court will be declared the victor. If both teams have the same number of players remaining on the court, a sudden death overtime game will be played with the remaining players on the court at the end of regulation to determine the winner of the game.
3. **Sudden Death Overtime:** The game will begin with each team having its remaining players at the end of regulation on the court with two (2) balls in hand. The first team to eliminate any **ONE (1)** opposing player will be declared the winner. No timeouts will be allowed during overtime.
4. All matches will be officiated by an official. The official will be responsible for determining if a player is **OUT** and returning game balls to the playing field that would have otherwise not re-entered the field of play (i.e. the basketball court). All decisions made by the official are final.
5. Each match will begin with a coin toss. The team winning the toss will have its choice of either side of the court. Teams will alternate sides following each game.
6. Each game will begin with the players of each team standing on the baseline of its respective side of the court.

7. There will be a line of five (5) balls along the center line. When the whistle blows that will signal the start of the game and the clock.
8. Following the signal by the official, teams may approach the center line to retrieve the balls; this is known as the Opening Rush.
9. During the Opening Rush, players will be allowed to cross into the “Grace Zone” (an area approximately 2 ½ feet on the opponents’ side of the court) in order to retrieve a ball.
10. Each ball retrieved at the Opening Rush must first be taken behind the 3-point arc before it may be legally thrown at an opponent.

***Example:** Following the opening whistle, a player rushes and is the first to secure a ball from the center line. That player must then carry or pass the ball into its team’s 3-point arc before it may be legally thrown at an opponent.*

## **RULES OF THE GAME**

1. The object of the game is to eliminate all opposing players by getting them **OUT**.
2. An **OUT** is scored by:
  - A. Hitting an opposing player with a **LIVE** thrown ball *below* the shoulders.
  - B. Players who hit opposing players in the head with a thrown ball, will be called out. However, if a player ducks down to avoid a throw and gets struck in the head with the ball, that player will be declared out.
  - C. Catching a **LIVE** ball thrown by your opponent.
  - D. 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.)
  - E. A player crosses any of the boundary lines on the court and touches an area outside of the boundary. The boundary lines are the outer and center lines of the basketball court.
  - F. **Exception:** On the opening rush, players are allowed to cross over the center line within the “Grace Zone” in order to retrieve a ball. The “Grace Zone” extends the radius of the jump circle, or roughly 2 ½ feet, beyond the center line on each side of the court.
3. A **LIVE** ball is a thrown ball that strikes or is caught by an opposing player without/before contacting the ground, another player, ball, official, or other object.
4. Once a player is **OUT**, he/she must **immediately** exit the playing field and report to his/her team’s players’ box. Each player in the players’ box must line up in the order that he/she got **OUT**.
5. If a **LIVE** ball is caught, then one player from the team that caught the ball is allowed to re-enter the game. The player that will be permitted to re-enter the game will be the next player in line in the players’ box.
6. Each team shall have at least one ball on their side of the court at all times. If one team is without a ball, then the official may implement the 10-second stalling count. If the count expires before a ball is given to the opposing team, then the captain will be awarded a yellow card.
7. **Stalling Rule:** If it becomes apparent that a player is maintaining possession of a ball for an extended period of time, the official, under his/her own discretion, can implement a 10-second stalling count. The 10-second count will be issued for a particular player(s). If at the end of the 10-second count the same player(s) is still in possession of the ball, then that player(s) will be considered **OUT**. If in the course of the match, a player(s) habitually violates the stalling rule, then the official may issue a technical foul to the player(s).
8. **Time-outs:** Each team will be given two (2) 30-second time-outs for the match. Only the official’s whistle starts and stops the clock. All players are in jeopardy until the official sounds the whistle **AND** signals the beginning of a time-out or the end of regulation time. Following the time-out, play will resume with the same number of players and balls on each side as when the time-out was granted. No remaining time-outs will be honored during overtime. The game clock stops during all time-outs.
 

***Exception:** All **LIVE** balls in flight at the time of an official’s signal to end regulation time or begin a time-out remain **LIVE** until they become dead and may eliminate an opponent if contacted.*
9. **Substitutions:** Substitutions will **only** be allowed during the period between games.

## **CONDUCT OF PLAYERS, COACHES, & SPECTATORS**

1. A team is permitted a maximum of two (2) coaches in its players' box during a game. Each coach must present an ID and be listed on the scoresheet prior to the start of the game. Conduct of team coaches is the responsibility of the team before, during, and after the game.  
Any player or coach who acts in a manner not showing good sportsmanship shall be penalized with a yellow card and possible ejection from the game. The official(s) shall have the authority to warn, penalize, or disqualify any player(s), substitute, or coach for violations of sportsmanship including, but not limited to the following:
  - A. Disrespectfully addressing an official or IM staff member.
  - B. Questioning the official's judgment or decisions.
    - A. Showing disgust with the official's decisions.
    - B. Using profane or insulting language or gestures toward an official or opponent.
    - C. Baiting or taunting players of the opposing team.
    - D. Disrupting the game so that it may not be continued in an orderly fashion.
2. Any player receiving two (2) Yellow cards in a match will be ejected from the match.
3. Any team receiving three (3) Yellow cards in one match will forfeit that match.
4. Coaches, captains, or playing captains are responsible for the action of their team members.  
At no time may a coach enter the playing area.