INTRAMURAL SPORTS EXTREME DODGEBALL RULES

Games are played in the Boyden squash courts.

Each player must present their valid UMass UCard to participate in each and every intramural contest.

For the full list of intramural policies and procedures, please read the Intramural Participants Guide

Team captains are responsible for the conduct and eligibility of their teammates, spectators 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, they must stand with their 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:**
- They throw a ball that is caught by the other team.
- They get 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).
- They hit another player above the shoulders. (No head shots)
- They cross the center line.

**A player is not out if:**
- Their ball is caught off the wall or ceiling.
- They get hit above the shoulders (unless bending down lower than shoulder height).
SPORTSMANSHIP
A. In order to promote a fun and safe playing environment, participants and spectators are expected to be civil towards one another and staff.
B. Any conduct judged by an intramural staff member to be detrimental to the participants, program, or any particular intramural activity may result in removal from a contest and/or further sanctions.
C. A detailed outline of the Intramural Sports Sportmanship Policy can be found here