

University of Houston-Downtown Intramural Dodgeball (Co-Rec) Rules

Eligibility

UHD intramural dodgeball league is open to current UHD students, employees and UHD Sports & Fitness members. Each individual is required to turn in his/her valid UHD ID before each match to the scorekeeper. Each individual must also have completed a UHD Sports & Fitness Release Form prior to competition. The forms are available at each entrance of the Student Life Center.

Game Regulations

UHD intramural dodgeball matches will be conducted under the rules of the National Amateur Dodgeball Association with some exceptions:

NUMBER OF PLAYERS – Each team shall consist of at least six (6) players on the court. The team roster maximum is ten (10) players. Each co-rec team must have a minimum of four (4) players in order to begin the game.

UNIFORMS – All players on a team must wear similar color jerseys. Jerseys must have minimum six (6) inch numbers on front and eight (8) inch numbers on back. Teams without appropriate jerseys may use jerseys provided by Sports & Fitness. No caps are permitted. Bandanas and sweatbands are permitted. No rings or dangling jewelry is permitted. UHD Sports & Fitness reserves the right to make the final judgment call on any uniform disputes.

Shoes: Athletic court shoes are the recommended footwear. No shoes that mark the floor are permitted. Sandals, street shoes, combat boots, or hiking boots are not allowed. No player will be allowed to participate in bare feet or socks.

FIELD OF PLAY – The playing field is approximately 94' x 50' (basketball regulation court).

GAME FORMAT

Game time is forfeit time.

GAME LENGTH – A match will consist of a best three (3) out of five (5) set series. Each set will have a 3-minute time limit with a continuously running clock. If time expires before the completion of the game, the team with the most players remaining on the court will be declared the victor. If both teams have the same number of players remaining on the court, sudden death overtime will be played with the remaining players on the court at the end of regulation to determine the winner of the set.

There will be a one minute interval between sets. There will be no timeouts.

Sudden Death Overtime: The game will begin with each team having its remaining players at the end of regulation on the court with two (2) balls in hand. The first team to eliminate one (1) opposing player will be declared the winner. No timeouts will be allowed during overtime.

The officials will be responsible for determining if a player is **OUT**. All decisions made by the officials are final.

Each match will begin with a coin toss. The team winning the toss will have its choice of which side of the court they want to begin. Teams will alternate sides following each game.

Each game will begin with the players of each team standing on the baseline of its respective side of the court.

The officials will line six (6) balls along the center line and then assume their positions.

Following the signal by the official, teams may approach the center line to retrieve the three dodgeballs to their right; known as Opening Rush.

RULES OF THE GAME

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** ball *below* the shoulders thrown from behind the volleyball three meter line.
- B- Catching a **LIVE** ball thrown by your opponent.
- C- Causing an opponent to drop a held ball as a result of contact by a thrown **LIVE** ball. (Usually occurs when a ball is being held to block a thrown ball.)
- D- A player crosses any of the boundary lines on the court in attempt to dodge a ball. The boundary lines are the white lines outlined (Volleyball Court).
- E- Failing to throw a **LIVE** ball pass the midcourt black line.
- F- Intentionally throwing a **LIVE** ball off the side wall or into the bleachers to avoid getting caught.

A **LIVE** ball is a thrown ball that strikes or is caught by an opposing player without/before contacting the ground, wall, another player, ball, official, or other object.

Once a player is **OUT**, he/she must immediately exit the playing field and report to his or her team's area and sit on the bench in the order that they were **OUT**.

If a **LIVE** ball is caught, then one player from the team that caught the ball is allowed to re-enter the game. Players re-entering the match in this situation must re-enter in the order of when they were **OUT**.

Deflections off the court, wall, or officials do not count as if caught. Deflections off a teammate do count, and both players are out.

If a ball hits another ball, which a player has in their possession, it does not make either player out. If the ball is dropped as a result of contact from the thrown ball, then the player who drops the ball is out. However, if a player holding a ball has a ball thrown at him and drops the ball to catch the ball thrown, the player who threw the ball is out.

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If a ball hits another ball, which a player has in their possession and that ball hits a teammate, the person who was hit is out.

If a ball hits a player and then is caught by his teammate then the opposing player who threw the ball is out.

Players may not pass the ball to each other except immediately following Opening Rush.

If a player crosses the 3 meter line while jumping and attempting a throw, they will not be counted out.

Retrieving Balls: All players are confined to the out of bounds lines. Players retrieving a ball must exit the court through the back line, retrieve the ball and re-enter the playing field through the back line. Players leaving the playing field through the side lines to retrieve a ball will be called **OUT**. If a player goes out of bounds to avoid getting out, the official will call them **OUT**. If a player is hit out of bounds while retrieving a ball, no one will be out.

Players are allowed to cross the 3 meter line only if there is a dead ball inside of the 3-meter area but must not cross the center court line.

Players stepping out of bounds to retrieve a ball but step back quickly inbounds without a ball will be out.

Stalling Rules: If it becomes apparent that a player is maintaining possession of a ball for an extended period of time, the official, under his/her own discretion, can implement a 10-second stalling count. The 10-second count will be issued for a particular player(s). If at the end of the 10-second count the same player(s) is still in possession of the ball, then that player will be considered **OUT**. If in the course of the match, a player(s) habitually violates the stalling rule, then the official may issue a technical foul to the player(s). Players cannot hold ball and then drop it to go get another ball or just not to have it and avoid the 10 second limit, the player(s) will be called out if this is observed.

If it becomes apparent that a player is avoiding possession of a ball for an extended period of time, the official under his/her own discretion, can implement a 5-second stalling count. The 5-second count will be issued for a particular player(s). If at the end of the 5-second count the same player(s) is still avoiding possession of the ball, then that player will be considered **OUT**. If in the course of the match, a player(s) habitually violates the stalling rule, then the official may issue a technical foul to the player(s). Players must pick the balls up and make a legal throw to give the other team a chance to catch live balls, or a chance to dodge them then throw back.

LEAGUE STANDINGS & PLAY-OFF TOURNAMENT SEEDING – A team’s position in the regular season league standings will be based on the number of matches won and lost. A team’s play-off seeding will be determined by their regular season games won-lost record.

SUBSTITUTION – Teams may make substitutions only between games or in case of injury.

The Official and Code of Conduct

Intramural officials will be used to officiate intramural dodge ball. All decisions made by officials are final. **ARGUING A DECISION WILL NOT BE TOLERATED!** Players arguing after being given a warning will be given a “technical” and will have to sit out for the remainder of the game. If a second “technical” is given to the same player during the entire match, that player will be ejected from play and will have to be reinstated by the league administrator before being allowed to play again.

Verbal Conduct: the use of profane language directed to one’s self or another will not be tolerated. Arguing with an official or player in an unsportsmanlike manner will not be tolerated. Failure to abide by this rule may result in consequences listed above.

Ejections: A player ejected from a match shall not participate in that match again. The official may eject a player from the court area if deemed necessary. If ejected from the court area, the player shall leave immediately. Failure to do so will result in that team to forfeit the game. An ejected player is automatically disqualified from ALL intramural contests in all sports until they see the proper staff member in charge of that sport.