UVM Intramural Sports • Dodgeball League

The rules governing this intramural sport activity are derived from rules used by the National Intramural-Recreational Sports Association (NIRSA) and rules unique to the UVM Intramural Sports Program. This rules sheet is not meant to be all-inclusive; rather it is a summary of the more common rules, policies, and procedures used by the Intramural Sports Program. All important policy information can be found in the Intramural Sports Handbook, which is available on our website. All team captains and players are responsible for reading this document and understanding the rules, policies, and procedures prior to participating in this activity.

General/Eligibility

See the Intramural Sports Handbook for complete listing of eligibility.

UVM Identification: All players MUST present a UVM Cat Card to the IMS Supervisor prior to each game. Players who do not have their Cat Card will be subject to the terms of the Campus Recreation ID Policy.

Team Rosters: The official team roster consists only of those individuals who are eligible and have joined the official online roster. Individuals must be listed on the official online roster by the end of regular season play in order to be eligible to participate in playoffs. Confirming that all players are listed on the official online roster is the responsibility of the Team Captain.

Equipment

Jerseys: Teams are required to wear same colored shirts or jerseys with numbers on them. If your team does not have same colored shirts with numbers then IMS Staff will provide jerseys.

All players must wear athletic close-toed shoes. No cleats or metal spikes are allowed.

Players and Substitutions

A team consists of six (6) players per game. There is a roster cap for dodgeball. Teams may have only twelve (12) players listed on their roster. The minimum number of players to start a game is four (4) players. At game time, if your team only has the four (4) players present the game will begin with the four (4) players and no other players that arrive late can “jump in” and begin playing for their team. The late individual(s) must wait until the commencement of the next game to participate. Alternate players may enter when a new game starts or to replace an injured player.

The Court

Games will be played on the indoor turf in the PFG Athletic Complex. Court perimeter boundary lines will be indicated by the white lines.

Playing Rules

Game Duration/League Format: Dodgeball matches are allotted 40 minutes of play. Matches consist of an unlimited number of games. Games will be played until all players from one team have been ‘knocked out’. Once the 40 minute mark has been reached the match will be over, even if the teams are in the middle of a game. If this situation occurs then the
team with more players still "in", wins that game. The winner of the match is the team that won the most games in the match time limit (e.g., 5 games were played and the game score was 3-2, the team that won 3 games wins the match). During the regular season teams may tie as there will be no overtime played.

**Time-Outs:** There are NO time-outs.

**Mercy Rule:** After 30 minutes of play, if a team is losing by seven (7) or more games, the losing team may opt to take the ‘Mercy Rule’ and the match will stop at this point.

**Overtime:** Overtime will be played in playoffs only. If, at the conclusion of the 40 minute match, the teams’ record for the match is tied (e.g., 2-2), the teams will play a Sudden Victory Overtime period. All six (6) players will come back onto the court to start the overtime. The first team to ‘knock out’ an opposing player will win the match.

**Game Time is Forfeit Time!** All intramural events are tightly scheduled based on facility availability to allow for maximum participation, so keeping the games on schedule is very important. Please have your team at the field checked-in and ready to play at least ten (10) minutes before your scheduled game time. If one team is late/is not present, the team’s captain that is present and has the minimum number of participants required ready to play will be given two options (once a decision is made it cannot be changed):

- Take the forfeit immediately
- Give the team five (5) minutes to show
  - If the team shows, the game must be played with only the remaining amount of time left. If the team still does not show, it will be a forfeit.

**Reserve Clause:** The IMS Staff reserves the right to make time adjustments to accommodate scheduling conflicts

**Starting the Game:** The game will start with:

- Six (6) dodgeballs placed on the center line (three (3) on each side of the center mark).
- All players will stand behind the end line. Once the whistle is blown, the players must run to retrieve ONLY the three balls placed on their right of the center mark (safety issue).
- After initially securing a ball from the center line at the start of the game a player may not throw the ball and get an opposing player out. The ball must first cross their team’s 10’ line in order to be thrown at the other team. (Note: this is only for the start of the game, during the rest of the game you may throw the ball from anywhere on the court)

