

Dodgeball Rules

updated 8/10/23

GENERAL INFORMATION

1. All participants must meet the eligibility requirements listed in the Intramural Sports Participant Handbook. **Each participant must be a current UVA student or UVA Rec member, and must purchase an Intramural Sports Pass for the semester in which the activity is taking place.** All expired memberships must be updated before the individual may play in any game. Each player must present a valid UVA Student ID or current UVA Rec Membership Card before each contest in order to be eligible to participate. Any games in which an ineligible player signs in will be considered a forfeit.
2. **Teams are responsible for keeping their players and spectators under control.** Misconduct of players, coaches, managers or spectators can result in penalty, ejection or forfeiture of the game. Spectators must also remain within the area designated by the IM Sports staff.
3. Alcoholic beverages, smoking, and pets are prohibited from all intramural contests.
4. IM Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.
5. Official NADA (National Amateur Dodgeball Association) rules will be observed with the following Intramural Sports modifications.

EQUIPMENT

1. All jewelry must be removed before participating. If jewelry is discovered during a match, the offending team will be given a warning. If jewelry is discovered a second time, the offending player will be removed and may not reenter until the next game, provided that the jewelry has been removed.
2. Appropriate gym footwear must be worn.
3. Hats and any other headwear that has a hard bill or creates a knot-like protrusion are not permitted.
4. Players must properly wear a face mask at all times during competition.
5. Dodgeballs will be provided by Intramural Sports.

PLAYING AREA

1. The playing area shall be the **indoor soccer court**. Out of play areas include anything outside the **indoor soccer court**. A Dodgeball that hits an out of play area is immediately dead.
2. The centerline will be the **half court line**.
3. The Attack Line will be the **volleyball attack line**.
4. Active players must remain within the playing area.

PLAYERS/SUBSTITUTES

1. Teams will consist of **six (6) players**. A minimum of **three (3)** players are required to start the game.

2. Roster size is limited to **twenty (20) players**. Players may be added to the roster throughout the season.
3. There are no gender restrictions.
4. All inactive players shall remain in the proper bench area. They will be permitted to reenter the game on a catch-and-return. The first person to be put out will be the first person to reenter.
5. Any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

THE GAME

1. Each match will consist of as many games as can be played within the 25-minute time limit.
2. There will be no team timeouts.
3. The team which has won the most completed games when time has expired shall be declared the winner. In the event of time expiring during a game the winner will be determined as the team who has the most active players.
4. **PLAYOFFS Only:** In the event of a tie, a single 3-on-3 sudden death overtime will be played. The team which first puts out an opponent will be declared the winner.

GAME PLAY

1. The object of the game is to put out all members of the opposing team.
2. To start a game, six dodgeballs will be placed on the center line. The active players for each team will start on the back wall. At the official's signal, players may attempt to retrieve the dodgeballs and begin play.
3. Retrieved balls must be taken behind the attack line before being thrown at an opponent. Once the ball has been taken behind the attack line, it may be thrown from anywhere on the team's side of the court. Attack line restrictions end after all balls are in play following the opening rush.
4. A player is out when:
 - They are hit anywhere at or below the shoulders by a Dodgeball thrown by an active opposing player and that has not touched the floor or any out of play area and that is not caught by an active member of the player's team, provided that the player is inbounds.
 - They throw a ball that is caught by an active member of the opposing team.
 - They intentionally position their head to contact a ball.
 - They commit an illegal throw.
 - They move out of bounds while attempting to dodge a ball.
 - They touch any part of the opponent's court.
5. When a player is put out, they shall line up in the team's bench area in the order in which they were put out. If put out while in possession of a ball, they may pass the ball to a teammate.

ILLEGAL THROWS

1. An illegal throw occurs when the thrower:
 - Throws a ball which strikes an opponent in the head (prior to any deflections).
 - Releases the ball after crossing the center line, or crosses the center line on the follow through.

2. For each illegal throw, the thrower is ruled out, and the ball is immediately dead, so it cannot be caught or put anyone out.

DEFLECTIONS

1. A deflection occurs when a thrown ball contacts an opposing player or airborne ball and remains in the air.
2. All Dodgeballs are live until they touch the ground or any out of play area. A thrown Dodgeball may deflect off of multiple players, effectively putting out multiple players with a single throw.
3. A player may hold a ball and use it to deflect a thrown ball away. If the ball is dropped during the deflection, the player who was holding the ball is out. **Once a thrown ball is deflected in this manner, it becomes dead and cannot result in a player being put out.**

CATCHING A THROWN BALL & CATCH-AND-RETURN

1. A thrown ball which is legally caught by a member of the opposing team will result in the thrower being out and the return of the first teammate in the catch-and-return line, if the team has less than 6 players on the court. There are no stored catch-and-return credits.
2. A thrown ball that deflects off a player and is subsequently caught by that player (before deflecting off a different player or object) also puts out the thrower. Catch-and-return applies.
3. A legally caught ball that has deflected off a teammate(s) saves the originally hit player(s) being out. In this case, the thrower is not out and catch-and-return does not apply.

BALL RETRIEVAL

1. A player may reach across the center line to retrieve a ball, but may not touch the opponent's side of the court with any part of the body.

STALLING

1. The team in the lead cannot hold all of the live balls for more than 5 seconds. In the event of stalling, the official will stop the game and evenly redistribute the balls.