

University of Wyoming  
INTRAMURAL SPORTS

## ***Dodgeball Rules***

(Updated 3/09)

1. Uniform: JEWELRY IS NOT PERMITTED IN INTRAMURAL COMPETITION. It must be removed and may not be worn during the game. A guard, cast, or brace made of hard or unyielding materials is not permitted. Hair devices may be worn if made of soft material. Street shoes or hats are not allowed on the court.
2. A team shall consist of five players. A game may begin with four players. If a team has fewer than four players, the game will be declared a forfeit.
3. The Game: Dodgeball will be played on a regulation volleyball court. Each game will have a two-minute time limit, and matches will be decided by a best-of-five game format. The first team to eliminate all opponents will be declared the winner of the game. If time expires, the team with the most players remaining will be declared the winner. If, at the end of regulation time, both teams have an equal number of players, an overtime period will be played.
4. Each game will begin with 4 balls lined up on the mid-court line. Each team must be lined up on their end line at the start of the game. Players will then run to the mid-court line and pick up the balls at the sound of the whistle. The balls must be thrown back to players on their own end line for the balls to become live. The ball becomes live after it is thrown and remains live until it hits any object other than a person (ie the track, basketball hoops, wall, floor).
5. The object of the game is to throw the ball at opposing teammates and contact one or more opponents to get them "out". A player can be eliminated from the game in the following ways:
  - Any person contacted by a live thrown ball is out. However, if a person deflects a thrown ball with a held ball, their hands are considered part of the ball and are not subject to being contacted.
  - The person throwing the ball is out if the ball is caught by an opposing player while it is live or after it has deflected off a ball in an opponents hands
  - If the ball deflects off an opposing player (either by hitting the body or by hitting a held ball) and is caught by another opposing player, the player who was hit is out only.
  - Any player that completely steps over the half-court line or continually stands outside the court border to avoid a thrown ball is eliminated.
6. A player can only be eliminated from the game after contact with a LIVE ball. The ball becomes DEAD when it hits the floor, a wall/court divider, floor barrier, the backboard/net/rim/track, or another player (either in or out of the game).
  - A thrown ball can only result in the elimination of one player. Either the thrower or the first person hit by the ball (without catching it) is out of the game. Any subsequent hits or catches will not result in the elimination of a player.
7. Players may legally leave the confines of the court to retrieve a dodgeball. However, the player must clearly be attempting to retrieve a ball rather than avoiding a throw. Any player that leaves the court is still "live" and in play, and may be eliminated or may catch a throw from an opponent. A player must be within the confines of the court to throw a dodgeball.
8. Stalling: Any team with more than one player on the court that has possession of all of the dodgeballs for more than 5 seconds must immediately send a ball to their opponents, or they will have a player removed from the game.

9. "Golden Hoop" Rule: If a player throws a dodgeball through the basketball hoop on the opposite side of the court, all members of his/her team who have been eliminated may return to the game. Any ball thrown in an attempt to make a basket remains a LIVE ball until it becomes DEAD by rule (Rule 6).
10. Overtime: If an equal number of players remain after regulation play, a one-minute sudden death overtime period will be played. The overtime period will begin in the same manner as the beginning of the game, with two players from each team taking positions on their own end line, and two balls placed on the mid-court line. The first team to legally eliminate one player will be declared the winner. Each team may designate which players will represent the team in the overtime period.
11. Officiating/Sportsmanship: All Dodgeball matches will be supervised by a court judge. Rules will be enforced primarily through the honor system. Players will be expected to rule whether a hit was legal or they were legally eliminated. The court judge's responsibility is to rule on any situation in which teams cannot agree. A team may appeal to the court judge if they feel a player has violated any rule. The court judge may issue a warning to a team during a match for violation of any penalty (ie stalling, leaving the court). If repeated violations occur, the court judge may eliminate a player from the offending team or reinstate a player from the non-offending team. **THE COURT JUDGE'S DECISION IS FINAL.** The highest level of sportsmanship is expected for Intramural Dodgeball to be successful.