

# GRAND VALLEY STATE UNIVERSITY **RECREATION**

## Intramural Sports Dodgeball Rules

**Equipment:** Game balls will be provided. Close-toed shoes must be worn (no sandals).

**Players and Substitutes:**

1. A team consists of 5 players. Each team must have 4 players checked in to start a match.

**The Match:**

1. The match will consist of best of 7 games. The first team to win four games, wins the match.
2. A game ends when one team has all of its players eliminated OR the 3 minute time limit expires.
  - a. If time expires and each team has the same number of players, the elimination round will be used to determine the winner.
    - i. The remaining players will be placed in the boundaries defined by the officials
    - ii. Each team will get two balls
    - iii. The first team to eliminate a player will win
    - iv. All rules regarding boundaries and time to throw will apply
3. Teams will switch sides after each game.

**Starting the game:**

1. All players must be touching the end wall at the start of each game. The officials will blow their whistle to start play.
2. There will be six balls lined up at half court. When the whistle sounds, players may run to retrieve the ball. All balls must be brought back inside the arc before they can be used to attack the opponent.
3. Once the balls are in play, no player may step on or outside the boundary lines.
  - a. Result: the player is out
4. Players have 10 seconds to release the ball from their possession
  - a. Result: the player is out
  - b. Releasing the ball is defined as throwing the ball to attack an opponent.

**Game Rules**

1. The object is to eliminate all players on the opponent's team by striking them with thrown balls or catching balls thrown by an opponent.
  - a. A live ball is a ball thrown while still in flight. A ball that contacts the ground, goal supports, officials or walls is dead.
2. A player is out when:
  - a. They are struck by a live ball by an opponent at the shoulders or below.
  - b. Throwing a ball that is caught by an opponent on the fly
  - c. Throwing a ball that is deflected off an opponent's body and caught by another opponent on the fly
    - i. The person who the deflected ball is out, unless they deflect the ball with a held ball.
  - d. Contacting the ground on or over the end lines, sidelines and center line.
    - i. Players may reach over the boundaries to grab a ball.
    - ii. If a team only has five players, they may leave the boundary lines on their half of the court to retrieve a ball until someone on their team is out. Any thrown ball while out of the boundary lines will be dead.
      1. A player outside the boundary who is still in may be eliminated by a thrown ball by an opponent.
      2. A player who is retrieving a ball must reestablish inside the boundaries before attacking an opponent.
  - e. Stalling or delaying by not releasing the ball within seven seconds.

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- f. Kicking a ball at any point during the match
  - i. If a player is out and they kick the ball, the teammate nearest them will also be declared out.
- g. Receiving a technical foul for sportsmanship related conduct
  - i. If a player receives a technical foul, they are out for the current AND next game. The team must play down a person to start the next game.
- 3. Once a player is out, they must stand outside the boundary lines on their half of the court. They may retrieve balls outside the boundaries for their teammates.