

MILLERSVILLE UNIVERSITY CAMPUS RECREATION DEPARTMENT



INTRAMURAL DODGEBALL RULES

GOVERNING RULES:

Current NADA (National Amateur Dodgeball Association), IDBF (International Dodge Ball Federation) & NIRSA (National Intramural Recreational Sports Association) shall govern all intramural rules used for dodge ball at Millersville University unless modified by the Intramural department for program needs.

Persons subject to the rules are team representatives, including players, substitutes, replaced players, coaches, trainers, spectators & other persons affiliated with the team are subject to the rules of the game & shall be governed by decisions of officials assigned to the game.

All rules apply to coed, men's & women's dodgeball unless otherwise noted

EQUIPMENT, FIELD, PLAYERS & GAME TIMING

1) Illegal Equipment

- a. Jewelry: Includes earrings, rings, watches, bracelets, necklaces
- b. Any exposed body or facial piercing must be taken out

2) Legal Equipment

- a. Protective gear is highly recommended (Mouth, crotch, eye & pelvic protectors)
- b. Shoes made of canvas, leather or synthetic material which covers the foot & attached to a firm sole of leather, rubber or composition material = Shoes shall be non-marking shoes
- c. Religious & medical alert bracelets or necklaces must be taped to the body for participation (Written prove may be required for religious bracelets/necklaces)

3) Equipment will be provided by the intramural department. Only dodge balls provided by the intramural department may be used for dodge ball leagues or tournaments.

- a. **Players cannot distort dodgeballs to obtain a better grip or increase throwing motion or accuracy**
- b. **Any player caught distorting dodgeballs to gain an advantage will be disqualified & prevented from participating in that scheduled dodgeball game; repeat offenses will be disqualified until further notice.**

4) The game shall be played in Brooks gym within the basketball boundaries.

5) The game shall be played between 2 teams with 6 players of the following combinations pertaining to same gender leagues or coed leagues:

- a. Teams with 6 players shall be 6 women or 6 men
- b. Teams with 5 players shall be 5 women or 5 men
- c. Coed teams with 6 players shall be 3 women & 3 men
- d. Coed teams with 6 players shall be 4 women & 2 men or 4 men & 2 women
- e. Coed teams with 5 players shall be 3 women & 2 men or 3 men & 2 women
- f. 4 players are required to start the game to avoid a forfeit.
- g. Rosters are limited to 8 players.

6) It is highly recommend for teams / individuals to arrive 10 minutes early before the scheduled game time. At the scheduled game time, if a team does not have the required number of players a 10-minute grace period is in effect. If a team/individual does not appear within the grace period, a win by forfeit will be accredited to the opposing team.

PLAYING REGULATIONS

- 1) The first team to legally eliminate all opposing players will be declared the winner.
- 2) Games will consist of 7 games with a 30 minute time limit. After each game teams will switch sides.
 - a. In case of an equal number of players remaining after regulation, a 1-minute sudden death overtime period will be played. Sudden death will be played until a winner is declared.
- 3) Each team will be allowed one (1) time out per game.

- 4) Ejections can occur if teams violate rules, review unsportsmanlike conduct & intramural protocol & procedures
- 5) Officials will place 6 dodge balls @ division line & players must start behind their own baseline.
- 6) **All players will wait for the officials signal before retrieving any dodge balls = DODGEBALL!!!!!!!**

How is a player "out"?

- 1) Contact by a thrown ball or by an official (s); player must return to team bench area
- 2) No player may leave the court of play to avoid being struck by a ball, this action is illegal.
 - a. In retrieving a ball out of bounds, a player must make a continuous effort to retrieve the ball
 - b. Abuse & enforcement of this rule can result in being ruled out by an officials decision
- 3) When a thrown ball contacts a player (s) below the shoulders
- 4) Player (s) will be called out if a ball they throw is caught on the fly:
 - a. If a ball is deflected off a player & caught by a teammate, the thrower is out & the teammate who got hit by the thrown ball is out.
 - b. If a player (s) who is in possession of a ball deflects a thrown ball & that deflected ball hits them, they are out.
 - c. If a player (s) who is in possession of a ball, deflects a thrown ball & that ball hits a teammate that teammate is out.
 - d. If a ball hits another ball, which a player has in their possession & if the ball is dropped because of contact from the thrown ball, then the player who drops the ball is out.
 - e. If a ball hits another ball, which a player has in their possession & that ball is caught by a teammate the person who threw the ball is out.
 - f. If a player who is in possession of a ball, deflects a thrown ball & that ball hits them, then hits a teammate & then another teammate catches the ball; the player in possession of the ball & the first teammate who got hit by the deflection are out. The caught ball causes the opponent who threw the ball to be out.
- 5) If a player ducks to miss a thrown ball or is on the ground & is hit in the head or neck, the player is out.
 - a. **Official's discretion can be used in this situation.**
- 6) Any ball caught inbounds & that catch causes a player to fall out of bounds is legal.
 - a. The player who caught the ball is not out because they landed out of bounds.
- 7) When a player (s) is ruled out that player (s) must leave the court immediately, failure to leave the court will result in an additional out, if the situation becomes abundant the official can rule the game in favor of the opponent.
 - a. Once a player is out & is headed towards team bench area, if a ball is located near the team bench area that player & only that player may move (kick, push or roll) the ball back to their teammates who remain in the game.
 - i. The ball will be given to the opponent if the ball is thrown back into the playing surface.
 - b. Players who are waiting to return to the game cannot interfere with balls near their team bench area or any other area inside or outside the boundary lines.
 - i. If this occurs from bench personnel that team will cause a player to be ruled out.
- 8) **Stalling will not be tolerated & will be enforced by officials:**
 - a. **A player has five (5) seconds on the officials request to pick up the ball & throw the ball towards their opponent, if they do not throw the ball the player is ruled out**
 - b. If a ball is available & located within the playing area, any remaining player / all players must pick up the ball, throw the ball over the division line @ their opponent
 - i. A player may not roll, kick, push or bounce the ball over the division line, the ball must be thrown which involves a ball in hand (s) & a throwing motion of the arm (s)
 - ii. A player (s) may not hold balls or hide near the baseline when balls are @ their disposal
 - iii. A player (s) cannot set balls on the ground near them hold the balls
 - c. **A player may not linger around the baseline to avoid being hit; a player must make an attempt to play by picking up a ball, throwing it in 5 seconds across the division line**
 - i. **If teams abuse this rule & each team has 2 or less players remaining the official has the right to shrink the playing area making it more challenging & competitive which will increase a players opportunity to be ruled out by a thrown ball**

