

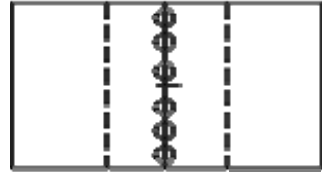
**Christopher Newport University**  
**Intramural Sports**  
**Dodgeball**  
**Rules of the game**

**THE TEAM**

Teams will be made up of 6-8 players. There will be a roster cap of 8 participants per team. Six (6) players will compete on a side; others will be available as substitutes. Substitutes may enter the game only during timeouts or in the case of injury.

**THE FIELD**

The game may be played indoors or outdoors. The playing field shall be a rectangle at least 50 ft long and at least 30 ft wide, divided into two (2) equal sections by a center-line and attack-lines 3m from, and parallel to the centerline.



IDEAL MEASUREMENTS: 60' x 30' – Identical to a volleyball court.

**THE EQUIPMENT**

The official ball used in tournament and league play will be an 8" rubber-coated foam ball.

**THE GAME**

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

1. Hitting an opposing player with a LIVE thrown ball below the shoulders.
2. Catching a LIVE ball thrown by your opponent before it touches the ground.

*Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc)*

*IN ADDITION:*

- A. Uniforms are considered part of a player's body.
- B. Any ball that touches the ceiling or wall is a dead ball.
- C. If a defender catches a "live" thrown ball, the thrower is out and one player then returns to the defenders side in order of first out, first in.
- D. If a defender attempts to catch a live ball, but drops it, the defender is out.
- E. The defender may block a live ball with another ball. That ball is still a live ball however, until it hits the floor, wall or ceiling. Thus, the rule reverts to letter "C".
- F. If a blocking ball is dropped as a result of contact from a live ball, then the player who drops the ball is out.
- G. A player may block a live ball, then throw the blocking ball down and catch a live ball.
- H. A player shall not leave the playing field to avoid being hit or in an attempt to catch a ball.
- I. Players who have been called out may retrieve stray balls for their teammates.
- J. It is illegal for the leading team to control all the balls for more then 5 seconds. (A violation will result in the referee stopping play and the balls will be divided evenly.)
- K. Headshots resulting from a high thrown ball, result in the thrower being called out.
- L. A player hit in the head while ducking or dodging is out.

**BOUNDARIES**

During play, all players must remain within the boundary lines. Players may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end-line.

### **THE OPENING RUSH**

Game begins by placing the dodgeballs along the center line – three (3) on one side of the center hash and three (3) on the other. Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Teams may only retrieve the three (3) balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown.

### **TIMING AND WINNING A GAME**

The first team to legally eliminate all opposing players will be declared the winner. A 5-minute time limit has been established for each contest. If neither team has been eliminated at the end of the 5 minutes, the team with the greater number of players remaining will be declared the winner. In the case of an equal number of players remaining after regulation, a sudden-death overtime period will be played. Details on overtime can be found in the NADA Rule Book.

### **OVERTIME (Sudden Death)**

If at the end of five minutes that game is tied, an over time period will ensue. The team captains may choose three players to represent their team. The first team to eliminate an opposing player will win the game. The overtime period will be played until this elimination occurs. No extra time-outs will be granted.

### **TIME-OUTS & SUBSTITUTIONS**

Each team will be allowed one (1) 30 second timeout per game. At this time a team may substitute players into the game.

### **5-SECOND VIOLATION**

In order to reduce stalling, a violation will be called if a team controls all six (6) balls on their side of the court for more than 5 seconds. More details can be found in the NADA Rule Book

### **RULE ENFORCEMENT**

During pool play or regular-season matches, rules will be enforced primarily by the "honor system". Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated.

### **N.A.D.A. Code of Conduct**

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of game officials and N.A.D.A staff.
3. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
4. Be responsible for your actions and maintain self-control.
5. Do not taunt or bait opponents and refrain from using foul or abusive language.