

BIRMINGHAM-SOUTHERN COLLEGE
DEPARTMENT OF PHYSICAL FITNESS & RECREATION

INTRAMURAL DODGEBALL RULES

The Teams

1. The teams will be made up of six (6) players. Substitutes may enter only between games, during timeouts, or in the case of an injury.
2. Team members are requested to wear similarly-colored shirts/jerseys during the match.

The Court

1. The matches will be played indoors using the basketball court dimensions, divided into two (2) equal sections by the center-line. The attack-lines (volleyball 10-ft. lines) parallel to the centerline will be used as the limits to which a team can advance into its opponent's court.
2. During play, all players must remain within the boundary lines. On-court players may leave the boundaries through their end-line only (between the end-line cones) to retrieve stray balls. The on-court players must return to the court through their end-line. Teammates may assist retrieving stray balls, but only with balls on their side of the court and may not interfere with the progress of the game. Players may not:
 - A. Have any part of their body in contact with any boundary lines.
 - B. Enter or re-enter the court through the sidelines.
 - C. Leave the court to avoid being hit by a ball or attempt to catch a ball.
 - i. This includes being within the side-line boundaries at the end of the court.
 - D. Have any part of their body cross the attack line and contact the court on their opponent's side of the court.
 - E. Cross the out-of-bounds half-court line to retrieve balls from their opponents court.
Penalty: Player will be declared out.

The Game

1. The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:
 - A. Hitting an opposing player with a LIVE thrown ball below the shoulders. If a player ducks, and is clearly the cause for the player being hit above the shoulders, the throw is legal and the player is out.
 - B. Catching a LIVE ball thrown by your opponent before it touches the court or another player. This not only puts the opponent out who threw that ball that was legally caught, but it also allows a (1) teammate who had been put out to return to the game.
 - C. Causing an opponent to drop a live ball as a result of contact by another thrown live ball. This usually occurs when a ball is being used to block a thrown ball.
 - D. A player may block a thrown ball with a ball being held, provided the held ball is not dropped as a result of the contact with the thrown ball. A ball deflecting off a held ball and striking the holder is no longer a live ball.
 - E. A ball that is caught after being deflected by a held ball is still considered live and eliminates the thrower and brings back a player from the team catching the ball.

Definition: Live Ball - A ball that has been thrown and has not touched anything, including the floor, another ball, another player, official or other items outside of the playing court (wall, ceiling, etc).

2. The game begins by each team having three (3) balls in their possession and lined up against the wall at the end line. Following the "Dodgeball" signal by the official to start the game, teams may approach each other and begin the elimination of their opponents.
3. Each match will be the best 3 out of 5 games.
4. Each team will be allowed one (1) 30-second timeout per game. At this time, a team may substitute players into the game.

5. The first team to legally eliminate all opposing players will be declared the winner. Each game will have a 5-minute time limit. 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.
6. Any member of a team who makes a "basket" in their opponent's basketball goal from anywhere behind their attack restraining line will be allowed to bring their entire team back onto the court.
7. All live balls in flight at time of an official's signal (to end regulation time or begin a time out) will remain live, and may eliminate an opponent, until they become dead.
8. In the event of the time-limit running out and the two teams having the same number of players remaining, a sudden-death overtime will take place to break the tie of that game. The first team to legally eliminate any one opponent will be declared the winner of that game.
9. In order to reduce stalling, a violation will be called if a team with the lead controls a majority (4 or more) of the balls for more than 5 seconds. This also applies to games that are tied.

RULE ENFORCEMENT

1. During play, 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. All contests will be officiated and the official's decision is final.

SAFETY

1. Participants must wear court-type shoes at all times.
2. No jewelry may be worn at any time. This includes, but is not limited to rings, earrings, watches, necklaces, and any form of body piercing.
3. No hard casts will be allowed at anytime. All hard braces (knee, elbow, etc.) will be evaluated prior to the start of the game.
4. No alcohol or tobacco products may be used by the participants prior to or during the match. These substances are not allowed in the Striplin Center at any time.