9) Coed ONLY: The men on the court MAY NOT use the blue dodge balls for safety reasons. If a male uses a blue dodge ball, the player is OUT.

10) When first retrieving the dodge balls from the center line at the beginning of the game, a player MAY NOT throw the balls immediately. Players must go behind the blue line (about five to seven feet from the center line) in order to initially throw the ball.

Boundary lines & leaving the playing area:

- 1) The game shall be played within the basketball boundaries.
- 2) No player may enter the game via the sideline
- 3) All players MUST ENTER the game from the baseline after touching the wall
- 4) After retrieving a ball, a player MUST enter behind the baseline & MUST touch the wall
- 5) **A player may only leave the court for the following reasons:**
 - a. Ruled out by contact & or ruled out by an official (s)
 - b. To retrieve a ball that has left the court

- i. Cannot leave to avoid being struck by a ball, this action is illegal.
 - 1. In retrieving a ball out of bounds, a player must make a continuous effort to retrieve the ball
 - 2. Abuse & enforcement of this rule can result in being ruled out by an official's decision
- c. Natural momentum/ physics of catching a ball & falling out of bounds
- 6) Any player who steps on the boundary lines is considered leaving the court:
 - a. Is out & will be ruled out by the official (s)
 - b. Player (s) must return to team bench area
- 7) The division line (half-court line) will be marked with cones & when throwing the ball, a player shall not have any feet on or over the division line.
 - a. If this occurs that player is ruled out by the officials & must return to team bench area.
- 8) The momentum rule pertaining to boundary lines & division line does not apply; if you step on or over the line, a player (s) will be ruled out by the official (s) & must return to their team bench area.**
 - a. Exception: When catching a ball & falling out of bounds**

A player is NOT out when:

- 1) A thrown ball hits a player (s) in the head or neck (exception: Ducking & on ground)
 - a. Continuous contact to a player (s) head or neck area with a thrown ball by the same player (s) or team can result in a disqualification of the player (s) or team thus, forfeiting the game. Official's discretion.**
- 2) If a ball hits another ball, which a player has in their possession, it does not make either player out.
- 3) A thrown ball strikes off the floor, wall, rafters, bleachers, spectators, intramural personnel & official (s) regardless if the ball is caught is a dead ball on contact thus no one is ruled out.
- 4) Kicking a ball is illegal (refer to unsportsmanlike conduct)
- 5) Trapping a ball between the floor & their hands is not considered a catch, thus a player cannot be ruled out.

Returnees

- 1) Players who have been ruled out by contact or by official (s) may return to the game when a teammate catches a thrown ball by an opponent. Players must return to game in the order in which their where put out of the game = First Out is First In (FOFI)
 - a. Any additional players beyond the original 6 (players 7 & 8) must wait until the next game to play. Once a player from the original 6 is out, that player must be the first one in-NOT the subs!!**
- 2) No player may enter the game via the sideline**
- 3) All players MUST enter the court from the baseline after touching the wall**
- 4) Re-generation does not exist**

**UNSPORTSMANLIKE CONDUCT
(Disqualification)**

- 1) Continuous contact to a player (s) head or neck area with a thrown ball by the same player (s) or team
- 2) Kicking, throwing or spiking the ball into the ground, @ a player (s), @ spectators or @ intramural personnel in a manner not consistent with the playing rules; during a pre-game, game, intermission & post game.
- 3) Refusal to comply or abide by the request or decision of an official
- 4) Attempting to influence a decision by an official
- 5) Disrespectfully addressing an official
- 6) Indicating objections to an official's decision
- 7) Using profanity, taunting, insulting or vulgar language or obscene gestures to officials or opposing players
- 8) Attempting to kick, strike (using arm, hand or fist) or jump at an opposing player / teammate