



# St. Cloud State University INTRAMURAL SPORTS DODGEBALL RULES



**\*\*Current N.A.D.A. Rules will govern Dodgeball with the following emphases and modifications:**

## **ELIGIBILITY**

1. To be eligible, a player must be a current student, staff or faculty at St. Cloud State.
2. All eligibility protests must be settled within 24 hours after the game.
3. You may play for one team **ONLY!**
4. All players must play in one regular season game to be eligible for the tournament.
5. Violation of any of the above may mean forfeiture of the game and/or season.

## **PRE-GAME**

1. Teams must sign in all possible players 5 minutes before the scheduled game time.
2. Pre-game talk with captains:  
(a) Ground rules (b) Captains questions (c) Rock Paper Scissors
3. Games will start as quickly as possible, so that the maximum time can be used for the game.
4. Forfeit time is 5 minutes after scheduled game time. Each team must have at least 2 players to start.

## **A. RULES**

1. Teams will be made up of 5 players.
2. Dodgeballs will be provided by the Intramural Office.
3. Substitutes may enter the game only during timeouts or injuries.
4. The playing field shall be the entire matted area in the wrestling room. Any ball contacting the ceiling or the West wall or any equipment along that wall is a dead ball.
5. The playing court shall be marked with attack lines and a center line.
6. During play, all players must remain within the boundary lines.
7. Kicking: No kicking is allowed. Any player who intentionally kicks a ball will automatically be out.
8. If a player catches a thrown ball, the thrower is out and a previously 'hit' teammate will re-enter the game immediately in the order they were 'hit'.
9. If a thrown ball hits you and one of your teammates catches it, you are out and the thrower is out.
10. If you block a thrown ball with another ball and one of your teammates catches it, only the thrower is out.
11. Overtime: If both teams have an equal number of players remaining at the end of a 5 minute game, a 1 minute overtime period will be played with the entire original starting teams back in the game. If both teams have an equal number of players remaining at the end of the 1 minute overtime, the game will end when the next person to gets out. Each team will start overtime with 3 balls.
12. A player shall not:
  - a. Have any part of their body in contact with the outside of the playing surface.
  - b. Leave the playing field to avoid being hit or attempt to catch a ball.
  - c. Have any part of their body cross the center line and contract the opponent's court.
13. The official ball will be the 6" rubber coated Rhinoskin Dodgeball.
14. There will be 6 (six) balls in play at all times.
15. Participants **MAY NOT** wear shoes.
16. Matches will begin with rock paper scissors.

- a. The winner will choose what side to begin the match on.
- b. Sides will be switched after every game within the match.
- c. The object of the game is to eliminate all opposing players by getting them out.
- d. An out is scored by:
  - i. Hitting an opposing player with a live thrown ball below the shoulders.  
\*\*If a player ducks and this clearly is the cause for the player being hit above the shoulders, the player is out.
- e. Catching a live ball thrown by an opponent.
- f. Causing an opponent to drop a live ball as a result of contact by another thrown ball.
- g. An opposing player stepping out of bounds with momentum carrying a caught ball.
- 17. 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 a thrown ball.
- 18. Each game will be a maximum of THREE minutes in length.
- 19. Each team will be allowed one 30-second time out per game.
  - a. Substitutions may be made during a timeout.
- 20. Only the Program Assistant will start and stop the clock.
- 21. Prior to beginning the game, 6 dodgeballs will be placed along the center line on each side of the center circle.
- 22. All players will then start on their own end lines.
- 23. Following the starting command, players will approach the center line to retrieve the balls. Teams may only retrieve the balls placed on their side of the center line.
- 24. Players must take the balls back behind the attack line in its own backcourt before it may be legally thrown at an opponent.
- 25. The first team to legally eliminate all opposing players will be declared the winner.
- 26. If neither team has been eliminated at the end of regulation, the team with the greater number of players remaining will be the winner. If there is an equal number of players remaining on both teams at the end of regulation, a 1 minute overtime will be played. The team with the most players left after the 1 minute will be the winner.
- 27. Matches consist of the best of 7 games. The first team to win 4 games will win the match.
- 28. A team that is trailing during a game must be given the opportunity to eliminate an opposing player.
- 29. It is illegal for any team to control all the balls at one time for more than 5 seconds. If the leading team controls all of the balls they must make a legitimate effort to get at least one ball across the attack line and into the opponent's backcourt. If this is not done within 5 seconds, a 5 second violation will be called.
  - a. First violation: stoppage of play and the balls will be distributed evenly among teams.
  - b. Second violation: free throw for the opposing team (the thrower can not be called out if the ball is caught).
  - c. Third violation: ejection of one player of the offending team.
- 30. Bleeding: Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with bandage before that player can continue playing. If there is blood on a T-shirt, they must get a clean shirt before resuming play.