

## INTRAMURAL EXTREME DODGEBALL RULES

### Rule 1. Eligibility

- a) Only current Campus Rec members are eligible to play.
- b) Participants may only play on One Co-Rec Team and One Gender Specific Team (Men's or Women's).
- 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) Hats and bandanas may not be worn.

### Rule 3. Court

- a) The game will be played at the **ARC racquetball courts**.
- b) The court shall be marked with attack lines and a center line.
- c) The Boundaries:
  - i. During play, all players must remain inside the racquetball court.

### Rule 4. Players

- a) A team will consist of 4 players.
- b) A team must start with a minimum of 3 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 between games.

### Rule 5. Play

- a) The match will be a best of 7 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 of the game.
- 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 of the game.
- h) If each team has equal number of remaining players at the end of a game, an overtime period will be played to determine the winner of that game (see rule 8).
- 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
    1. NOTE: A ball that deflects off a player may still be caught by the same player to score an out as long as the ball does not touch the ground, wall, ceiling and ceiling fixtures, another player, and or another ball before being caught.

- 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 (definition)** : A thrown ball that strikes, or is caught by, an opposing player without/before contacting the ground, wall, ceiling, another player or ball (EXCEPTION 5-i-ii-1)
- l) Any player that steps over the divider line is out.
  - i. NOTE: A player may grab a ball located on the opposite side of the divider line so long as they do not step over the line

#### **Rule 6. Beginning the Game**

- a) Prior to the beginning of the game, 4 dodgeballs are placed along the center line equally spaced.
- b) Players will take position behind their end line and at the referee'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.
- d) 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.
  - i. **PENALTY:** Players not abiding by the opening rush attack line rule will be warned for the first violation and called out for the second violation.

#### **Rule 7. 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.
- c) If the leading team controls all the balls (*i.e. 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 end line.
- d) If this is not done within 5 seconds, a five-second violation is called.
  - i. First Violation: Stoppage of play and balls will be divided evenly between the teams. Play will continue with "balls in hand".
  - ii. Second Violation: One player of the team stalling is out.
- e) **NOTE:** The stalling procedure does not apply to overtime.

#### **Rule 8. Overtime**

- a) Overtime will be a 1 minute sudden death period.
- b) All 4 team members will be on the court for the sudden death overtime
- c) All overtime periods will begin with each team having 2 "dodgeballs in hand"
- d) The first team to eliminate any ONE opposing player will be declared the winner.

#### **Rule 9. Co-Rec Modifications**

- a) Teams need 3 players to start the game
- b) Of the 3 players at least one player must be male and one must be female
- c) Teams may never have more than 2 of a single gender on the court at one time
- d) Legal Lineups shown in tables below:

### Legal Lineups of 3 or 4 Players

<b>Females</b>	<b>Males</b>
2	1
1	2
2	2