**StanReC Intramural Sports Dodgeball Rules**

**NO ID, NO PLAY, NO EXCEPTIONS!**

* All final decisions will be made on the discretion of the On-Site Manager*

National Amateur Dodgeball Association (NADA) Official Rules and Regulations

**Rule 1 Players, Field and Equipment**

**Section 1: Team**

**Article 1**
Teams will be made up of 6-10 players. Each game begins with 6 players competing on a side; others will be available as substitutes.

**Article 2**
Substitutes may enter the game only during time-outs, or in the case of injury.

**Section 2: Field Dimensions & Markings**

**Art. 1.** The game may be played indoors or outdoors.

**Art. 2.** The playing field shall be marked with sidelines, end lines, attack lines and a center hash mark.

**Section 3: Boundaries**

**Article 1**
During play, all players must remain within boundary lines.

**Article 2**
Players may pass through their end line only to retrieve stray balls. A stray ball is one that has not been picked up and is lying on the ground.

**Article 3**
When retrieving a ball, the player must also immediately re-enter the playing field only through their end line. Note: A player not immediately re-entering the playing area may be declared out.

**Article 4**
A player may be handed a ball from out of bounds, provided the player receiving the ball remains completely within their team's field boundary. Players may not be handed a ball while standing out of bounds.

**Article 5**
A player shall not:
- a. have any part of their body contact the playing surface on or over a sideline.
- b. exit or re-enter the field through their sideline.
- c. leave the playing field [sideline or end line] to avoid being hit by, or attempt to catch, a ball.
- d. have any part of their body cross over the centerline and contact the ground on their opponents’ side of the court.

**Note:** A player may, without penalty, step on the centerline. Penalty for Article 5 violation: Player will be declared out.

**Exception to 1, 3, 5d:** During opening rush, many players cross the Centerline. Officials should refrain from calling players out unless a definite advantage is gained by the action.
Section 4: Equipment  
Article 1  
The official ball used in tournament and league play will be an 8-inch Rubber coated ball.

Article 2  
The standard number of balls used in a regulation game is six (6).

Article 3  
Participants must wear shoes, shirts and shorts/pants suitable for athletic activity.

Article 4  
All clothes/uniforms are considered part of the player’s body.

Rule 2 Game Play

Section 1: The Game  
Matches will begin with a coin flip.

Article 1  
The team winning the coin flip will have a choice of sides to begin the match.

Article 2  
Teams will alternate sides after each game.

Article 3  
The object of the game is to eliminate all opposing players by getting them OUT. An out is scored by:
  a. Hitting an opposing player with a LIVE thrown ball (head shots count).
  b. Catching a LIVE ball thrown by an opponent.
  c. Causing an opponent to lose control of a held ball as a result of contact by a thrown LIVE ball (usually occurs when a ball is being used to block a thrown ball).
  d. An opposing player stepping out of bounds.
  e. A player holding the ball more than 10 seconds without a THROW!
  f. A thrown ball that strikes or is caught by an opposing player without/before contacting the ground, another player, a non-held ball, official or other object.

Article 4  
A player may block a thrown ball with a ball being held provided the held ball is not dropped as a result of the contact with the thrown ball OR the ball does not hit the player’s body in the air after the deflection.
Note: A ball deflecting off a held ball and striking the holder is a live ball.

Section 2: Timing, Time-outs, & Substitutions

Article 1  
An 8-minute time limit has been established for each game.

Article 2  
Each team will be allowed one 60-second time out per game.

Article 3  
Only the court official’s whistle starts and stops the clock.

Article 4  
All players are in jeopardy until the court official recognizes AND signals, the beginning of a time-out or end of regulation time.

Article 5  
During time-outs, teams may substitute players. Substitutes may be players who did not start the game or players who wish to re-enter after having been declared out.

Article 6  
Following the time-out, play will resume with the same number of players and balls on each side as when time-out was granted.
Section 3: Beginning the Game

Article 1
Prior to beginning a game, an equal number of dodgeballs are placed along the centerline on each side of the center hash mark. A standard game consists of 6 balls, 3 on each side of the hash mark.

Article 2
Players then take a position behind their line.

Article 3
Following a signal by the official, teams may approach the centerline to retrieve the balls. Teams may only retrieve balls placed to the RIGHT (as they face the center line) of the center hash mark. If balls remain on the centerline after a team has retrieved and moved their balls beyond the attack line, those balls may be retrieved by either team.

Article 4
A False Start will be called if players cross their end line prior to the official's signal to start the game. Result: Play will be stopped and one ball from offending team's side will be moved to opponent's side of hash mark. Repeat for each infraction.

