

## **RULE 1 PLAYERS, FIELD & EQUIPMENT**

### **Section 1: Team**

- Art. 1 Teams will be made up of 6-10 players. A minimum of 6 players will compete on a side; others will be available as substitutes.
- Art. 2 Co-Rec teams must start all games with no more male than female players: 3 male & 3 female, 2 male & 4 female, etc.
- Art. 3 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**

- Art. 1 The game may be played indoors or outdoors.
- Art. 2 The playing field shall be a rectangular surface free from obstructions at least 50 ft long and at least 30 ft wide.
- Art. 3 The playing field shall be marked with sidelines, end-lines, attack lines and a center hash mark. There shall be at least 3 feet (preferably 10 ft) of unobstructed space outside boundaries. It is recommended that the center-line be 8 inches wide.
- Art. 4 A restraining line will be located 6-8 ft outside and parallel to each end-line. Only active players (those not “out”) will be allowed to pass through the area between the end-line and restraining line.

### **Section 3: Boundaries**

- Art. 1 During play, all players must remain within boundary lines.
- Art. 2 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.
- Art. 3 When retrieving a ball, the player must also immediately re-enter the playing field only through their end-line.

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**NOTE:** A player not immediately re-entering the playing area may be declared OUT.

- Art. 4 A player may be handed a ball, provided the player receiving the ball remains completely within their team’s field boundaries. Players may not be handed a ball while standing out of bounds.
- Art. 5 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 field through their sideline.
  - Leave the playing field (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 center-line and contact the ground on their opponents’ side of the court.\*\*
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**NOTE:** A player may, without penalty, step on the center-line.

**PENALTY (a-d):** Player will be declared OUT

\*\*Exception to 1, 3, 5.d: 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 action.

**Section 4: Equipment**

Art. 1 The official ball used in tournament and league play will be an 8 inch rubber-coated foam ball.

Art. 2 The standard number of balls for 12-player game (6 on a side), is six (6).

Art. 3 Participants must wear shoes.

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**NOTE:** No metal cleats will be allowed.

Art. 4 Participants must wear shirt and shorts/pants.

**RULE 2 GAME PLAY**

**Section 1: The Game**

Matches will begin with a coin flip.

Art. 1 The team winning the coin flip will have a choice of sides to begin the match.

Art. 2 Teams will alternate sides following each game.

Art. 3 The object of the game is to eliminate all opposing players by getting them OUT.

An OUT is scored by:

a. Hitting an opposing player with a LIVE thrown ball below the shoulders.

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**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.

b. Catching a LIVE ball thrown by your opponent ( an eliminated player may return to play)

c. 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)

d. An oppsing player stepping out of bounds. (See Rule 1, Sect. 3)

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

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Art. 4 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. (See Rule 2, Sect. 1. Art. 3.c)

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**NOTE:** A ball deflecting off a held ball and striking the holder is no longer a LIVE ball.

**Section 2: Timing, Time-Outs & Substitutions**

- Art. 1 A 7-minute time limit has been established for each game.  
Art. 2 Each team will be allowed one (1) 60-second time-out per game.  
Art. 3 Only the Court Monitor's whistle starts and stops the clock.  
Art. 4 All players are in jeopardy until the Court Monitor 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.  
Art. 5 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.

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**NOTE:** Co-Rec may not substitute male for female.

**Section 3: Beginning The Game**

- Art. 1 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.  
Art. 2 Players then take a position behind their end line.  
Art. 3 Following a signal by the official, 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**

- Art. 1 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: Declaring A Winner**

- Art. 1 The first team to legally eliminate all opposing players will be declared the winner.

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- Art. 2 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.
- Art. 3 In all overtime periods, the first team to legally eliminate any **one** opponent will be declared the winner.

**Section 6: Overtime**

- Art. 1 If an equal number of players remain after regulation play, a 3-minute sudden-death overtime period will be played.
- Art. 2 To reduce time required to finish an overtime game, team captains may choose to add an equal number of players prior to the start of the first overtime-sudden-death still applies. Both captains must agree to the number of players added-if not, overtime will begin with the number of players left standing at the end of regulation.
- Art. 3 All overtime periods will begin with an equal number of “balls in hand” behind a team’s end line. The first team to eliminate any ONE opposing player will be declared the winner.
- Art. 4 No time-outs allowed during overtime.
- Art. 5 Substitutions and/or additions may be made prior to the start of any overtime period. (See Art. 2 above)
- Art. 6 At the end of each overtime period, if no players have been eliminated, an additional player from each team-max. of 6-will be placed back into play.
- Art. 7 The sudden-death format continues through all extra periods.

**Section 7: Stalling & 5-Second Violation**

The following procedure will be used to prevent “stalling.”

- Art. 1 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.
- Art. 2 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 opponent’s end-line.

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**NOTE:** Only a court monitor or 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 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)

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without risk of elimination. This is possible because a caught “free throw” does not result in an “out” for the thrower.

Third violation: Ejection of one (1) player from offending team.

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**NOTE:** The stalling procedure does not apply to overtime periods.

### **RULE 3 OFFICIALS & THEIR DUTIES**

#### **Section 1: Court Monitors & Officials**

- Art. 1 All contests will be supervised by a Court Monitor.
- Art. 2 Rules will be enforced primarily by the “honor system.” \* Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated.
- Art. 3 The Court Monitor’s responsibility will be to rule on any situation in which teams cannot agree. A team may appeal to the Court Monitor if they feel a player has violated any rule. **THE COURT MONITOR’S DECISION IS FINAL.**
- Art. 4 Court Monitors may warn players and call technical fouls on those who display unsportsmanlike conduct. Any player receiving two (2) technical fouls in a game will be ejected and suspended a minimum of one game. Suspensions will begin with their team’s next scheduled game. Sever infractions or multiple technical may result in suspensions from matches or tournaments.
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**NOTE:** A Court Monitor is NOT required to warn a player before calling a technical foul.

#### **Section 2: Unsportsmanlike Conduct**

Unsportsmanlike conduct may include, but is not limited to:

1. Foul language
2. Hits above the shoulders
3. Unnecessary roughness
4. Arguing with officials, staff, participants or fans
5. Abuse of the “honor system”

#### **Section 3: Protests**

Protests only will be accepted in cases involving use of an ineligible player. Protests of judgment calls will not be accepted.

### **RULE 4: TOURNAMENT FORMAT & TIE-BREAKERS**

#### **Section 1: Match Play**

- Art. 1 Matches will be decided using a “best-of-three” format in which the first team to win two (2) games will be declared winner of the match.
- Art. 2 During pool play, or round-robin play, all three (3) games will be played, regardless of the results of the first two games.

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Art. 3           The format used to determine a champion in a particular division will be decided by tournament officials, based on the number of teams registered.

**Section 2: Scoring**

Art. 1           A +/- score will be assigned to each game based on the number of team members left standing at the end of the game.

**Example:** If Team “A” eliminates Team “B” and still has three players left standing, Team “A” receives a game “win” and a (+3) rating and Team “B” receives a game “loss” and a (-3) rating. Any team winning an OT game receives a (+1) rating. Losers of an OT game receive a (-1) rating.

**Section 3: Tie-Breaker Situations**

In the case of teams finishing pool play with identical win/loss match records, the following tie-breaker procedure will be used:

- Step 1. Head-to-head match record between tied teams
- Step 2. Games win/loss record between tied teams
- Step 3. Total +/- rating between tied teams
- Step 4. One game playoff.