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 above the shoulders (unless bending down lower than shoulder height).