

EASTERN MICHIGAN UNIVERSITY
Recreation/Intramurals Department
Dodgeball Rules

The following rules are taken from the Official Rule Book of the National Amateur Dodgeball Association with modifications to the EMU Intramural Sports guidelines.

RULE 1 PLAYERS, FIELD & EQUIPMENT

Section 1: Team

- Teams will be made up of 6 players. A minimum of four players will compete on a side; others will be available as substitutes
- Co-Rec teams must start all games with no more male than female players: 2 male & 2 female, 2 male and 3 female
- Substitutes may enter the game only during time-outs, or in the case of injury. Co-Rec may not substitute male for female

Section 2: Field Dimensions & Markings

- The game will be played in the Utility Gym.
- The court will be marked with sidelines, end-lines, attack lines and a center hash mark.

Section 3: Boundaries

- During play, all players must remain within boundary lines.
- Players may pass through their end-line only to retrieve stray balls. A stray ball is one that has not been picked up and is lying on the ground.
- When retrieving a ball, the player must also immediately re-enter the playing field only through their end-line.
- **NOTE:** *A player not immediately re-entering the playing area may be declared OUT.*
- A player may be handed a ball, provided the player receiving the ball remains completely within their team's court boundaries. Players may not be handed a ball while standing out of bounds.

• A player shall **not:**

- Have any part of their body contact the playing surface on or over a side line
- Exit or re-enter the court through their sideline.
- Leave the playing court (side-line or end-line) to avoid being hit by or attempt to catch a ball.
- Have any part of their body cross over the neutral zone line and contact the ground on their opponents' side of the court
- *NOTE: a player may, without penalty, step on the neutral zone line.*

PENALTY: Player will be declared OUT.

Exception: During the "opening rush," many players will cross the center-line. Officials should refrain from calling players OUT at this time unless a definite advantage is gained by the action.

Section 4: Equipment

- The official balls will be provided by the Intramural Sports Office
- The standard number of balls for a 12-player game is six.
- Participants must wear shoes, shirt and shorts/pants.

RULE 2 GAME PLAY

Section 1: The Game

- The team winning the coin flip will have choice of sides to begin the match. Teams will alternate sides following each game. The third game's choice will be determined by a coin flip.
- The object of the game is to eliminate all opposing players by getting them OUT.

An OUT is scored by:

- Hitting an opposing player with a LIVE thrown ball below the shoulders. *NOTE: If a player ducks, and this clearly is the cause for the player being hit above the shoulders, the player is out and the throw is considered legal.*
- Catching a LIVE ball thrown by your opponent.
- Causing an opponent to drop a held ball as a result of contact by a thrown LIVE ball. (usually occurs when a ball is being used to block a thrown ball)
- An opposing player stepping out of bounds

LIVE (def.): A thrown ball that strikes, or is caught by, an opposing player without/before contacting the ground, another player or ball.

- A team can regain a player that has been declared out by catching a ball thrown by the opposing team.
- A player may block a thrown ball with a ball being held, provided the held ball is not dropped as a result of the contact with the thrown ball. *NOTE: A ball deflecting off a held ball and striking the holder is no longer a LIVE ball.*

Section 2: Timing, Time-Outs & Substitutions

- A 5-minute time limit has been established for each game.
- Each team will be allowed one (1) 60-second time-out per game.
- Only the official's whistle starts and stops the clock.
- All players are in jeopardy until the official recognizes and signals the beginning of a time-out or end of regulation time.

Exception: All LIVE balls in flight at time of an official's signal (to end regulation time or begin a time-out) remain LIVE, and may eliminate an opponent, until they become dead.

- During time-outs, teams may substitute players. Substitutes may be players who did not start the game or players who wish to re-enter after having been declared out.

Section 3: Beginning the Game

- Prior to beginning a game, an equal number of dodgeballs are placed along the center line on each side of the center hash mark. A standard game consists of 6 balls, 3 on each side of the hash mark.
- Players then take a position behind their end-line.
- Following the official's whistle, teams may approach the center-line to retrieve the balls. Teams may only retrieve balls placed to the RIGHT (as they face the center line) of the center hash mark. If balls remain on the center line after a team has retrieved and moved their balls beyond the attack line, those balls may be retrieved by either team.

Section 4: Opening Rush Rule

- Each/every ball retrieved at the opening rush must first be taken beyond the attack line and into the team's backcourt before it may be legally thrown at an opponent.

Example: *Following the opening whistle, a player rushes and is the first to secure a ball from the center-line. That player must then carry or pass the ball into their backcourt before it may be legally thrown at an opponent.*

Section 5: Neutral Zone

- The court will be marked with a neutral zone. The neutral zone consists of the area between the two attack lines.
- Any player can enter the neutral zone and attack the opposing team following the opening rush.
- Stepping into the opponent's zone from the neutral zone results in an "out" for the attacking team.

Section 6: Target

- Each team will have a target in their zone. The target will be placed in the center of the court five feet from the end line.
- The game is over when an opponent's target is knocked over.
- The ball does not have to hit the target in the air. The ball may bounce off the floor or off another player to knock over the target. If the team unintentionally knocks over the target, the game is over.

Section 7: Declaring a Winner

- The first team to legally eliminate all opposing players will be declared the winner.
- The first team to knock over the opponent's target.
- If neither team has been eliminated at the end of regulation, the team with the greater number of remaining players will be declared the winner.

Section 8: Overtime (only used during playoffs)

- All overtime periods will begin with two "balls in hand" behind a team's end line. The first team to eliminate any ONE opposing player will be declared the winner.
- No time-outs are allowed during overtime.
- No substitutions are allowed during overtime.

Section 9: Stalling & 5-Second Violation

The following procedure will be used to prevent "stalling."

- A team trailing during a regulation game must be given the opportunity to eliminate an opposing player. This requires a ball to be at the disposal of the trailing team.
- It is illegal for the leading team to control all the balls for more than five (5) seconds. If the leading team controls all the balls – *i.e. all balls are located on their side of the center line* – they must make a legitimate effort to get at

least one ball across the attack line and into the opponent's backcourt. If this is not done within 5 seconds, a "5-second violation" will be called. A team may avoid a 5-second violation by throwing or rolling a ball into the opponent's backcourt. This does not include throwing a ball over and through an opponents end-line. **NOTE:** *Only an official may call a 5-second violation.*

PENALTY for 5-Second Violation(s):

- *First Violation:* Stoppage of play and balls will be divided evenly between the teams. Play will be continue with "balls in hand."
- *Second Violation:* FREE THROW for the opposing team – a penalty in which one player is allowed an unobstructed throw at their opponent(s) without risk of elimination. This is possible because a caught "free throw" does not result in an "out" for the thrower.
- *Third & Subsequent Violations:* Ejection of one (1) player from the offending team.