



Xtreme Dodgeball

Rules

The department of University Recreation, Intramural Sports assumes no responsibility for injuries; however basic, first aid will be available.

Regulations published in the Intramural Sports Handbook will be the governing policies for all intramural sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

Dodgeball is a self-officiated sport. The Intramural Sports Supervisors will have the final decision on any and all discrepancies.

A review of Dodgeball rules, along with the Intramural Sports modifications are as follows:

ELIGIBILITY AND GUIDELINES

All participants must meet the eligibility guidelines as outlined in the Intramural Sports Participants Handbook.

PLAYERS AND ROSTERS

1. The game shall be played between two (2) teams of three (3) players each. At least three (2) players for each team are required to begin a game.
 - a. Co-Ed Only: The game shall be played between two (2) teams of three (3) players each; at least two (2) players for each team are required to begin a game. A minimum of one (1) male and one (1) female are required to begin a game.
2. If, due to injuries, a team drops below the minimum number of players, two (2), it may continue if the Supervisor deems the game is still competitive.
3. Roster limit will be ten (10) players.

UNIFORMS AND EQUIPMENT

1. All teams are required to furnish their own jerseys.
 - a. All jerseys must be of the same color.
 - b. Jersey numbers are not required.

2. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.
3. **Jewelry:** The following jewelry and hair piece types are not allowed: exposed ear, nose, or body piercing(s) that are dangling in nature, watches, fitness trackers, rings, claw clips, or necklaces that cannot be tucked under the participants shirt. Individuals will be allowed to tape over any piercing.
 - a. Rubber, cloth, or elastic bands may be used to control hair. Hard items including, but not limited to, beads, barrettes, bobby pins, and other adornments in the hair that are securely fastened to the head and do not present an increased risk to the player, teammates, or opponents, are allowed.
 - b. Medical Bracelets and religious medallions may be worn during intramural sports
3. **Headwear:** No hard-billed hats (except during softball), bandanas or anything with a knot or unyielding material will not be allowed to be worn on the head during competition. Players may wear a one-piece elastic headband made of a soft, pliable material (i.e., sleeve, sweatband). Knit stocking caps will be allowed during cold weather.
4. **Shoes:** Athletic style shoes are preferred. Cleats are permitted for Intramural Sports Flag Football. NO metal cleats are permitted.
5. **Supports, Braces, & Pads:** No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the Intramural Sports Staff and their decisions shall be final.

THE GAME

1. Each match will be played as a best of Five (5) out of nine (9) games.
2. Each game has a five (5) minute time limit.
3. Contacting the midcourt line will result in an out
4. Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. The Supervisor will rule on any situation that teams cannot agree upon and for rule interpretations. **The Supervisor's decision is final.**

OUTS

For an out to occur, the ball must hit a player **below the shoulders**. If a player is hit in the head, **no player** will be considered out.

Exception: if a player ducks or is on the ground and is hit in the head, the player hit will be called out.

An out is scored when:

1. A thrown ball, not a kicked ball hits a player **on the fly**.
2. NO DEFLECTION OUTS
3. **Players will be called out if a ball they throw is caught on the fly. If a thrown ball is deflected off of a player's body, and caught by a teammate, the thrower is out and the first person hit is remains in.**
4. If a player catches a ball, the thrower is out and a teammate of the person that caught the ball is allowed to come back into the game.
5. If a ball is dropped as a result of contact from a thrown ball, then the player who drops the ball is out.
6. If a thrown ball hits another ball, which a player has in their possession, and the deflected ball is caught by a teammate, the person who threw the ball is NOT out.
7. If a thrown ball hits another ball, which a player has in their possession, and the deflected ball hits a teammate, the person who the deflected ball hit is NOT out.
8. Once a player is out, they must immediately leave the floor with both hands raised to inform the opposing team you are out and you may exit in a safe manor. **Players who have been called out cannot retrieve stray balls for their teammates, or that ball will be given to the other team.**
9. Deflections off the floor, wall, court dividers, rafters, bleachers, hoop, and official do not count as an out if caught. Deflections off a teammate do not count.
10. 15 minute time limit will end all games in the tournament season. The team with the most players at the end of the game is considered the winner.

LEAVING THE PLAYING AREA

1. All players are confined to the out of bounds lines.
2. A player cannot make a catch outside the boundary lines and get an opponent out.
3. If a player goes out of bounds to avoid getting out, they will be called out.
4. If a ball is thrown into the bleachers, it must be given to the team that is on that side.

STALLING

1. If a player is stalling, or making no attempt to play a ball, they will be ordered to roll the ball to the other side by the official/supervisor.
2. A player may be called out at the supervisor's discretion for continuously stalling to avoid an outcome of the game.

PARTICIPANT CONDUCT POLICY

Intramural Sports prioritizes sportsmanship by all teams, spectators, and staff. The captain is responsible for the behavior of all its team members and representatives. Everyone is expected to conduct themselves in accordance with the The Code of Student Life, University conduct standards, and policies set forth by University Recreation. Actions by team members and representatives during intramural activities that extend beyond the realm of decency will not be tolerated. Individuals violating will be suspended until meeting with the Assistant Director and/or Coordinator of Club and Intramural Sports. We will be using a “2, 3, 4” method of determining eligibility for all leagues and major tournaments. The following will be in effect for the activity’s season:

- a. The accumulation of TWO (2) unsporting conduct fouls in a game will result in the ejection of the individual from the game, and procedures outlined in the “Ejections” section.
- b. The accumulation of THREE (3) total unsporting conducts fouls during an activity’s season will result in the dismissal of the individual from the activity for the remainder of its season. The accumulation of Three (3) unsporting conduct by a team will result in in the forfeiture of the contest
- c. The accumulation of FOUR (4) total unsporting conduct fouls by the team’s individual participants during an activity’s season will result in the dismissal of the team from the activity for the remainder of the season.

*Unsporting totals rollover to playoffs

PARTICIPANT CONDUCT FACTS

1. Any flagrant attempt to cause physical harm to another participant and/or staff member will result in immediate ejection and suspension from all UREC facilities and programming.
2. Any Participant Conduct will be reviewed by the Intramural Sports professional staff.