

## **Southwestern Intramural & Recreational Activities**

### **Dodgeball Rules**

**Players:** A team consists of 6 players on the court. For coed it is 3 males and 3 females. Teams must have 4 players to compete. For coed a team may have any 3-2 combination, i.e. 3 males/2 females or 3 females/2 males.

**Game Format:** Play will be best two out of three matches for each game.

#### **Rules:**

##### Game Start

- All players must stand with both feet behind the backline.
- Players can run to retrieve the balls, but must come back to the starting line before throwing them (i.e. you cannot throw a ball in the neutral zone).

##### During Game

- No Headshots! If you get hit in the head, you are not out and may have a one-minute timeout to recover if deemed necessary by the supervisor.
- If you get hit with the ball in the air you are out. Balls that ricochet off multiple players before hitting the ground are all out.
- If someone catches your ball in the air you are out. Balls that ricochet off multiple players before being caught, the player who through the ball is out.
- Once you are out, you must stand next the scoring official in the order of becoming out. You may not retrieve balls for your team or interfere in any way.
- You may reenter the court if your team catches a ball. You must enter the court in the same order of coming off the court.
- Players must stay within the volleyball court lines (i.e. if you dodge a ball inbounds and land out of bounds, you are out). Catching a ball out of bounds means nothing, unless it ricocheted off a player first, therefore, the player who threw the ball is out.
- A neutral zone will be set up in the center of the court. Players may retrieve the ball from this zone, but must attempt a throw from behind their designated line.
- The player holding the ball has a 10 second verbal count by the opposing team in which to get rid of the ball. Failure to throw the ball within the 10 seconds results in a loss of possession.

##### Movement of the back line:

- 10 minutes into the game – the back line will be moved 5 feet closer to midcourt on both sides.
- 15 minutes into the game – the back line will be moved 10 feet closer to midcourt on both sides.
- Every 5 minutes after – the back line will be moved 3 feet closer to midcourt on both sides.