

Intramural Dodgeball Rules

The National Amateur Dodgeball Association will govern play with the following exceptions.

Participation Warning

There are inherent risks of mental and physical injury in intramural soccer; therefore, you may be mentally and/or physically injured by participating. Our goal is to reduce or eliminate as many risks as reasonably possible to provide safe programs. This does not mean that injuries will not happen. We ask for your full cooperation in following instructions regarding proper conduct, proper use of equipment and facilities, and adherence to the rules of soccer as established by the Intramural Sports Program. Participants are responsible for the cost of any injuries; therefore, you are encouraged and recommended to have adequate health insurance.

Intramural Policies

1. **Eligibility:** All students, faculty, staff, and their spouses are eligible to participate in soccer. An individual is considered eligible if registered for at least one credit. If a spouse participates, they must purchase a spouse card from Cashier in the Student Center before participating. The cost is \$36.50 per semester.
2. **Bleeding:** During any soccer game, if an intramural employee detects a participant who is bleeding, has an open wound, or has an excessive amount of blood on their clothing, the game shall be stop. The participant must receive medical attention. In order for the participant to continue to play, they must have the bleeding stopped, the wound covered, and clothing changed.
3. **Jewelry:** No jewelry may be worn while participating in games. The following is considered jewelry: watches, bracelets (including friendship), earrings, rings, necklaces, chains, and headgear (barrettes, plastic clips, etc.). Note: Head-bands or bandannas may be worn if they are no wider than 2 inches and made of non-abrasive cloth.
4. **Sportsmanship:** Unsportsmanlike conduct will NOT be tolerated. **Any person may be ejected from a game and playing area at any time without warning for unsportsmanlike conduct, this includes spectators.**
 - Each time a player, manager, and/or spectator is ejected from a **league** game; the player will be ineligible for their next game in that league, (i.e. if player is ejected in a men's game, they will miss their next men's game).
 - Each time a player, manager, and/or spectator is ejected from a **tournament** game; the player will be ineligible for their next scheduled game, regardless of what league it is in, and even if the team they were ejected from losses.
5. **Identification Requirements:** All participants must present their ID to an intramural supervisor and/or a scorekeeper each week of play. **If they do not have their ID at every game, they will not play. No other form of ID will be accepted.**
6. **Players may not play on more than one team per division.** Divisions are: Men's, Women's, and Co-Rec. Example: Men may play on one Men's and Co-Rec teams.
8. **Awards and Refunds:** All awards and refunds must be picked up in the intramural office before the last day of the semester.
9. **Sportsmanship Rating System:** The sportsmanship rating system is intended to be an objective

scale by which teams' attitudes and behaviors can be assessed. Behavior before, during, and after an intramural contest is included in each rating. Each team manager is responsible for educating **ALL players and spectators** affiliated with his/her team about the system. **Teams must maintain a 3.0 average to qualify for the tournament. Teams must also maintain a 3.0 average during tournament play.** The Intramural Staff will determine the score for the teams after each intramural contest. Intramural staff reserves the right to review and/or change any sportsmanship rating given. Managers inquiring about their team's sportsmanship rating should do so the business day following the contest by contacting the Intramural Director, Scott Wamsley, in HPER 126 or call 797-1504.

Protests: Any team has the right to file a protest. Any protest must be filed within 48 hours of the game. A \$10.00 protest fee must be paid to the HPER Service Desk at time of filing protest. If the ruling is overturned, the team will receive their \$10.00 back, but if the ruling stands, they will not receive a refund.

The sportsmanship rating system is based on the following criteria, but not limited to:

A - Excellent Conduct and Sportsmanship (4.0)

- Team members cooperate with and demonstrate good sportsmanship toward members of opposing teams, spectators, and ALL campus recreation staff.
- Team manager exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations, and cooperates by providing any information requested by any intramural staff member.

B - Good Conduct and Sportsmanship (3.0)

- Team members verbally complain about some of the decisions made by the officials and/or show minor dissensions, which may or may not merit an unsportsmanlike conduct penalty.
- Teams receive one unsportsmanlike conduct penalty will receive no higher than a "B" rating.

C - Average Conduct and Sportsmanship (2.0)

- Team shows verbal dissent toward officials and/or the opposing team, which may or may not result in an unsportsmanlike conduct penalty.
- Manager exhibits minor control over team/spectators, but is in control of him/herself.
- Teams receiving multiple unsportsmanlike conduct penalties will receive no higher than a "C" rating.
- Team is unable to produce a team at game time, resulting in a forfeit.