**Ways in which a player is called out:**

- Player A throws the ball and it hits player B
- Player A throws the ball and it is caught by player B—player A is out—in addition, team B is allowed to have one player come back in from the sideline (players may return in order of their elimination, with players eliminated first the players to return first).
- Player A throws the ball and player B attempts to catch it but doesn’t—player B is out.
- Player A throws the ball at player B-1, it bounces off player B-1 and player B-2 catches it. Player B-1 is not out, player A is out. A player from Team B is NOT allowed to come in (player B-1 is the player that has been "saved").
- Player A throws the ball at player B who deflects the ball with their ball—neither player is out - unless player B drops their ball while in the process of trying to deflect player A’s ball. In this case, player B is out.
- Player A throws the ball and hits Player B-1. Player B-2 then attempts to catch the ball but is unsuccessful and is hit by the ball. Player B-1 AND Player B-2 are out.
- Player A throws the ball at player B-1 who deflects it with their ball; the deflected ball hits player B-2 —player B-2 is out.
- If a player steps on the center line at any point in time they are considered “out”. (Exception: Players may step on or over the center line when retrieving balls at the start of the game)
- If a player steps out of bounds or on the boundary line they will be considered “out”. (Exception: the Retriever leaving the court to retrieve balls.)

A ‘Live Ball’ is defined as:
- A ball that has been thrown and has not been touched by anything other than an active player or another ball.

A ‘Dead Ball’ is defined as a ball that has:
- Hit the floor.
- Hit the wall or court divider.
- Hit the rafters, hoops, support beams, anything hanging from ceiling or walls.
- Hit a player that is NOT active in the game.

Getting Out:
- Once a player is “knocked out” the player should remove him or herself from play. Conducting oneself with honesty helps maintain the integrity of the game.
- The court monitors are there to make decisions in instances when a player has not voluntarily removed themselves or there is a disagreement. **The court monitor’s decisions are final and cannot be argued.**
- ARGUING CALLS WILL NOT BE TOLERATED. Players arguing after being given a warning will be issued a “flagrant technical” and must sit out the remainder of that match and the next match as well. Should a player receive a second “flagrant technical” during the season they will not be allowed to play for the remainder of the season.
- **There is no rule against accidental “head shots”**.

Returning to the court:
- If a player from your team catches an opponent’s thrown ball then an “out” player may return to the court.
- The players may return to the court in the order in which they were eliminated (players eliminated first will return first)
- When returning to the court the player must enter through the designated return zone. This return zone will be marked with cones and will be from the 10’ line to the endline on one side of the court.

The Retriever Rule
- If a team has 6 or less players (no substitutes) they must designated a player from their team to be the retriever.
- The retriever is the only player allowed to leave the court and retrieve balls for their team.
- The retriever may exit the court through the sideline or endline to retrieve balls. Also the retriever may re-enter the court through the sideline or endline.
- When the retriever is outside the court retrieving balls they cannot be “knocked out” and are not able to “knock out” opposing players. They must return to the court for either to occur.
- When a player from that team gets out, the retriever IS still allowed to leave the court and retrieve balls. If the retriever becomes the last player “in” for their team then they must remain on the court and may not leave the court to retrieve balls.

Retrieving
- Players who get “knocked out” ARE allowed to retrieve balls for their team.
- If a team does have substitutes then they do not designate a retriever and all substitutes are responsible for retrieving the balls. In this situation all players that start a game must stay within the confines of the court.
• Active players may reach over boundary lines to retrieve balls but if any part of their body touches outside the boundary lines then they will be considered “out”.
• Balls must be returned to the court in a timely manner. If the court monitor feels the balls are not returned in a timely manner then they will issue a warning. Any subsequent time this occurs, one player from your team must leave the court.

**Possessing all of the Dodgeballs:** A team is not allowed to have all of the dodgeballs on its side of the court for more than **ten (10) seconds.** This includes dodgeballs that are not being held by the remaining “in” players (i.e., dodgeballs on floor, out of bounds, etc.). If all dodgeballs are ‘possessed’ by one team, that team has 10-seconds to **roll or throw** at least two (2) balls to the other side.

• 1st offense: court monitor will blow their whistle to stop play and give the team a warning. The team holding all the balls must roll or throw 2 balls to the other team. The court monitor will resume play when this requirement is met.
• 2nd offense: court monitor will stop play and now one player from the team holding all the balls must leave the court. The opposing team gets to choose the player that must leave the court. Also the team must roll or throw 2 balls to the other team, at which time the court monitor will resume play.
• 3rd offense: court monitor will stop the game and the opposing team will win that game.

**Stalling:** Putting a ball just over the division line is CONSIDERED STALLING AND WILL NOT BE TOLERATED. In order for stalling not to be called the ball must be **rolled or thrown** and completely pass the 10 foot retreat line of your opponent’s court.

**The court monitor has the ability to give warnings and/or eject players for the following reasons:**

- Unnecessary roughness
- Foul or inappropriate language
- Arguing with officials or staff

**Match Score Confirmation:**
At the end of the match, both team captains must report to the court monitor to confirm the outcome for the match.