



UNIVERSITY OF WYOMING

Intramural Sports

Dodgeball Rules

(Updated 4/4/2018)

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. Game time is forfeit time.
3. The Game: 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. Boundaries: Dodgeball will be played on a regulation volleyball court. Players may run all the way to the opponents 10 ft. volleyball line but may not go outside of the volleyball lines unless retrieving a ball.
5. Each team must be lined up on their volleyball end line at the start of the game. Each game will begin with 4 balls, two given to each team. The game starts on the officials whistle and all balls are LIVE immediately.
6. LIVE balls may be thrown at opposing players. A player can only be eliminated from the game after contact with a LIVE ball. The ball becomes DEAD when it hits:
 - The floor or items on the floor
 - Any wall/court divider, backboard/net/rim/track
 - Another person's body (either in or out of the game). A person's body is defined as the whole body excluding the hand(s) holding a dodgeball
7. The object of the game is to throw the ball at opposing teammates and contact one opponent to get him/her "out". A thrown ball can only result in the elimination of one player. Either the thrower or the first person's body hit by the ball (without catching it) is eliminated. A player can be eliminated from the game in the following ways:
 - Any person contacted by a LIVE thrown ball is out. 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 ball is still LIVE in this instance
 - The person throwing the ball is out if the ball is caught by an opposing player while it is LIVE (including after it has deflected off a ball in an opponent's hands)
 - If the ball deflects off an opposing player's body and either hits a teammate or is caught by a teammate, the player who was hit first is the only player eliminated
 - Any player that steps on or over the opposing 10ft line or continually stands outside the court border to avoid a thrown ball is eliminated
8. 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, dodge a throw, or catch a throw from an opponent. A player must be within the confines of the court to throw a dodgeball.

9. 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.
10. "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).
11. Overtime: If an equal number of players remain after regulation play, a one-minute sudden death overtime period will be played. Each team will designate two players to represent them in the overtime period. The overtime period will begin in a similar manner as the beginning of the game, with two players from each team taking positions on their own volleyball end line. Each team is given one ball to start. Play starts on the officials whistle and both balls are immediately LIVE. The first team to legally eliminate one player will be declared the winner.
12. Officiating/Sportsmanship: All Dodgeball matches will be supervised by two officials. 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 official's responsibility is to rule on any situation in which teams cannot agree. A team may appeal to the officials if they feel a player has violated any rule. The officials may issue a warning to a team during a match for violation of any penalty (i.e. stalling, leaving the court, etc). If repeated violations occur, the officials may eliminate the offending players or reinstate a player from the non-offending team. **THE OFFICIAL'S DECISIONS ARE FINAL.**
13. The highest level of sportsmanship is expected from all involved participants for Intramural Dodgeball to be successful.