Intramural Dodgeball Rules

PARTICIPATING WARNING

There are inherent risks of mental and physical injury while participating in the Intramural Sports Program. Our goal is to reduce or eliminate as many risks as reasonably possible to provide a safe and fun program. 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 each sport as established by the Intramural Sports Program. Participants are responsible for the cost of any injury; therefore, you are encouraged and recommended to have adequate health insurance.

I. Players & Substitutions
   a. Teams are comprised of six (6) players. A team may not begin or continue a game with less than four (4) players.
   b. Co-Rec: Teams are comprised of six (6) players. Teams may not begin or continue play with less than four (4) players. Teams must have at least two (2) of each gender on the court at all times. At no time can a team have more than three (3) males or three (3) females on the court.
   c. Substitutions are only permitted between games in a match or to replace an injured player.

II. Length & Game Time
   a. The game time limits will be enforced from game time! Teams not present with the required minimum number of players ready to play five (5) minutes after start time will forfeit the game and it will not be played.
   b. Matches will consist of a best three (3) out of five (5) games. The first team to win three (3) games wins.
   c. Each game in the match will limited to five (5) minutes. The team with the most players left at this time will be declared the winner of the game. If both teams have the same number of players, a sudden death overtime period of one (1) minute will be played.
   d. A one (1) minute intermission will be granted between games in a match.
   e. Time-Outs: No team time-outs will be granted unless for injury at the discretion of the official.

III. Scoring
   Each game won by a team will be scored as one (1) point. The first team to three (3) points will win.

IV. Starting Play:
   a. Players must take a position behind their end line.
   b. Following the signal from the official, teams may approach the center line to retrieve balls. A false start will be called if players cross their end line prior to the official's signal to start the game and players will re-start.
   c. Each ball retrieved at the opening rush must first be taken beyond the attack line and into the team’s backcourt before it may be thrown at an opponent.

       Example: Following the opening whistle, a player rushes out and is the first to secure a ball from the center line. That player must then carry or pass the ball into their backcourt before it may be legally thrown at an opponent.
   d. Once a ball is moved beyond the attack line, it may be thrown from anywhere on the court.

V. Eliminating Players
Players may be eliminated in three ways (players must stand on their team’s sidelines in the order in which they were eliminated).

a. Hitting a player with a live ball below the shoulders. If a player ducks or takes a position with their head below where their shoulders would normally be while standing and this is clearly the cause of them being hit above the shoulders, the player is out and the throw is legal. A player who hits an opponent above the shoulders, as the person normally stands, is eliminated.

b. Catching a live ball thrown by an opponent. After catching a live ball thrown by an opponent, the opponent is eliminated, and the player’s team who caught the ball is allowed one player back into the match. This player must be the first player eliminated (or the next player after, and so on in the order in which player were eliminated).

c. Causing an opponent to drop a held ball as a result of contact with a live thrown ball (usually when an opponent tries to block a throw with a held ball).

VI. Other Rules to Note:

a. A ball deflecting off a held ball remains live and may be caught by an opponent to eliminate the thrower.

b. A ball deflecting off a player remains live.
   Example: A ball hits player A and deflects into the air. A teammate of player A catches the ball off the deflection. Both the thrower and player A are out but the catch allows a player who was previously out to rejoin the game.

c. Once a player is out, he/she must immediately 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 after being hit their team must give up all balls to the opposing team.

d. No kicking balls. This will result in the player being called out.

e. Stalling/5 second Violation: 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. It is illegal for the leading team to control all of the balls for more than five (5) seconds. If the leading team controls all the balls (all balls are located on their side of the court), they must make a legitimate effort to get at least one (1) ball across the attack line and into the opponent’s backcourt. 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/or THROUGH an opponent’s end line. Officials will stop the count when a ball is considered at the disposal of the trailing team, whether it is actually secured by the team or not. Stalling does not apply to overtime periods.

Penalties:
   i 1st violation: Stoppage of play and balls will be divided evenly between the teams.
   ii 2nd violation: Free throw for the opposing team. One player is allowed an unobstructed throw at their opponent(s) without risk of elimination. A caught “free throw” is not an out for the thrower.
   iii 3rd violation: Ejection of a player from the offending team.

VII. Overtime Rules

a. Overtime will occur when each team has an even number of players on the court as time expires. “Sudden Death” rules will take place, with the first person eliminated from either team ending the game.
Teams receiving a "0.0" rating during tournament will not be allowed to advance. They will automatically forfeit the match and the opposing team will advance if they have the appropriate sportsmanship.

Teams receiving a "1.0" rating during tournament must have their team captain meet with the Assistant Director of Competitive Sports before their next scheduled contest.

Teams that do not maintain a 3.0 during Tournament play will not advance in the tournament.

For full details and our entire Intramural Sports Program Manual, please visit https://www.usu.edu/campusrec/intramural_sports/homepage_intramural

Everything is at the discretion of the Assistant Director of Competitive Sports and the Graduate Assistants of Competitive Sports. If you have any questions, contact them at intramurals@usu.edu or 435-797-8388.