

DODGEBALL RULES

GENERAL:

- Games are played in the Ranger Dome, just east of the Field House
- Games are played “best of five.” First team to win three sets is the victor
- A set is won when a team has successfully eliminated all opposing players

TIME:

- If neither team has been eliminated at the end of a 15 minute time limit, the team with the greater number of players remaining will be declared the winner of the set
- In the case of an equal number of players remaining after regulation, a 3 minute sudden-death overtime period will be played.

PARTICIPANTS:

- Only full-time Regis students may participate
- Teams can have a maximum of 12 people on the roster, with a minimum of 2 women on each team
- Teams will play with up to 8 people on the court, with a minimum of two females at all times
- Teams can play with a minimum of 6 people on the court
- All players who are not initially in the game will line up alongside the court and form the bench
- The order of the players on the bench forms the substitution order
- There is no changing of the substitution order. It is determined by the order which is decided at the beginning of the game, and the order in which people are knocked out of play
- Teams must wear readily identifiable jerseys, or use intramural pennies

EQUIPMENT:

- The official balls used in tournament and league play will be 6” rubber-coated foam dodge balls
- Participants must wear shoes, shirts, and pants or shorts

THE GAME:

- Initiate play: Balls will be lined up along the center line. Teams will line up on the end line on their respective side. ISC Member will blow the whistle, at which point play begins. False starts will result in an OUT
- The object of the game is to eliminate all opposing players by getting them OUT

RULES OF PLAY:

- Hitting an opposing player with a thrown ball anywhere but the head results in their being OUT. (Note: If a player ducks intentionally in order to be hit in the head, the throw is legal and they are OUT.)
- Catching a ball thrown by an opponent before it hits the ground results in both:
 - The thrower being OUT.
 - Bringing the first person in your team's substitution order IN.
 - When a player is brought into the game, he/she MUST enter from the end line.
 - Entering from the side lines results in an immediate OUT.
- Crossing the center line with any body part results in an OUT.

IMPORTANT UPDATE REGARDING DEFLECTED BALLS:

- If you deflect a ball with another ball and this causes you to drop the ball in your hand, you are OUT
- Furthermore, a deflected ball IS STILL A LIVE BALL. If a deflected ball hits you or your teammate, that is an OUT. If a deflected ball is caught by you or your teammate, it results in the thrower being OUT and the first person in your team's substitution order being IN.