

Christopher Newport University
Office of Recreational Services
Intramural Sports
Dodgeball
-Rules of the Game-

The rules below are specific for the sport indicated and do not include program policies.
For a complete description of intramural policies, participants should view the
Intramural Program Manual.

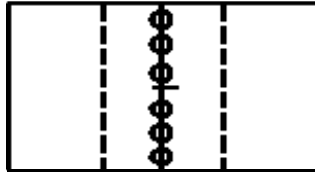
THE TEAM

Teams will be made up of 4-6 players. There will be a roster cap of 8 participants per team. Six (6) players will compete on a side, however teams may start a game with a minimum of 4 players; others will be available as substitutes. Substitutes may enter the game only during timeouts or in the case of injury.

THE COURT of 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:

- Uniforms are considered part of a player's body.
- Any ball that touches the ceiling or wall is a dead ball.
- 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.
- If a defender attempts to catch a live ball, but drops it, the defender is out.
- The defender may block a live ball with another ball. The deflected ball is dead.
- If a blocking ball is dropped as a result of contact from a live ball, then the player who drops the ball is out.
- A player may block a live ball with a ball they are holding, then throw the blocking ball down and catch a live ball.
- A player shall not leave the playing field to avoid being hit or in an attempt to catch a ball. Players that do not stay in the designated area will be called out.

- Players only have to have one foot inbounds for a catch to be legal (like high school or college football). A player will be considered out if they catch a ball and step over the sideline (Lines are still in play).
- Players in the game MAY NOT leave the designated area to retrieve a stray ball. Penalty: That player is out.
- Players who have been called out may retrieve stray balls for their teammates.
- It is illegal for the leading team to control all the balls for more than 5 seconds. (A violation will result in the referee stopping play and the balls will be divided evenly.)
- Headshots resulting from a high thrown ball, result in the thrower being called out.
- 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.