

UNIVERSITY OF MASSACHUSETTS  
INTRAMURAL SPORTS

**CO-REC DODGEBALL RULES**

Each player must present his/her [valid UMass UCard](#) to participate in each and every intramural contest.

For the full list of intramural policies and procedures, please read the [Intramural Captains Guide](#).

Team captains are responsible for the conduct and eligibility of their teams and adherence to the rules governing play.

**THE GAME**

Each match is best two of three games and played within standard volleyball court dimensions (30'x60'). Teams do not change sides of the court after each game.

Each game is 6-on-6 (3 men/3 women). The same 6 players begin and end a game (substitutions are permitted between games of the match). 5 players are required as the minimum to begin a game. The minimum number of players must be maintained throughout the game. If at any time a team cannot maintain the minimum numbers of players, that team shall forfeit that game. A difference of one female or male is only permitted if playing with 5 players (example 3/2 or 2/3).

Each game is 5 minutes running time with a possible 2-minute, 1-on-1 sudden death overtime.

The object of the game is to eliminate all opposing players by getting them "OUT." Players will be called out when:

1. A player hits an opposing player with a LIVE thrown ball below the head.

***Definition:** LIVE - A ball that has been thrown and has not touched anything, including the floor/ground, another ball, official or other item outside the playing area (wall, ceiling, backboard, curtain, etc). Exception: a ball that hits another player is live until it hits one of the aforementioned.*

***Note:** If a player exits the court legally and is out of bounds to retrieve a stray ball, that player is not "OUT" if hit by an opponent's thrown ball.*

***Note:** Striking only the hair is not considered striking a part of the body.*

***Note (end of time procedures):** The ball must strike the player prior to the expiration of time for the player to be called "OUT."*

***Note:** if a player ducks to avoid a ball or is bending over to pick up a ball and is hit in the head unintentionally, he/she is declared "OUT." This does not permit players to hit opponents in the head as soon as they secure a ball. If deemed intentional, head shots could result in player ejection. Two players ejected from the same team will result in that team's forfeiture of the entire match. The judgment of the court monitor is final.*

2. A player catches a LIVE ball thrown by an opponent before it touches the ground.

If a player catches a live ball thrown by an opponent before it touches the ground, one player from that team returns to the game. The first person eliminated from the game will be the first person to return to the game. Eliminated players shall stand along their team's sideline.

3. A player drops a ball that is being used to deflect.

***Note:** Using the ball to shield – when a thrown ball is deflected from a ball held by a player, that ball becomes dead. A caught deflected ball will not count to get opposing team's thrower out or an additional player's re-entry.*

4. A player steps out of bounds.

5. A player steps on or crosses the centerline or has any part of his/her body touch on or beyond the centerline.

The first team to eliminate all opposing players will be declared the winner. If neither team has been eliminated at the end of the 5-minute time limit, the team with the greater number of players remaining is declared the winner. In the case of an equal number of players remaining after regulation, a 2-minute, sudden death overtime period will be played.

### **OVERTIME**

The 2-minute running time, sudden death overtime is 1-on-1 played between the centerline and the volleyball attack lines. The team winning the coin toss shall have the choice of selecting his/her player *or* opponent for the overtime. The team winning the coin toss shall also select the method of overtime and thus the playing boundaries, either the “circle of death” (the center circle) *or* the “square of doom” (boxed-in center area between the attack lines). A team that does not have a player chosen by the opponent shall choose their own representative for overtime. Each player starts with the one ball behind his/her back. The remaining 4 balls will be placed along the centerline and can be retrieved by either player. Players cannot leave the designated playing area, whether the “circle of death” or “square of doom.” If more overtimes are needed, the method of play (“circle of death” or “square of doom”) will alternate.

### **THE OPENING RUSH**

Players from each team start at the centerline. Three balls are placed along the baseline of each side of the court. On the whistle, players are allowed to grab a ball on their side of the court. Once a ball is picked up, it can be thrown at any time.

### **THE BASKET BONANZA**

During regulation, if a player shoots a ball at the opponent’s basket and scores, all eliminated players from that team can re-enter the game. Attempting the ‘basket bonanza’ should not be used as a delay tactic. Therefore, three or more players must be eliminated before a team can attempt the ‘basket bonanza.’

Opponents shall not interfere with the flight of the ball (ex: throwing a ball at the ball in flight in an attempt to knock the ball away) when players attempt the ‘basket bonanza.’

### **BOUNDARIES**

During play, all players must remain within the established boundary lines of the dodgeball court unless retrieving a stray ball. To retrieve stray balls, players must exit and return through their endline. Teams can only retrieve stray balls located on their half of the playing court. If a player steps beyond the centerline or any other boundary lines other than their endline to retrieve a ball, that player is “OUT.”

*Note: If a player exits the court legally and is out of bounds to retrieve a stray ball, that player is not “OUT” if hit by an opponent’s thrown ball.*

*Note: If a ball bounces off a player within the boundary lines, he/she may not leave the playing area to catch the ball. Any caught ball beyond the boundary lines all the way around will not count; a player will be declared “OUT” unless he/she steps over the endline to retrieve a ball.*

Players are not permitted to step on or cross the centerline or have any part of his/her body touch on or beyond the centerline. Players may not lean over into an opponent’s side of the court if grab a ball if the ball is completely on or above the opponent’s side of the court.

Eliminated players must stand in the designated area along their team’s sideline. Eliminated players are not permitted to leave the designated area to retrieve stray balls. However, if a stray ball inadvertently bounces/rolls near an eliminated player, that player can roll the ball back into his/her team’s court.

Stray balls that bounce/roll near the court monitor will be put back into play near the centerline and/or parallel to where the ball went out.

### **DELAY OF GAME**

A violation will be called if a team in the lead controls 3 or more balls on their side of the court for more than five seconds. A team will be warned for a first violation. A second violation will result in team forfeiture of that game.

Players may not roll balls to the other side of the court or lob balls into areas where the opponents are not standing. An attempt must be made to throw the balls at the opponents to get them "OUT."

A violation can also be called on a team that violates the 'basket bonanza' rules (see above).

### **TIMEOUTS**

Timeouts shall only be called by the court monitor for specific reasons, such as injury.

### **SUBSTITUTIONS**

Substitutions are only permitted for injury and between games.

### **EQUIPMENT**

Campus Recreation will supply the dodgeballs. Players must wear proper athletic footwear and apparel to participate. Players shall not be permitted to wear equipment that is deemed dangerous to other players. Jewelry, including earrings, rings, necklaces, bracelets & watches, is illegal. Also, hats and bandanas are not permitted. Medical emergency bracelets/necklaces may be worn but must be removed from chains, taped to the person and completely covered. It is strongly encouraged that players only wear corrective lenses that have been approved for contact activities.

### **UNSPORTSMANLIKE CONDUCT**

Any player who demonstrates unsportsmanlike conduct during the tournament is subject to warning and/or ejection from the game/match/tournament. Any ejected player shall be suspended from further play until he/she meets with Campus Recreation staff. Two players ejected from the same team will result in that team's forfeiture of the entire match.

### **COURT MONITOR**

The court monitor's decisions on team sportsmanship ratings, play, rules and on matters not specifically covered in the rules are final.

GOOD LUCK and enjoy the *dodgeball season!*

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