



## MIDDLE TENNESSEE STATE UNIVERSITY Campus Recreation Intramural Sports

### DODGEBALL RULES HANDOUT

#### ELIGIBILITY RULES

1. You must have a MTSU ID to participate. NO ID, NO PLAY...NO EXCEPTIONS!
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Associate Director of Intramurals, Sport Clubs, and Wellness.

#### THE GAME:

1. **The Court:** The courts are 84ft in length and 50ft in width. The entire width is used, but players will only be allowed to advance past their own free throw line to retrieve balls.
2. **Team:** Teams will consist of 6 players, but teams can begin with 4 players.
3. **Game:** Time and number of games in a match will vary accordingly:
  - Tournament Play (Fall Semester):**
    - Tournament style will be determined by number of teams entered.
    - Best 2 out of 3 games wins a match
    - Each game will have an 8 minute time limit (**The team with the most team members on the court when time expires wins the game**)
    - There will be a 20 minute time limit on all matches
  - Regular Season Play (Spring Semester)**
    - Number of regular season games will be determined by number of teams entered
    - Best 3 out of 5 games wins a match
    - Each game will have a 5 minute time limit (**The team with the most team members on the court when time expires wins the game**)
    - There will be a 15 minute time limit on all matches



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### THE GAME:

4. **Substitution:** Substitutions will **ONLY** occur in the following situations:

(Rules subject to change depending on type of play)

- If a player on your team catches a ball thrown by the opposition
- If your team makes a shot in your opposition's basketball goal

**\*\*\* This will not occur if your team already has 6 players on the floor**

5. **Equipment:** Hats, bandanas, shorts with pockets, or jewelry **MAY NOT** be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter.

### THE RULES:

**The object of the game is to eliminate all opposing players by getting them out.**

- Teams will alternate sides after each game. Matches will be played to best of five games. First team to win three games wins and advances to the next round.
- **An out is scored by:**
  - Hitting an opposing player with a live (live: a thrown ball that strikes, or is caught by, an opposing player before contacting the ground, another ball, or ball) thrown ball below the shoulders. Note: if a player ducks, and this clearly is the cause of the player being hit above the shoulders, the player is out and the throw is legal.
  - Catching a live ball thrown by the opposing team.
  - Causing an opponent to drop a live ball as a result of contact by another thrown live ball. (Usually occurs when a ball is being used to block a thrown ball.)
  - An opposing player stepping out of bounds.
  - 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. Note: a ball deflecting off a held ball is not longer a live ball.
  - When throwing the ball, the ball **must** land on the other side of the court or an out will be issued to the person throwing.



## **DODGEBALL RULES HANDOUT**

### **BEGINNING THE GAME**

- Prior to the start of a game, an equal number of dodge balls are placed along the centerline on side of the center hash mark. A standard game consists of 6 balls, 3 on each side of the hash mark.
- Players then take a position behind their end line.
- Following a signal by the official, teams may approach the centerlines to retrieve the ball. Teams may only retrieve balls placed to the right (as they face the center line) of the hash mark. If balls remain on the centerline after a team has retrieved and moved their balls beyond the attack line, either team may retrieve those balls.

### **OPENING RUSH RULE**

- Each and ever ball retrieved at the opening rush must first be taken beyond the Red volleyball court line and into the team's backcourt before it may be legally thrown at an opponent.
- For example, following the opening whistle, a player rushes and is the first to secure a ball from the centerline. That player must then carry or pass the ball into their backcourt before it may be legally thrown at an opponent.

### **OVERTIME**

- If an equal number of players remain after regulation play, a 1 minute sudden death over time period will be played.
- Overtime will begin with the number of players left standing at the end of regulation.
- No timeouts are allowed during overtime.
- At the end of each overtime period, if no players have been eliminated, an additional player from each team, up to six players, will be placed back into play.
- The sudden death format continues through all extra periods.



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### STALLING AND 5 SECOND VIOLATION

- A team trailing during a regulation game must be given the opportunity to eliminate an opposing player. This requires a ball to be at the disposal of the trailing team.
- It is illegal for the leading team to control all the balls for more than five 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 opponents back court. If this is not done within five seconds, a 5 second violation will be called. A team may avoid a 5 sec violation by throwing a ball into the opponent's back court. This does not include throwing the ball over and through an opponents' end line.

#### Penalty for 5 second violation

- First violation: stoppage of play and the balls will be divided evenly between the teams. Play will continue with "balls in hand"
- Second violation: A free throw will be awarded to the trailing team. This is a penalty in which one player is allowed an unobstructed throw at their opponents without risk of elimination. This is possible because a caught free throw does not result in elimination for the thrower.
- Third violation: Removal of one player from the offending team. The opposing team will be allowed to choose the player to be removed from the game. That player will be treated as any other player who has been called out.

### SUPERVISORS AND OFFICIALS

- A supervisor will supervise all contests.
- Rules will be enforced primarily by the honor system. Players will be expected to rule whether or not a hit was legal or they were legally eliminated.
- The supervisor's responsibility to rule on any situation in which teams cannot agree. A team may appeal to the supervisor if they feel a player has violated any rule. **THE SUPERVISOR'S DECISION IS FINAL.**
- Supervisors may warn players and call technical fouls on those who display unsportsmanlike conduct. Any players receiving 2 technical fouls in a game will be ejected and suspended a minimum of one game. An ejected player must meet with the Intramural Coordinator before participating in any Intramural Event. Note: a court monitor is not required to warn a player before issuing a technical foul.



## DODGEBALL RULES HANDOUT

### UNSPORTSMANLIKE CONDUCT

- It may include, but is limited to:
  - Foul language
  - Hits above the shoulders
  - Unnecessary roughness
  - Arguing with officials, staff, participants, or fans
  - Abuse of the honor system

**Dodge ball .....7/21/09**