



Intramural Sports Dodgeball Rules

Last Updated: May 2022

GENERAL RULES:

1. All participants must meet the eligibility requirements listed in the Intramural Sports Participant Handbook. **Each player must be an NIU student or current NIU Recreation Member (faculty/staff)**. All expired memberships must be updated before the individual may play in any game.
2. Participants must have their *NIU OneCard* at every game. Any games in which an ineligible player signs in will be considered a forfeit.
3. All intramural participants must personally sign the **Waiver Release** and are responsible for their own medical expenses.
4. **Teams are responsible for keeping their players and spectators under control.** Misconduct of players, coaches, managers or spectators can result in penalty, ejection or forfeiture of the game. Spectators must also remain within the area designated by the IM Sports staff.
5. Alcoholic beverages, smoking, and pets are prohibited from all Intramural contests.
6. IM Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.
7. The **National Amateur Dodgeball Association Rulebook** will govern play, with the modifications listed in sections below.

The Game

1. All games shall be played on the date and hour scheduled.
2. The game shall be played between two teams of **six (6)** players. A team can play with a minimum of **four (4)** players. The game can continue with less than 4 players if the official determines they have a chance to win. A team's roster shall have a maximum of **nine (9)** players.
3. **Captain** - A speaking captain must be designated for each team. He/she alone may appeal to the official, and then only on interpretations of the rules and player eligibility. Judgment calls may not be protested. Protests must be filled immediately with the on-duty supervisor.
4. Players can compete on one men's/women's team, and one co-rec team, regardless of division (A, B).
5. All players must have checked in with the official and be recorded on the game sheet before they are allowed to participate.

6. Substitutions are allowed between games.

The Court

1. All games will be held in the Recreation Center. *NIU OneCard* must be presented to gain access to the facility.
2. The court will be divided into two (2) equal sections and split by the center boundary line
3. During play, all players must remain within the boundary lines. Players may leave the boundaries to retrieve stray balls.
4. Limited space for spectators.

The Players

1. A team shall consist of six (6) players. Teams must have a minimum of four (4) players for the start and duration of the game.
2. Co-Rec acceptable combinations are, 3 men/3 women, 2 women/3 men, 3 women/2 men and 2 men/2 women on the court at all times.

Game Equipment

1. Intramural Sports will provide official dodgeballs used in tournament and league play will be a 6 ¼" premium rubber coated foam ball.

Player Equipment

1. A player is required to wear a shirt with sleeves, shorts/pants, and footwear (athletic attire). Footwear that is permitted must be made of canvas or soft-leather training or gymnastic shoes with rubber soles.
2. Players may not wear headwear containing any hard, unyielding material, or items containing exposed knots.
3. Players may not wear pads or braces above the waist and may not wear casts anywhere on the body.
4. Players may wear soft headbands, and knit or stocking caps, provided that the cap does not have a bill or a knit ball on top.
5. Players may wear soft, pliable kneepads. Players may wear leg or knee braces only if the brace is covered with at least ½" of closed cell, slow recovery rubber, or a material of similar thickness and physical properties.

The Match

1. Matches will be decided using a "best-of-five" format in which the first team to win **three (3)** games will be declared the winner.

Game Object

1. The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

- Hitting an opposing player with a thrown ball below the shoulders. (If a player is hit in the head, the player will NOT be out, officials' discretion)
 - Catching a ball thrown by your opponent before it touches the ground, your own player can come back into the game
2. Games begin by placing six dodgeballs along the center line. Players then take a position behind their end line, touching the wall in some fashion (hand, foot, etc.). Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest.
 3. The ball must be brought behind the soccer goal line before it is legal to be thrown. If the ball is not brought back behind the soccer goal line, the ball is dead and the player who was hit is not out.
 4. In the initial rush for the balls standing on the midline, if a player's whole-body part (leg, foot, hand, arm, head, etc.) crosses the midline, they will be considered out.
 5. At any point thereafter, any touching of the midline or reaching over for a loose ball is considered illegal and that player is deemed out.
 6. The first team to legally eliminate all opposing players will be declared the winner. A 5-minute time limit has been established for each contest. If neither team has been eliminated at the end of the 5 minutes, there will be a 1-minute sudden death period, if the game is still tied, then it will be broken by the number of players left for each team (more players=winner)
 7. When a player is "out" The eliminated player must leave the court immediately without touching any dodgeballs.
 - a. Officials will be there to help but we expect teams to self-officiate and BE HONEST
 8. If a ball hits a player, and their teammate catches it, the player hit is still in and the thrower who threw it is out.
 9. A player may not catch a ball deflected by a ball. Once the ball hits another ball, it becomes dead.
 10. Cannot jump over the midline line to get someone out. There is an invisible wall, and you may not cross this.
 11. Delay of Game: A player must make an attempt to throw the ball at the opposing team/players without stalling the game. If the officials notice a player is stalling, they will give them a 5 second count, if the ball is not thrown within 5 second, that player who was stalling will be considered out.