D - Below Average Conduct and Sportsmanship (1.0)

- Team constantly complains to the officials and/or opposing team from the field/court/sidelines.
- Team manager exhibits little or no control over team/spectators or him/herself.
- Teams that have a player ejected will receive no higher than a "D" rating.

F - Poor Conduct and Sportsmanship (0.0)

- Team is completely uncooperative; manager has no control over team/spectators/self.
- Teams play with ineligible participants or withhold any information requested.
- Damage or destruction of any campus recreation facility/equipment.
- Multiple player ejections or causing a contest to be forfeited by any reason than not having enough players will receive an "F" rating.
- Any threatening behavior (verbal/nonverbal) towards any player, spectator, or campus recreation employee.

*****Teams receiving an "F" rating during tournament will not be allowed to advance.**

*****Teams receiving a "D" rating during tournament must have their manager meet with the**

Intramural Director before their next scheduled contest.

*****Teams that do not maintain a 3.0 average during Tournament play will be required to meet with the Intramural Director before their next scheduled contest.**

10. *Further information on intramural participation policies can be found in the USU Intramural Sports Handbook.*

Team Regulations

- .1. Teams may have up to ten (10) players on their roster. Additions to the roster can be made any time during league play and up to your first tournament game. Once your roster is full you may not add any more players. **You may not remove players from the roster once they have signed.** Teams consist of 6 players. Co-Rec Rule: Teams consist of 3 men and 3 women.
- .2. You may start and finish a game with four (4) players. If for any reason a team has less than four (4) players, the game shall be forfeited. In Co-Rec leagues, 2 or more of the players must be female.
- .3. During time-outs, teams may substitute players. Substitutes may be players who did not start the game, or players that wish to re-enter the game after having been declared out.

Equipment Regulations

- .1. Shoes that are judged unsafe by the officials (liable to cause injury to another player) will not be allowed. **No open-toed shoes will be allowed. Shoes must be non-marking tennis shoes.**
- .2. Teams are encouraged to furnish their own practice balls. Game balls will be provided.

Boundaries

- .1. During play, all players must remain within the boundary lines.
- .2. Players may pass through their end-line only to retrieve stray balls. A stray ball is one that has not been picked up and is lying on the ground. When retrieving a ball, the player must also immediately re-enter the playing field only through their end-line. **NOTE:** *A player not immediately re-entering the playing are will be declared out.*
- .3. A player may be handed a ball from out of bounds, provided the player receiving the ball remains completely within their team's filed boundary. Players may not be handed a ball while standing out of bounds
- .4. A player will be declared out if they:
 - a. have any part of their body contact the playing surface on or over a side line.
 - b. exit or re-enter the field through the sideline.
 - c. leave the playing field (side-line or end-line) to avoid being hit by, or attempt to catch, a ball.
 - d. have any part of their body cross the center-line and contact the ground on their opponent's side of the court.

Rules of the Game

- .1. Best two out of three games, with a ten minute time limit. A running clock will be used except for injuries. There will be a 2 minute break between games. One time-out per team per game.

- .2. The choice of which side to defend will be determined by a coin-toss. The team winning the toss shall have the choice of sides to begin the match.
- .3. The object of the game is to eliminate all opposing player by getting them out. An out is scored by:
 - a) Hitting an opposing player with a LIVE thrown ball below the shoulders.
 - b) Catching a LIVE ball thrown by your opponent.
 - c) Causing an opponent to drop a held ball as a result of contact by a thrown LIVE ball (usually occurs when a ball is being used to block a thrown ball).
 - d) An opposing player stepping out of bounds.
 - *Live ball: a thrown ball that strikes or is caught by an opposing player without/before contacting the ground, another player, a non-held ball, official or other object.
- .4. A player may block a thrown ball with a ball being held, provided the holder does not lose control of the held ball as a result of the contact with the thrown ball. **The held ball does not need to strike the ground to cause the holder to be out, only be knocked loose of the holder's grip. Even if the holder regains control of the held ball, they are still out. Any actions by the holder after the initial loss of control are ignored.** *Note: A player may drop the ball they have blocked within order to catch a deflected ball. Officials must be sure to recognize the difference between a loose ball and an intentionally dropped ball. A loose or dropped ball contacting a live ball cause it to become dead.*
- .5. A live ball deflecting off a held ball and/or striking the holder remains live only to the holder. Following the deflection/striking of the holder, a) the holder legally catches the live ball, or b) the live ball becomes dead by contacting the ground, another player, a non-held ball, or ball held by another player, official or other object. **Result:** In a) thrower is out, in b), the holder is out.
- .6. If a live ball is thrown at player A, and it deflects off the body of player A, the ball remains live only to player A. If "A" legally catches the ball, the thrower is out. If any teammates of "A" touch the deflected ball, the ball becomes dead.
- .7. Once a player is out, they must drop any balls in hand and exit the playing field at the nearest sideline. If an out player intentionally contacts a live ball before exiting the playing field, opponents will be awarded a free throw.

