Bemidji State University
Intramural Dodgeball Rules

EQUIPMENT
- The Intramural Department will supply the dodgeballs and officials. Only intramural dodgeballs will be permitted.
- Players must have proper athletic footwear and athletic apparel to participate.

PLAYERS
- Each team starts the game with at least 6 players and a maximum of 8 players.
- Co-Rec. teams may never begin the game with more men than women, but may begin with more women than men.
- Substitutions are only allowed during a timeout, in the case of an injury or between games.
- In Co-Rec. games, females may substitute for either gender, but males can only replace male teammates.
- Team roster sizes must remain at 14 players or fewer.

THE GAME
- The object of the game is to eliminate all opposing players by getting them “OUT”. This may be done by:
  - Hitting an opposing player below the shoulders with a thrown ball (unless the opponent ducks).
  - Catching a ball thrown by your opponent before the ball touches the ground.
- If a player catches a live ball (one that has not hit the ground), the thrower is out and everyone hit by the thrown ball remains in.
- The game will begin by placing the six dodgeballs (6) along the center line. Players will take a position behind their respective back lines.
- The official will blow their whistle to start the game.
- When the whistle is blown each team will sprint to the center line to retrieve the balls – only minimal contact will be allowed during the start of the game. Stepping on or over the line will still result in elimination from that game.
- Once the balls are retrieved from the center line, they must touch the player’s respective back lines before making an attempt to throw the ball.
- Players may not cross the center line and will be eliminated if their foot crosses or steps on the line. Players may lean over the center line to retrieve dodgeballs.
- The first team to legally eliminate all opposing players will be declared the winner.
- When one player is left on a team, if that person catches a ball, only one person is allowed back in the game, not the whole team.

MATCH FORMAT AND TIME REGULATIONS
- Best of seven game format, with the first team to win four (4) games declared the winner.
- There will be a cumulative 40 minute time limit for a match. Individual games will have no set time limit.
  - If no team has won 4 games within 40 minutes then the team with the most games won will be declared the winner.
  - If the time limit is reached while teams are in the middle of a game then the team with the most players left will be declared the winner of that game.
  - In the case of an equal number of players remaining after regulation, sudden-death overtime will be played. The first team to eliminate an opponent will be declared the winner.
  - At the end of the match, if the number of games won is tied then there will be a 3-minute final game. The winner of that game will be declared the winner of the match.
- Each team is permitted one 30-second timeout per game. Timeouts can only be called when all balls are in your team’s possession and not in the air. All balls will remain in the team/player possession on their back court lines after the timeout expires.
- Delaying the game (i.e. holding all of the balls, standing in the corner) is not allowed. If a player holds a ball for more than 10 seconds, that player is out. Any player deemed to be not actively making an attempt to engage an opponent (hiding to protect players) may be declared out by the official.
PLAYING AREA
- The playing area consists of the tennis court boundaries (white lines). Players must be inside these lines.
- A player that steps on/over the boundary lines will be called out by the official.
  - The only time a player is allowed outside the playing area is to retrieve a ball when their team has had no one eliminated at that time and they have no substitutes on the sideline. Once a team has a player eliminated then it is the eliminated person’s responsibility to retrieve balls for their team and only may do so on their side of the court.
  - A player that is legally out of bounds retrieving a ball may not be eliminated by a thrown ball. The player retrieving a ball must return to the court immediately.
- Players that step on/over the center line will also be called out by the official.

DEFLECTIONS
- Deflections off the floor, walls, officials, baskets, and backboards are “dead balls” and do not count as an out.
- Deflections off a teammate do count, and both players that are hit are out.
- If a ball hits another ball, which a player has in their possession, it does not make either player out.
- If a ball hits another ball, which a player has in their possession and that ball is caught by a teammate, the person who throws the ball is out.
- If a ball hits another ball, which a player has in their possession and that ball hits a teammate, the person who was hit is out.
- If a ball hits another ball that a player is holding and the ball is knocked out of the player’s hands, that player is out.

BENCH PERSONNEL
- Any player that has been eliminated or any substitute may not interfere with the game. Any attempts to obstruct the opponent or retrieve a ball from the opponent’s side of the court will result in elimination of another player on the court. This decision will be at the discretion of the official.

SAFETY
- “Head Shots” are not allowed, but obviously accidental “head shots” will occur. Rulings on “head shots” will be at the official’s discretion.
  - If the hit player was standing up when the accidental hit in the head occurred, then both players, the thrower and player hit, will remain in the game.
  - If the hit player was bending over or dodging the ball and the ball accidentally hits the players head then that player is out, just like if the ball hit any other part of their body.
  - Any player that is deemed throwing at the opponents’ head will be warned and those that intentionally throw at the head will be automatically ejected and suspended. That participant must then meet with the Intramural Coordinator in order to be eligible to play other future intramural sports.

OFFICIATING
- The game will be based on an honor system. If you get hit then it is your responsibility to remove yourself from the game. Any disputes will be decided by the officials and their word will be final. Please play the game honestly.

The team captain is responsible for thoroughly informing all team members of all intramural rules and policies and game rules as documented here.

Questions? Contact –

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