Sportsmanship

1. Sportsmanship is an important part of intramural sports. Teams receive sportsmanship ratings at the conclusion of each game on a scale of 1 to 5 with 5 as an excellent rating. Teams must average a 3.0 during the regular season to qualify for the playoffs.
2. Teams are responsible for keeping their spectators under control. Misconduct of spectators and players may result in ejection and/or forfeiture of the game. Spectators must remain in the out-of-play areas. Only players are permitted in the playing area.
3. Any player who uses foul language, violently protests a call, or curses an official or supervisor, will be removed from the game and will automatically be suspended from his/her team's next game. Any player who touches an official or supervisor will be placed on suspension from all Intramural activities for a minimum period of one calendar year from the time of the incident.
4. If at any time a team has 2 players or spectators ejected from the game, the offending team will immediately forfeit the game.

5. Teams shall assist in removing trash and equipment from their game area at the conclusion of their game, if the area is determined to be not picked up by the team, the team will face a deduction of sportsmanship rating.
6. Officials and supervisors are college students employed by Campus Recreation to provide a service to the participants of Intramural Sports. Officials are employed regardless of experience to fulfil a need for a large number of officials to cover all the games being played. Officials undergo clinics and evaluations to help them to constantly improve in their abilities. Supervisors are trained to handle conflicts that occur during games and are there to answer questions that participants may have regarding Intramurals. The supervisors can be identified by the IM polo they will be wearing. IM supervisors are veteran officials or trained tournament personnel who have complete authority to make decisions regarding problems or special situations. Supervisors have been selected for their knowledge of intramural sports regulations and rules, maturity, professionalism and a sincere interest in Intramural Sports.

4 - Excellent - Players and spectators were positive throughout the game and completely respectful towards the supervisors, officials, and opposing team. If the captain converses with the officials about rule interpretations and calls he/she does so respectfully and calmly. No verbal warnings. No instances of unsportsmanlike physical contact. The team captain has full control of his/her teammates/fans. Players and spectators show appreciation toward the Intramural Staff and opponents at the end of the game.

3 - Average - Players and spectators cooperate with the supervisors and officials and show respect for opposing team members most of the game. Emotions were kept under control. No instances of excessive physical contact. Team members respectfully disagree about some decisions made by Intramural Staff or show minor dissension which may not receive an unsportsmanlike penalty (technical foul, yellow card). Shows respect toward opponents throughout game and pregame captain's meetings. All complaints or concerns are filtered through the captain to voice to Intramural Staff.

2 - Below Average - Team/spectators show minor verbal dissent toward Intramural Staff or opposing team, which may or may not merit an unsportsmanlike penalty. Most complaints or concerns are filtered through the captain to voice to Intramural Staff. A few instances of physical contact. A few instances of vulgar language and/or profanity are displayed by members of the team. Captain exhibits control over team and spectators. Teams receiving one unsportsmanlike penalty and/or warning will receive no higher than a "3" rating.

1 - Poor - Teams/spectator constantly commenting disrespectful verbiage to Intramural Staff or opposing team. Captain exhibits minor control over team and spectators. Vulgar language and/or profanity are displayed by members of the team. Players/Team/Spectators use racial insults, anger motivated outburst, demeaning, degrading and derogatory statements or homophobic comments before, during or after a game. Teams receiving three unsportsmanlike penalties and/or warning or one player ejection will receive no higher than a "2" rating.

0 - Extremely Poor – Team is completely uncooperative toward Intramural Staff. Captain has absolutely no control over team, spectators, and/or his/herself. Team, player or spectator makes intimidating physical contact with a staff and/or opposing team. A team, player or spectator threatens harm or violence toward the staff. Any team causing a game to be forfeited by result of unsportsmanlike behavior or have multiple unsportsmanlike penalties and or having more than one player ejected will receive no higher than a “1”