



Dodgeball Rules

(Updated 6/20/2024)

- 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.
 - a) Must wear athletic soft soled shoes
- 2) **Identification:** All participants **must** present their WyoOne ID card to check in to the game. If he/she does not have their ID and Half Acre is open, a player may go down to the Front Desk and request a “Forgotten ID Slip.” Only 3 of these can be used per year.
- 3) **Team Composition**
 - a) A team shall consist of five players. A game may begin with 3 players, if a team has fewer than four players.
 - b) In Co-Rec
 - i) Teams can be 2 males and 2 females
 - (1) Can also be 3 females and 1 male
 - (2) Cannot have more males than females
- 4) **The Game:** Each game will have a 5-minute time limit
 - a) Matches will be decided by a best-of-five game format.
 - b) The first team to eliminate all opponents will be declared the winner of the game.
 - i) If time expires, the team with the most players remaining will be declared the winner.

- ii) If, at the end of regulation time, both teams have an equal number of players, an overtime period will be played.

5) The Game

- a) Will be played in the boundaries of a volleyball court.
- b) Each team will start with 1 foot on the centerline.
 - i) 2 dodgeballs will be on the back line for each team
- c) The captains will count down from 3 and
 - i) 3-2-1-Go
- d) Once play begins, players may **not** run, slide or jump across the center line to retrieve a ball.
- e) Any ball that hits a wall or ceiling is considered dead. The ball cannot cause anyone to be out until it is picked up and thrown again.
 - i) Players may use the ball to block thrown balls.
 - (1) Thrown ball becomes dead as soon as it is blocked.

6) Players

- a) A player is out if:
 - i) they throw a ball that is caught by the other team
 - ii) they get hit by a ball thrown by the other team (If a player catches a ball after deflecting off a teammate, only the player who threw the ball is out)
 - iii) They hit another player above the shoulders (No head shots)
 - iv) They cross the centerline
- b) A player is **NOT** out if:
 - i) Their ball is caught off the wall or ceiling
 - ii) They get hit above the shoulders (unless bending down lower than shoulder height)
- c) Once a player is hit and is out, they must stand against their team's back wall
- d) Players can exit the court during play **ONLY** to retrieve balls and must return inside the court to legally throw a ball.