

University Of Illinois  
Division of Campus Recreation  
Intramural Sports Program

## **DODGEBALL RULES**

### **Rule 1. Eligibility**

- A. Only current UIUC students and DCR Facility members are eligible to play.
- B. Participants may only play on **ONE** team for the duration of the tournament.
- C. Participants must show I-card.

### **Rule 2. Equipment**

- A. All players must wear clean Athletic Shoes.
- B. Participants must remove all jewelry before playing.
- C. The Intramural Program will provide dodgeballs.
- D. Teams must use provided equipment.
- E. Hats and bandanas may not be worn.

### **Rule 3. Field**

- A. The court will be a rectangle of 63' x 42'.
- B. The court shall be marked with sidelines, endlines, attack lines, and a center line with center hash mark.
- C. The Boundaries
  - a. During play, all players must remain within boundary lines.
  - b. Players may pass through their end-line only to retrieve stray balls.
  - c. When retrieving a ball, the player must also immediately re-enter the playing field only through their end-line
  - d. A player shall **not**:
    - i. Have any part of their body contact the playing surface on or over a sideline.
    - ii. Exit or re-enter the court through their sideline.
    - iii. Leave the playing field to avoid being hit by, or attempt to catch, a ball.
    - iv. Have any part of their body cross over the center-line and contact the ground on their opponents' side of the court.
      - 1. **PENALTY:** for I-iv, player will be declared out.

### **Rule 4. Players**

- A. A team will consist of 6 players.
- B. A team must start with a minimum of 4 players.
- C. The maximum number of players a team may have on their roster is 10.
- D. No substitutions or time-outs are allowed during the games.
- E. You may switch players in-between games.

## Rule 5. Play

### A. The Game

- a. The match will be a best of 3 games.
- b. Each game will have a 5 minute time limit.
- c. A coin flip will start the match. The winning team will have choice of sides to begin the match.
- d. Teams will alternate sides following each game.
- e. The object of the game is to eliminate all opposing players by getting them out.
- f. The first team to legally eliminate all opposing players will be declared the winner.
- g. If neither team has been eliminated at the end of regulation, the team with the greater number of remaining players will be declared the winner.
- h. If each team has equal number of remaining players, an overtime period will be played.
- i. An out is scored by:
  - i. Hitting an opposing player with a LIVE thrown ball below the shoulders.
    1. NOTE: If a player ducks, and this clearly is the cause for the player being hit above the shoulders, they are out.
  - ii. Catching a LIVE ball thrown by your opponent
  - iii. Causing an opponent to drop a held ball as a result of contact by a thrown LIVE ball.
  - iv. An opposing player stepping out of bounds.
- j. A player may block a thrown ball with a ball being held, provided the held ball is not dropped as a result of the contact with the thrown ball
  - i. NOTE: A ball deflecting off a held ball and striking the holder is no longer a LIVE ball.
- k. **LIVE (def.)** : A thrown ball that strikes, or is caught by, an opposing player without/before contacting the ground, another player or ball.

### B. Beginning the Game

- a. Prior to the beginning of the game, 6 dodgeballs are placed along the center line equally spaced.
- b. Players will take position behind their end line and at the supervisor's signal may approach the center-line to retrieve balls.
- c. Teams may only retrieve balls placed to the RIGHT of the center hash mark.

### C. Opening Rush Rule

- a. 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.

### D. Stalling and Five Second Violation

- a. A team trailing during a regulation game must be given the opportunity to eliminate an opposing player.
  - b. It is illegal for the leading team to control all the balls for more than five seconds. If the leading team controls all the balls- *ie. All balls are located on their side of the center-line* – they must make a legitimate effort to get at least one ball across the attack line and into the opponent’s backcourt. This does not include throwing a ball over and through an opponent’s endline.
  - c. If this is not done within 5 seconds, a five-second violation is called.
  - d. First Violation: Stoppage of play and balls will be divided evenly between the teams. Play will continue with “balls in hand”.
  - e. Second 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.
  - f. Third Violation: Ejection of one player from offending team
  - g. **NOTE**: The stalling procedure does not apply to overtime.
- E. Overtime**
- a. Overtime will be a 3 minute sudden death period.
  - b. All overtime periods will begin with an equal number of “balls in hand” behind a team’s end line. The first team to eliminate any ONE opposing player will be declared the winner.