Section 4: Opening Rush Rule
Article 1
Each/every ball retrieved at the opening rush must first be taken beyond the attack line and into the team's backcourt before it may be legally thrown at an opponent.

Article 2
Once a ball is moved beyond the attack line it may be thrown from anywhere on the court, short of center, including in front of the attack line.

Article 3
Attack line restrictions end when all balls have been taken into the backcourt following the Opening Rush.

Section 5: Declaring A Winner
Article 1
The first team to legally eliminate all opposing players will be declared the winner.

Article 2
If neither team has been eliminated at the end of regulation, the team with the greater number of remaining players will be declared the winner.

Article 3
If an equal number of players remain after regulation play, a shoot-out style overtime will be played.

Section 6: Overtime
Article 1
If the game clock runs out and both teams have the same amount of players on the court, overtime will begin.

Article 2
Each team will select 3 players to be on the court (it can be any 3). They will have a minute and a half to either get all their opponents out OR have more players remaining when the minute and a half runs out.

Article 3
If the time runs out and there is still the same amount of players on each side, the each team will select 4 players to be on each side. A minute and a half will be put on the clock and teams will battle.

Article 4
This will continue to 5 and then 6 until there is a winner!
Section 7: Stalling and 5-Second Violation
The following procedure will be used to prevent “stalling”.

Article 1
A team trailing during a regulation game must be given the opportunity to eliminate an opposing player. This requires a ball to be at the disposal of the trailing team.

Article 2
It is illegal for the leading team to control all the balls for more than five seconds. If the leading team controls all the balls—i.e., all balls are located on their side of the centerline—they must make a legitimate effort to get at least one ball across the attack line and into the opponent’s backcourt. If this is not done within 5 seconds, a “5-second violation” will be called. A team may avoid a 5-second violation by throwing or rolling a ball into the opponent’s backcourt. This does not include throwing a ball over and through an opponent’s end line.

Note: Only an official may call a 5-second violation. PENALTY for 5 Second Violation(s):
• First violation: Stoppage of play and balls will be divided evenly between the teams. Play will continue with “balls in hand”.
• Second violation: FREE THROW for the opposing team—a penalty in which one player is allowed an unobstructed throw at their opponent(s) without risk of elimination. This is possible because a caught “free throw” does not result in an “out” for the thrower.
• Third violation: Ejection of one player from offending team.

Article 3
The 5-second count will cease, when in the opinion of the official, a ball is at the disposal of the trailing team.

Article 4
A ball may be considered at a team’s disposal without being secured if, in the opinion of the official, players of the trailing team are not making a legitimate effort to do so.

Note: Leading team may legally eliminate players during a five second count.

Article 5
All players may only handle the ball for a maximum of 10 seconds before THROWING the ball to the other side. Failure to do so will result in an automatic out.

Rosters

No more than ten players are allowed per team. A team must have a minimum of four players or a maximum of six players on the court at the start of the game. A team with less than four players will automatically forfeit the game. Teams are not required to have a specific number of males or females on the court at any given time during play.

Teams may not remove players from their roster after the first two games of the season. Players may not, at any point, change teams once they have participated in a game. Teams may add players throughout the season if an open roster spot is available. Rosters may not exceed the maximum number allowed.

In order to participate in any intramural contest, all students, faculty, and staff must present a valid California State University Stanislaus 10. All alumni participants must present any photo 10.

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Intramural Eligibility

All students registered at California State University, Stanislaus (CSUS) are eligible to participate in intramural and recreational sports activities administered by the StanReC Intramural program. Extension courses do not qualify an individual for intramural competition.

CSUS faculty, staff, and alumni are eligible to compete in intramural sports. Intercollegiate student-athletes are ineligible for participation in that sport or its related sport if they remain on such a team during or after the first contest in that sport season. In addition, persons who have
previously competed in intercollegiate athletics at the NCAA Division I, II or III levels are ineligible to participate in that sport or its related sport until one complete semester (fall or spring) have passed since their last season of competition.

Examples:
Intercollegiate Volleyball cannot participate in Intramural Volleyball Intercollegiate Soccer cannot participate in Intramural Soccer Intercollegiate Basketball cannot participate in Intramural Basketball Intercollegiate Softball/Baseball cannot participate in Intramural Softball a person may only be on one roster for each intramural league.

If a team forfeits in advance, the opposing team is treated as if all players had arrived and played. **A team will forfeit any contest in which an ineligible player has competed.**

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