Beginning the Game

- .1. Prior to beginning a game, six dodge balls will be placed along the center line on each side of the center hash mark. Players will then take a position behind their end line. Following a whistle or signal by the official, teams may retrieve balls placed on the right side of the center hash mark (as they face the center line). If balls remain on the center line after a team has retrieved and moved their balls beyond the attack line, those balls may be retrieved by either team.
- .2. A false start will be called if players cross their end line prior to the official's signal to start the game. **Result:** Play will be stopped and one ball from the offending team's side will be moved to the opponent's side of the hash mark. This will be repeated for every infraction.

Opening Rush Rule

- .1. Each/every ball retrieved at the opening rush must first be taken beyond the attack line and into the team's backcourt before it may be legally thrown at an opponent.

- .2. Once a ball is moved beyond the attack line it may be thrown from anywhere on the court, short of center, including in front of the attack-line.
- .3. Attack-line restrictions end when all balls have been taken into backcourt following the opening rush.

Declaring a Winner

1. The first team to legally eliminate all opposing players will be declared the winner.
2. If neither team has been eliminated at the end of the ten minutes, the team with the greater number of remaining players will be declared the winner.
3. If an equal number of players remain after ten minutes, a shoot-out style overtime will be played.

Overtime

- .1. The first overtime period of any game will begin with a minimum of three (3) players from each team. If less than three players were standing at the end of regulation, players must be added. The players starting the first overtime may be any rostered players, not necessarily those left after regulation. Overtime will consist of one (or a series of) “shoot-out(s)” in which one team will be on offense and the other on defense.
- .2. A coin-toss will determine which team starts on offense. The team winning the coin toss chooses whether to start overtime on offense or defense.
- .3. The team on offense is given two (2) balls and may take a position anywhere on their side of the court. Likewise, the defense may position themselves anywhere on their side of the court.
- .4. After a signal by the official, the offense has 5 seconds in which to throw **only one** of the balls. If a member of the defense is legally hit or no one is hit, the sequence is repeated and the offense now goes to defense. If, during a round, only one team legally eliminated an opponent, that team will be declared the winner. **Exception:** If at any time during overtime a team legally catches a live ball thrown by their opponent, the team catching the ball is declared the winner.
- .5. At the end of each round, if a winner has not been determined, an additional player will be placed on each defensive team, **Round 2:** 4 on defense, **Round 3:** 5 on defense, **Round 4+:** 6 on defense.
- .6. Overtime ends when a ball is caught, or when only one team eliminates their opponent during a round.

Stalling and 5-Second Violation

- .1. A team trailing during a regulation game must be given the opportunity to eliminate an opposing player. This requires a ball to be at the disposal of the trailing team.
- .2. It is illegal for the leading team to control all the balls for more than 5 seconds. If the leading team controls all the balls, they must make a legitimate effort to get at least one ball across the attack line and into the opponent’s backcourt. If this is not done within 5 seconds, a “5-Second Violation” will be called. A team may avoid a 5-second violation by throwing or rolling a ball into the opponent’s

backcourt. This does not include throwing a ball over and through an opponent's end line.

Penalty for 5-Second Violation: 1st violation: Stoppage of play and balls will be divided evenly between the teams. Play will continue with "balls in hand". **2nd violation: FREE THROW** for the opposing team-a penalty in which one player is allowed an unobstructed throw at their opponent(s) without risk of elimination. This is possible because a caught "free throw" does not result in an "out" for the thrower. **3rd violation: Ejection** of one player from offending team.

- .3. The 5-second count will cease, when in the opinion of the official, a ball is at the disposal of the trailing team. A ball may be considered at a teams disposal without being secured if, in the opinion of the official, players of the trailing team are not making a legitimate effort to do so.

Sportsmanship Policy

Unsportsmanlike conduct will **NOT** be tolerated. Unsportsmanlike conduct may include, but is not limited to:

- 1. Foul language
- 2. Hits above the shoulders with intent to harm
- 3. Unnecessary Roughness
- 4. Arguing with officials, participants or fans

Any person may be disqualified from a game and/or playing area at any time without warning for unsportsmanlike conduct.