

USU Intramural Dodgeball Rules

Participation 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.

1. The Game
2. 2 teams of 5 player
3. Minimum of 3 players
4. Best 3 out of 5 games

Eligibility Requirements

5. Current USU students, faculty and staff, spouses of students/faculty/staff who have purchased membership to the ARC.
6. Players must bring a valid physical ID to EVERY game
7. NO ID = NO PLAY, NO EXCEPTIONS!

Equipment

1. NO JEWELRY IS PERMITTED DURING PLAY!
2. Proper footwear and attire are mandatory

Gameplay

3. Each game is set up with the 5 players from each team behind their own end line. The 5 balls are placed on the middle line. Someone on the sideline will then countdown "3, 2, 1, GO!" and players can then run to the middle to get balls.
4. If someone leaves their line early, they must give the ball they retrieved to the other team. Each player may only take one ball from the middle. They must take the ball back to their end line before they are allowed to throw it at the other team.
5. Players may only hold one ball at a time.
6. Players may use a ball they are holding to block balls that are thrown at them. If, however, a ball deflects off of this "blocking ball" and hits someone (themselves included), the person who was hit is out. And if a player blocks a throw with a ball and it causes them to drop the ball, they are out.
7. As soon as a ball hits the ground, it can no longer cause anyone to be out. That is, it cannot be caught or hit anyone on a short hop and get them out.
8. If Team X is playing Team Y and all of the balls are on Team Y's side of the court, Team Y has 10 seconds to get at least one ball to Team X's side.
9. A player who is out-of-bounds at the time of an opponent's throw cannot get out by being hit by that ball. Neither can they catch that ball (rather it has no effect if they do catch it).
10. Players may go out-of-bounds at any time to retrieve balls. However, if Player A tries to go out-of-bounds right before Player B throws at him/her to become an ineligible target,

Player A is out for attempting to abuse the out-of-bounds safe zone.

11. A player with any part of their body on the court (i.e. one foot) is an eligible target.
12. Players may only reenter the court from out-of-bounds via their end line. By getting hit with a ball thrown by the other team. This includes clothing (ie. grazing a shirt or shorts). If the player was out of bounds when the ball was thrown, or it was a headshot (these cases are addressed below), they are not out.
13. One throw can get any number of players out. That is, if a player from Team X throws a ball at Team Y and it ricochets — hitting three different players on Team Y before hitting the ground or a wall (net) — all of the players hit by the ball are out.
14. By stepping over the middle line at any point during the game (touching the ground on the other side of the court).
15. By throwing a ball that is caught by the other team (catching is covered in more detail below).
16. By “blocking” with a ball and dropping it (as mentioned above).
17. By going out of bounds in the process of dodging (again, addressed in detail below).
18. CATCHES: Player A throws a ball at the opposing team (Team X). If the ball is caught by anyone on the opposing team before it hits the ground or a wall (net), Player A is out and the player who has been out the longest on Team X gets to return to play. This includes any number of deflections off of anything other than the ground or wall (net). However, only players who were not out-of-bounds at the time of Player A’s throw are eligible to catch the ball. Ineligible players may not aid in catching in any way. Players may go out-of-bounds in the process of catching a ball and, if they succeed, it is a valid catch and the player who made the catch is still in. Any time a player is going for a catch – even if out-of-bounds – that player is an eligible target.
19. DODGING OUT-OF-BOUNDS: If a player goes out-of-bounds while dodging a throw, they are out. This is defined as follows: A ball or balls are thrown at Player A:
20. Player A is not out if they have finished dodging (i.e. there are no more balls in the air that have yet to reach them) and landed solidly in bounds. This means they have landed with two feet or a large portion of their body (i.e. their side or their butt) completely in bounds. If, after this “landing”, their momentum carries them out-of-bounds or they fall backwards onto their hands out-of-bounds, they are still not out.
21. Player A is out if any part of their body touches out-of-bounds before all balls thrown at them have gone past them (are no longer a danger of hitting them) or if they fail to establish a legal “landing” after their dodge (i.e. they jump to dodge and land with one foot in bounds and one foot over the line).
22. HEADSHOTS: If Player A throws a ball at Player B and it hits player B in the head:
23. Player A is out if Player B did not move their head at all in the vertical plane while attempting to dodge.
24. Player B is out if Player B moved their head vertically (up or down) whilst dodging.

Injured Player(s) Policy

If someone on your team becomes injured, please contact the Intramural Program staff at intramurals@usu.edu or 435-797-8388 24 hours before your next scheduled game to inquire about replacing the injured player on your team. A Doctor or Athletic Trainers note may be required. Intramural Sports Program staff has the authority to determine if an injured player will be allowed a substitute. There are limitations when it comes to who can substitute during tournament play. If someone becomes injured during the tournament, an eligible participant may play in their place. Once the injured individual becomes approved to play again, that substitute is then removed from the team roster.

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 a contest is included in each rating. Each team captain is responsible for educating **ALL players and spectators** affiliated with his/her team about the system. **Teams must maintain a 3.0 average in order to qualify for tournament play. Teams must also receive AT LEAST a 3.0 in order to advance in tournament play.** The Intramural Staff will determine the score for the teams after each intramural contest. The Intramural Staff reserves the right to review and/or change any sportsmanship rating given. Captains inquiring about their team's sportsmanship rating can do so in a few ways:

- Contacting the Coordinator of Competitive Sports or Graduate Assistant of Competitive Sports by emailing intramurals@usu.edu the next day
- Asking the Supervisor at a break in the game that is currently being played
- Checking online in the "Rankings" area of FusionIM

Sport Code	Description
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.
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 receiving one unsportsmanlike conduct penalty will receive no higher than this rating. A team defaults the contest, meaning they contact the Intramural Sports office before noon on the day they are scheduled to play to let them know they will not attend.
2.0	Team shows verbal dissent toward officials and/or the opposing team throughout the game, which may or may not result in an unsportsmanlike conduct penalty. There may be one player who consistently question calls in a rude behavior or speak negatively towards the opposing team throughout the game. A penalty may not be enforced as no one instance may warrant that, but the overall behavior may award the team this rating in sportsmanship. Team captain exhibits minor control over team/spectators, but is in control of himself/herself. Teams receiving more than one unsportsmanlike conduct penalties will receive no higher than this rating. Team is unable to produce a team at game time resulting in a forfeit.
1.0	Team continually dissents the officials and/or opposing team from the court/sidelines. There may not be an unsportsmanlike penalty enforced as no one scenario may mandate that, but if multiple players exhibit rude or negative behavior toward the staff or the opposing team, they will be awarded this rating. Team manager exhibits little or no control over team/spectators or himself/herself. Teams that have a player ejected will receive no higher than this rating. The team captain will be required to meet with a Competitive Sports Administrator
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. At least one player ejection or causing a contest to be forfeited by any reason than not having enough players will receive this rating. Any threatening behavior (verbal/nonverbal) towards any player, spectator, or campus recreation employee. The team captain will be required to meet with a Competitive Sports Administrator

Teams that receive a sportsmanship rating lower than a 3.0 during any Tournament contest will automatically be disqualified from 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 Coordinator of Competitive Sports and/or Graduate Assistant of Competitive Sports. If you have any questions, contact them at intramurals@usu.edu or 435-797-8388