University of Washington
Intramural Sports
Dodgeball Rules

The Game
1. 2 teams of 6 players
2. Minimum to start is 4 players (COED: at least 1 person from each gender must be playing)
3. Best 3 out of 5 games
4. Self-Officiated with one Program Assistant on site.
5. Game time is forfeit time

The Court
1. Playing area is the boundaries of the basketball court, wall to wall.
2. The court is divided into 2 sides by a center-line of the Basketball court.

The Game
1. The object of the game is to eliminate all opposing players by getting them “OUT”.
2. A player will be “OUT” if:
   a. He/She gets hit by an opposing player below the shoulders with a LIVE ball
   b. An opponent catches a LIVE ball before it touches the ground
   c. He/She crosses mid-court or a boundary line to avoid being hit. Stepping on any boundary line is considered leaving the court
   d. He/She attempts to catch a ball and drops it
   e. He/She commits a foot-fault (player steps across the mid-line)
   f. He/She makes contact with an upright opponent to the head. (if opponent ducks or lowers their body to avoid contact and is contacted in the head, no foul has occurred.)

Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor, another ball on the floor, referee, or other item outside of the playing field (wall, ceiling, etc.) A ball that hits a player is still LIVE. If a ball hits multiple people before becoming dead it will result in multiple OUTS.

3. Dodgeballs are placed along the center line – 3 on each side of the center hash
4. Players take a position behind their end line.
5. Games start on Assistants signal. Teams may then retrieve balls from the center line.
6. Once a ball is retrieved it must be brought back into play before it can be legally thrown.
7. Players may only leave boundaries to retrieve stray balls and can be hit while retrieving balls.
8. A player may deflect a ball thrown by an opponent with a held ball.
9. Once a ball has made contact with something (i.e. opponent, wall, another ball, etc.) it is DEAD.
10. A deflected ball is also a DEAD ball.
11. If a player catches a ball one of his/her team mates will be allowed to re-enter the game
12. Players may have possession of multiple balls
13. Headshots will result in the thrower being called out.
14. The hand is part of the body, and if a ball hits the hand while holding a ball, the person shall be ruled out.
15. A player that has been ruled out may not retrieve balls for their team. In doing so, the opposing team will be awarded those balls.

Eligibility
1. Current enrolled Seattle UW students, faculty and staff IMA Members.
2. Players can only play on one coed team
**Equipment**
1. Intramural Sports will provide game balls
2. Proper attire and non-marking shoes are mandatory
3. Contact lenses or protective goggles are highly recommended

**Timing**
1. Each game has a 5-minute time limit.
2. If neither team has been eliminated at the end of 5 minutes, the team with the greater number of players remaining will be declared the winner.
3. In the case of an equal number of players remaining after regulation, a sudden death overtime period will be played.
4. The first team to eliminate an opposing player in overtime will win the game.
5. Overtime begins with the players who were remaining at the end of regulation.
6. Every minute into overtime each team will add one player. Coed leagues will alternate the gender each minute.
7. Matches will be best three out of five games.

**Time Outs**
Each team is allowed one 30-second timeout per game. The game clock will stop during a timeout.

**Substitutions**
Substitutions may only be made between games, during a timeout, or in the case of an injury.

**5-Second Violation**
If a clear advantage is being gained by holding the balls then a 5 second stalling violation will be called. A violation will result in the Assistant stopping play and the ball being given to the opposing team.

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 supervised by a Program Assistant. The Program Assistants’ responsibility is to rule on any situation in which teams can NOT agree.

THE Program Assistants’ DECISION IS FINAL – NO EXCEPTIONS!

**Sports Code**
1. All participants and spectators are governed by the SPORTS CODE available in the programs office.
2. Only captains may address the supervisor
3. Team captains are responsible for their sidelines and spectators.
4. Negative consequences for the team may result as a direct reaction to spectators’ behaviors or actions.

**NO alcoholic beverages permitted on University property**

**PROTESTS**
A judgment call can NOT be protested. (i.e. if a Assistant rules a player out by contact)
Rule interpretations can be protested.
Only protests involving player eligibility will be considered. All other protests will be handled by the Program Assistant during the match.

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