

Arkansas State University

Intramural Sports

Dodgeball Rules

Game Format:

1. Match Play: A match will consist of the best 2 out of 3 games. The first team to win 2 games will be determined the match winner.
2. Time: 15 minutes for the entire series.
	1. Scenario A: Team A won the first game and has 1 more player left than Team B on the court when time expires. Result – Team A wins the game and the series.
	2. Scenario B: Team A won the first game and has 1 less player left than Team B on the court when time expires. Result – Team B wins the game and ‘Golden Dodgeball’ rule will go into effect for game 3.
	3. Scenario C: Team A has 1 more player left than Team B on the court when time expires in game 1. Result – Team A wins game 1 and ‘Golden Dodgeball’ rule will go into effect for game 2 and possibly game 3.
3. Overtime: If game time expires with the same amount of players on each side then there will be what is called “**Golden Dodgeball**”. Each team will choose one active player to represent them. The game will restart just as if it was a full sided game only it will be 1-on-1. Each player will get 1 ball, there will be no time limit, & there is no mid-line. The first person to tag out the other will be declared the winner.
4. Game time is forfeit time. If a team has the minimum amount of players to begin (5) at game time and their opponent does not AT GAME TIME, the game shall be forfeited.
5. Timeouts: There are no timeouts in dodgeball.

The Court:

1. Games will be played on the basketball courts and/or the MAC gym of the Red WOLF Center.
2. The court will be divided into 2 equal sections by the mid-line.
3. At no point in time can any players cross the mid-line during regulation play.
4. If games go to ‘Golden Dodgeball’ there will be no mid-line.

The Equipment:

1. The official ball used for our program will be an 8.5” rubber ball.
2. There will be 6 balls (for 6v6 dodgeball) or 4 balls (for 4v4 dodgeball) in play during regulation time.
3. There will be 2 balls that will be in play during ‘Golden Dodgeball’
4. Players kicking the ball in an attempt to distract or get a player out will be called out.

Start of Play:

1. To start the game, dodgeball will be set up on the mid-line.
2. Each team must be in their half and behind their base line with their bodies against the wall before play begins.
3. Once the ready for play whistle has been blown the match will begin and players will rush.
4. Any player creating contact during the rush will be called out.
5. Balls may not be thrown until that player with the ball goes back to touch their perspective wall with their body (not the ball). Balls may not be thrown to another player that is behind the line.
6. No ball shall be kicked back to a team’s side in order to prevent the opposing team the opportunity to gain possession of the ball.

Rules of Play:

1. The object of the game is to eliminate all opposing players by getting them ‘out’ in a quick amount of time. This may be done by:
	1. Hitting an opposing player with a live thrown ball.
	2. Catching a live ball thrown by your opponent before it touches the ground.
	3. Players will be called out for stepping over the center line
2. Headshots: Headshots are illegal. If a player is hit in the head, the player who threw the ball will be called out and could be ejected from the game. However, a player that purposely moves into the path of a ball and is struck in the head will be called out.
3. When you get out immediately drop the ball if you are holding one. Exit the court as quickly as possible.
4. Catching: A legal catch must be caught with the hands or securely caught with hands or arms against the body. Balls may not be caught off of a block, another player, the wall, or the ceiling. Balls may not be re-directed and then caught. Whether the catch is a simple bobble, or an attempt to re-direct will be at the discretion of the official.
5. Blocking: The defender may block a live ball with another ball. If while blocking, your ball gets knocked out of your hand and you don’t catch the ball that was thrown, you will be called out. If while blocking, your ball gets knocked out of your hand and you do catch the ball that was thrown, the person that threw the ball will be called out.
6. Substitutions: Teams are not allowed to substitute during a game. However, teams are allowed to sub in between matches.
7. Team Ten Second Rule: In order to prevent teams from stalling, a 10 second rule will be in effect. As soon as the opening rush begins and players touch the wall, each player having possession of a ball will have 10 seconds to throw the ball to the other side. If a player has possession of more than 1 ball, and 1 ball is thrown, the count will start over until all balls are thrown. Intentionally dropping a ball to avoid the 10 second rule will cause that player to be called out.
8. Delay of Game: If a dodgeball is within a players reach they must make a serious attempt to attack the other team within 30 seconds. If a serious attempt is not made then that player will be called out.

Tournament Format:

1. Tournament format will be determined based on the number of teams entered in pool play.