DODGEBALL RULES

All policies and procedures governing Intramural Sport programs at The University of Alabama are outlined in the Intramural Sports Handbook.

PLAYERS AND EQUIPMENT

- **Number of Players:** The game shall be played between two teams of 6 players each. Four players are required to start the game.
- **All players must sign-in with the supervisor at the event site prior to the event to be eligible to participate.**
- **Jerseys:** Players of opposing teams must wear contrasting colored jerseys.
- **Shorts/Pants:** All players are required to wear either shorts or pants. There shall be NO belts, belt loops, zippers, buttons, or exposed drawstrings on the pants or shorts of the player. Players are not permitted to play in boxer shorts or any other form of undergarments.
- **Shoes:** Shoes must cover the entire foot and have a non-marking sole. 5-finger shoes are not allowed.
- **Guards and Braces:** A guard, cast, or brace made of hard and unyielding material may not be worn on the elbow, hand, finger, wrist, or forearm. All guards and braces must be approved by the Certified Athletic Trainer on staff.
- **Illegal Equipment:** A player wearing illegal equipment shall not be permitted to play. Types of equipment or substances which shall always be declared illegal include, but are not limited to:
  - Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots
  - Jewelry
  - Pads, Casts, or Braces worn above the waist
  - Shirts or jerseys which do not remain tucked in. Tear-away jerseys or jerseys that have been altered in any manner which produces a knot-like protrusion or creates a tear-away jersey
  - Shirts or jerseys with names that may be deemed vulgar by the Intramural Sports Staff
  - Pants or shorts with any belt(s), belt loop(s), zipper(s), or exposed drawstrings(s)
  - Any leg or knee brace deemed unsafe by the Certified Athletic Trainer on staff.
- **Medical Bracelets:** Any participant required to wear medical bracelets or medical medals will be permitted to do so. They must be taped to the body with medial data visible by the Athletic Trainer on site.

COURT AND TIMING

- **Action Zone:** Both teams may enter and exit the zone between the top of the three-point arcs extended to both sidelines.
- **Safe Zone:** The area below the top of the three-point arc extended is considered the safe zone. The opposing team will not be able to enter into this zone. If a player crosses this line, they will be out.
- **Timing:** The regulation match shall have 30 minutes. Teams will play as many games as possible until time expires. If time expires before either team has won the last game, the team with the most players on the court is declared the winner of that game. If both teams have an equal number of players, the first team to knock out a player from the opposing team is declared the winner.
- **Forfeits:** Game time is forfeit time. If a team has one less than the minimum number required to play, they will be extended a five minute grace period. During the grace period, the game clock will run and play will begin once the opposing team has met the minimum requirements.
- **Overtime:** If the match is tied at the end of regulation, an overtime period will be played with a five-minute time limit. Teams will only play three players in overtime.

GAMEPLAY

- **Getting Players Out:** Players shall attempt to eliminate members of the opposing team by hitting them with the ball. A player is considered out when:
  - Hit with a live ball. Clothing is considered part of a player’s body.
  - A defender catches a live thrown ball.
  - Leaving the playing field in order to avoid being hit or in an attempt to catch a ball.
  - Crossing into the opposing team’s safe zone.
  - Holding a ball for more than 20 seconds.
• **Blocking**: Defenders may block a live ball with another ball. The live ball is dead once it is blocked. If a defender drops a blocking ball as a result of the contact from the live ball, he/she is considered out.

• **Headshots**: A thrower shall be considered out if a high thrown ball results in a player being hit in the head. The thrower shall stay in the game and the dodger will be considered out if he/she is hit in the head while ducking or dodging a ball.

• **Dead Ball**: A ball is considered a dead ball when it touches:
  A. A wall, objects mounted flush with a wall, or objects on the floor.
  B. The floor.
  C. Any part of a backboard or its supports hanging on the goal or net.
  D. A player. **EXCEPTION**: If a player is hit by a ball and a teammate catches the ball before the ball touches any of the requirements to make it a dead ball, then neither the thrower nor the player that was hit is out.
  E. The ceiling or overhead obstructions.

• **Reactivation**: If a defender catches a live thrown ball from the opposing team, the thrower is considered out. The team who caught the ball shall also be able reactivate one player. Players shall be reactivated in the order in which they were eliminated.

• **Control**: A team may not control all of the balls for more than five seconds. This shall result in a violation, and all balls will be divided evenly. A team must make a good faith effort to cede control. They cannot place a ball on the opponent’s side within reach.

• **Retrieving Balls**: Only active players may leave the court to retrieve balls for their team. While out of play, the player is not eligible to be put out. Balls retrieved by substitutes or spectators will be forfeited to the opposing team. If three or more balls become irretrievable, a staff member may stop play and have all balls moved onto the court and distributed evenly.

**PROTESTS**

• Eligibility protests may be made after the game as long as the protest is in compliance with the Policies and Procedures of The University of Alabama Intramural Sports Department.

*Revised October 2017*