

Sonoma State University
Campus Recreation
Intramural Sports
707-664-3951
www.sonoma.edu/campusrec

DODGEBALL RULES

PLAY AREA:

The game is played in McKinley Gym with the boundaries of half of the basketball court.

EQUIPMENT:

- a) Players must wear proper attire (tennis shoes, shirts etc.).
- b) An official “dodge ball” is used.
- c) With 10 players, 4 dodge balls will be used per court.

TEAMS:

A team consists of 10 players on the court. A team may play with fewer than 10 BUT NO LESS THAN 8 (that would be a disadvantage as there are fewer players to eliminate).
For Co-Ed: There must be 4 males and 4 females to start the game. The remaining players can be either male or female.

TIME/RESULTS:

- a) Each game will be allotted 25 minutes of play and the team with the most play will be determined the winner.
- b) Forfeit Time: Game time

Referees:

- a) No referees. There is no referee to make the calls.
- b) Players will make the calls. Be honest, what goes around comes around the game will a lot smoother if the players make the right calls. There will be less fighting and more time to play the game.
- c) Captains agree on what is acceptable. They will come together if there is a play in question and decide on ruling of the play.
- d) If the captains cannot resolve the ruling. The supervisor will be there to make the call. The Supervisor always has the final say on a ruling of a play.

PLAY:

- a) To start the game each team will have 1 ball, and two balls will be placed at center court.
- b) If a player is hit by a “thrown ball”, before it hits the floor and after being thrown by a player on the opposing team that player is out.
- c) If a player catches a “thrown ball”, the thrower is out. ALSO: The other team returns an eliminated player to their team. Players come back into the game in the order they were eliminated.
- d) All hits must be from the shoulders down!
- e) A player who is hit in the head is not out.
- f) A ball deflected by a held ball, whether caught or not, does not result in player elimination.
- g) A ball rebounding off a “catch” attempt may be caught before touching the floor by any in bounds player on the “hit” players team. It may not hit a wall/backboard etc.

Result: the thrower is out. Out-of-Bounds: Catching a ball out-of-bounds does not count. If a ball is deflected off one player and he/she or a teammate catches it out-of-bounds, the first player is still out because the catch does not count. Anything caught or thrown or being hit outside of the boundaries of the court does not count.

h) One ball thrown cannot eliminate 2 players. If a ball hits player 1, then player 2 only player 1 is out.

i) A ball rebounding off a wall, backboard etc. does not eliminate a player.

j) When all the players of one team have been eliminated, the other team wins that game and reports the score to the supervisor. A new game begins if time is remaining.

k) One team cannot have all the balls on your side for longer than 5 seconds. If so, the supervisor will warn you, then start calling players out on your team.

SAFETY:

Players may not lift or support their teammates in catching a throw etc.

AREA OF ELIMINATED PLAYERS:

a) Eliminated players on each court will form lines on their side of the court. Keep in order of being eliminated with the first person eliminated standing by centerline at least 5 feet off the sideline. Re-enter on a "caught" ball in same order eliminated.

b) Eliminated players may help with getting the out of bounds balls. A player who is going to retrieve a ball will signal to an official that they are going to retrieve the ball. Once the player has left the court to retrieve the ball, they must re-enter the court where they exited.

OUT OF BOUNDS:

Non-eliminated players must remain inbounds.

REVISED: Fall 2009