

UNIVERSITY OF MASSACHUSETTS
INTRAMURAL SPORTS

EXTREME DODGEBALL RULES

Games are played in the Boyden squash courts.

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.

- A team is 4 players. A team must have a minimum of 3 players.
- Co-rec teams must have 2 women and 2 men or 3 women and 1 man—cannot have more men than women.
- Games are self-officiated. Any discrepancies must be settled by team captains with minimal delay. If discrepancies cannot be resolved, the intramural sports supervisor will declare the match a forfeit for both teams.
- Matches are best 8 out of 15 games with a match time of 20 minutes. The first team to win 8 games or be ahead in the number games won at the end of 20 minutes will win the match.
- At the beginning of each game, both teams will start with two balls on their side of the court. Balls are on the floor against the back wall.
- Team members must start with their feet on the center line.
- Play begins when one team captain says “Go,” alternating captains each game.
- Once play begins, players may not run, slide or jump across the center line to retrieve a ball.
- Any ball that hits the wall or ceiling is considered dead. The ball cannot cause anyone to be out until it is picked up and thrown again.
- Once a player is out, he/she must stand with his/her back against their team’s right-side wall. Players should not squat or sit due to risk of being hit by a ball.
- Do not hit opposing players in the head. If a player is hit in the head, the player who threw the ball is out (this does not count if the player attempts to dodge and moves into the throw).
- Players may use the ball to block thrown balls. A thrown ball becomes dead as soon as it is blocked.
- Players are not permitted to exit the racquetball court during play. Players may exit the court if play is stopped by the intramural sport supervisor (i.e. an injury).
- At the end of each game, both captains should report the game result to the intramural sports supervisor.

- **A player is out if:**
 - He/she throws a ball that is caught by the other team.
 - He/she gets hit by a ball thrown by the other team (If a player catches a ball after deflecting off of a teammate, only the player who threw the ball is out).
 - He/she hits another player above the shoulders. (No head shots)
 - He/she crosses the center line.

- **A player is not out if:**
 - His/her ball is caught off the wall or ceiling.
 - He/she gets hit above the shoulders (unless bending down lower than shoulder height).