

University of North Carolina at Greensboro
Department of Recreation and Wellness
Intramural Sports

DODGEBALL RULES

OPEN

WARNING: YOU MAY SUFFER FROM PHYSICAL/ MENTAL INJURY FROM PARTICIPATING IN INTRAMURAL ACTIVITIES. PARTICIPATION IN THE RECREATION AND WELLNESS PROGRAM IS COMPLETELY VOLUNTARY. UNCG AND THE DEPARTMENT OF RECREATION AND WELLNESS ARE NOT LIABLE FOR INJURIES SUSTAINED DURING PARTICIPATION IN CAMPUS RECREATION SPONSORED ACTIVITIES.

Team Eligibility

- 1) Intramural Dodgeball is open to all students, faculty, and staff who are members of the Kaplan Center for Wellness. Participants must have a valid UNCG identification card, which must be presented at each contest.
- 2) All players must completely fill out the Team Waiver.
- 3) Game time is forfeit time. If one or both teams do not have the minimum number of players to start, the game will be a forfeit. Teams that forfeit are required to pay the \$10 forfeit fee before their next regular season game or before the start of the post season.

Equipment

- 1) Absolutely no jewelry is allowed at any time. Taping, covering, and/or concealing jewelry is not allowed.
 - a) The only exception is medical alert jewelry, which must be taped down for the entirety of the contest.
 - b) If jewelry is found on a player after play has begun, the player with jewelry will be removed from play. The player may return to play under normal substitution rules.
- 2) No hats or bandanas are allowed at any time.
- 3) The number of balls in a regulation game is six (6), which shall be provided by the department.
- 4) Participants must wear appropriate athletic attire and footwear at all times.

The Game

- 1) Playing Area
 - a) The playing area shall be Court 2 in the MAC Gym
 - (i) Each team shall occupy one half of the court marked with a line
 - b) Players who have been hit or who are waiting to substitute in the game must wait on the teams' bench. The teams' bench is the area between the white dashed line and the wall closes to the midline.
- 2) Game Play
 - a) Games will be played best three (3) out of five (5) matches or 45 minutes, whichever comes first.
 - (i) If there is a tie at the end of 45 minutes, the team with more active players on the court wins.
 - (ii) If there is an equal number of players on each team, then the next elimination wins.
 - b) The object of the game is to eliminate all of the players on the opposing team
 - c) To start the game, six (6) dodgeballs are placed along the midline on the designated spots. The active players can make a move towards the dodgeballs only after the official's signal.
 - d) The dodgeballs must be returned behind the free throw line extended before being thrown at an opponent. Failure to return behind the line will result in an illegal throw and will be ruled dead UNLESS caught by an opponent.
 - e) The game continues until all the players on one team are eliminated.

- 3) Handling/Throwing
 - a) A player is eliminated by
 - (i) Hitting an opposing player with a live thrown ball at or below the shoulders
 - (a) A player is considered hit when a dodgeball makes contact with their body or clothes
 - (ii) Catching a ball that is thrown by an opponent
 - b) When a player is eliminated, they shall move to the players' bench. If in possession of a dodgeball, they must toss or roll it to a teammate or place it on the court.
 - c) An illegal throw occurs when
 - (i) A thrown ball hits a player above the shoulders
 - (ii) The thrower steps over the midline
 - (iii) The thrower kicks, strikes, or spikes a dodgeball towards an opponent
 - (iv) Throwing a ball before returning it behind the return line
 - d) For each illegal throw, the thrower is out. The thrown ball cannot eliminate an opponent, but it can be caught to return a teammate.
 - e) If a player intentionally takes a position with their head below their shoulders (ducking, crouching, kneeling, diving, rolling, etc.) and is hit, the throw is considered legal, and the player is out.
 - f) A thrown ball is considered dead when it hits the floor, the wall, or is legally deflected by an opponent
- 4) Catching and Returns
 - a) A thrown dodgeball that is legally caught by a member of the opposing team before it is considered dead results in eliminating the thrower
 - b) When a ball is caught, a player from your team may return to play
 - c) If a team has six (6) players active on the court, a player may not return to play from the players' bench. There is no "credit" that can be saved up when a legal catch is made.
- 5) Deflections
 - a) A live deflection occurs when a ball hits a player and remains in the air
 - b) A live deflection may be caught to save a teammate from being eliminated
 - (i) If the ball is caught, the thrower is out, the teammate is saved, and another teammate is allowed to return from the teams' bench
 - (ii) If the ball is not caught, all teammates that were touched by the ball prior to the ball becoming dead are out
 - c) A dead deflection occurs when a ball is blocked with a dodgeball, hits a wall, hits the ceiling, or hits the ground
 - (i) Dead deflections cannot eliminate an opponent and cannot be caught to eliminate the thrower
 - (ii) Blocking with a dodgeball is legal, however, if a player loses possession of their dodgeball while attempting to block, that player is eliminated
- 6) Stalling
 - a) Teams must be engaged and active in the matches at all times
 - b) Stalling occurs when players on a team are not active in making attempts to eliminate their opponent(s)
 - (i) Stalling may include but is not limited to the following
 - (a) Rolling the ball
 - (b) Kicking the ball
 - (c) Intentionally playing off the wall/floor
 - (d) Holding onto the ball
 - (e) Reserving all dodgeballs in your area
 - (ii) If both teams are stalling, both teams can be penalized simultaneously
 - c) Teams with no dodgeballs will not be penalized for stalling unless they are intentionally giving away dodgeballs to their opponent

Sportsmanship

- 1) Teams will receive a sportsmanship rating from the officials at the end of each contest
 - a) Teams must maintain a 2.5 sportsmanship average to remain eligible for playoffs
- 2) Fouls
 - a) The penalty for a technical foul is eliminating a player as if they were hit by a dodgeball
 - b) Fouls are considered but not limited to
 - (i) Stepping on or over the mid-line
 - (a) The exception for this is the beginning of the game when players run toward the mid line
 - (ii) Stalling
 - (iii) Having too many players on the court
 - (a) The extra player(s) are eliminated as well as one active player from the court
 - (iv) An illegal throw
- 3) Unsportsmanlike Conduct
 - a) The penalty for an unsportsmanlike conduct may include but is not limited to
 - (i) Being removed from a match
 - (ii) Being removed from a game
 - (iii) Being ejected
 - (a) Players who are ejected from an intramural sports event is immediately ineligible to participate in any and all intramural sports event or contest until they have been reinstated by the Assistant Director for Competitive Sports
 - b) Unsportsmanlike conduct may include but is not limited to
 - (i) Refusing to move to the teams' bench after being eliminated
 - (ii) Intentionally blocking while on the teams' bench
 - (iii) Intentionally hitting someone in the head at a close distance
 - (iv) Foul language
 - (v) Arguing with the officials, staff, other participants, or fans
 - (vi) Fighting