Intramural Sports General Information

The Intramural Sports Office is located in the atrium of the Student Recreation Center.
Office Hours: Monday - Friday 10:00 AM - 4:30 PM
Phone Numbers
Office: 205-348-8055
Rain Hotline: 205-348-2708
Website: http://urec.sa.ua.edu/intramurals.cfm
Email address: imsports@bama.ua.edu

University Recreation makes every effort to protect all participants, however soccer is a contact sport and injuries are a possibility. The University of Alabama, the Division of Student Affairs, University Recreation, and Intramural Sports (and employees thereof) assumes NO RESPONSIBILITY for injuries. Basic First-Aid will be available for participants.
Rule 1: General Eligibility

Section 1: Participants
Participation is limited to currently-enrolled, fee-paying UA students, faculty members, and full-time staff. Spouses of eligible University of Alabama students and Faculty/Staff are eligible to participate in Intramural Sports events by purchasing a semester pass. In order to participate in an intramural contest, each player must present their valid Action Card or Spouse Pass. All players must sign-in with the event assistant at the site prior to the event to be eligible to participate. For more information regarding eligibility, please refer to the handbook available on the Intramural Sports page at urec.sa.ua.edu.

Rule 2: The Court

Section 1: Play Area
Dodgeball games will be held in the MAC. The center court line will be the division between the two sides of the arena.

A. Action Zone
Both teams may enter and exit the zone between the three point arcs on both sides of the court. Players within this zone are eligible to be struck and eliminated.

B. Safe Zone
The area behind the top of each three point arc will be the team’s safe zone. The opposing team will not be able to enter into this zone. If a player crosses this line, they will be out.
Rule 3: Player Equipment and Uniform

Section 1: Legal Uniform
All players on a team shall wear:

A. Matching color uniforms which are free of hard, unyielding items.
   a. White and gray are not considered the same color
   b. Black and gray are not considered the same color

B. Appropriate playing shoes, which consists only of athletic shoes with a non-marking out sole
   a. No Crocs or Vibram Five Fingers are allowed

C. All clothing must be free of holes, tears, and pockets
   a. No pockets are allowed in shorts

Section 2: Equipment
Dodgeballs will be provided by the Intramural Sports Staff at the game site.

Section 3: Braces
A guard, cast or brace made of unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, even though padded, is not permitted on the finger, hand, wrist, or forearm.

All braces must be approved by the Certified Athletic Trainer on duty.
Section 4: Intramural Staff Discretion
Any equipment that in the judgment of the supervisor increases a player’s advantage or presents a safety concern is prohibited.

Section 5: Optional Equipment
Players may wear a nit or stocking cap as long as it has no bill. Players may wear a headband no wider than 2” and made of non-abrasive unadorned single-colored cloth, elastic, fiber, soft leather, or rubber.

Section 6: Jewelry
Players shall not wear jewelry. Religious and medical alert bracelets are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

Rule 4: Team Composition and Captains

Section 1: Team Players
A team shall consist of six (6) players. Co-rec teams are required to have three (3) men and three (3) women per team. Co-rec teams are allowed to play with a minimum of two (2) per sex. All other mens’/womens’ teams must be composed of all men or women. Teams can begin play with as few as four (4) team members. Teams who do not have the minimum number of players to start a game will be given a forfeit.

Section 2: The Captain
A playing captain shall be designated by each team; this is the only player who may communicate with the supervisor. If this player is replaced by a substitute, the captain shall designate another player until the original playing captain returns to the game.

Rule 5: The Game

Section 1: Definition
Dodgeball is a game played by two teams of six players each with six inflated rubber balls on a rectangular court separated into two areas by a line. The purpose of each team is to eliminate opposing team members by getting them out.

Section 2: Match
A match consists of two (2) 15 minute halves, with a 5 minutes intermission in which teams will change sides. If, at the end of the fifteen (15) minute time limit no team has won the game, the team with the most players on the court is declared the winner of that game. If the teams have equal amounts of remaining players, the first team to “knock out” a player from the opposing team is declared the winner.
Section 3: Starting the Game
The Intramural staff representative will place the home team on one side of the court, and the visiting team will be on the opposite side. Players then take a position behind their end line. After a signal by the IM staff representative, teams approach the center line to retrieve the balls. **Balls must be taken back into the safe zone before they can be thrown at an opposing player. If the ball is not taken into the safe zone before it is thrown, the throw will not count.**

Section 4: Dead balls
A ball is considered a dead ball when it touches:
A. a wall (the MAC), objects mounted flush with a wall, or objects on the floor outside the court
B. the floor
C. any part of a backboard or its supports hanging or the goal or net
D. a non-player (Staff, Spectators)
E. a player
   a. **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.
F. the ceiling or overhead obstructions

Section 5: Knocking Players Out
Players shall attempt to eliminate members of the opposing team by hitting them with the ball. If a player is hit with any live ball, that player is out.
A player is considered **out** when:
A. A player is hit with a *live* ball.
   a. Uniforms and clothing are considered part of a player’s body.
B. A defender catches a *live* thrown ball (thrower out).
C. A defender attempts to block a *live* ball and the blocking ball is dropped as a result of contact from the *live* ball.
   a. **Exception:** If the ball that was thrown is caught, all players are safe.
D. A player leaves the playing field in order to avoid being hit or in an attempt to catch a ball.
E. A player crosses into the opposing teams safe zone.
F. A player holds a ball for more than 20 seconds.
G. A headshot occurs resulting from a high thrown ball (thrower out).
H. A player is hit in the head while ducking or dodging a ball (dodger out).
Section 5: Regenerating
To get teammates back in, players may:
   A. Catch a ball thrown by the opposing team – brings back the first player out.

Section 6: End of Game
Play continues until one team is eliminated or until time runs out. If the match is not completed, the balls are then reset on the center line, and play resumes when the signal is given.
   A. If at any time in a game a team has one player remaining; the opposing team can throw a ball into that team’s goal/net which will end the game. The ball must go into the goal before becoming dead (see Section 4 for what makes a ball dead).

Section 7: Overtime
If at the end of regulation, both teams have won the same amount of games; one final game will be played. This game will be 3v3 and will have a time limit of 5 minutes.

Rule 6: Game Conduct

Section 1: Team Benches
All non-playing team members shall be seated on the designated team bench during the game. All spectators must remain on the outside of the MAC during the match.

Section 2: Rules during Play
The following rules shall also be imposed during play:
   A. The defender may block a live ball with another ball. That ball is dead once it is blocked.
   B. A player may block a live ball, then throw the blocking ball down and catch a live ball.
   C. ONLY active players may leave the court to retrieve balls for their team. Once out-of-play actively retrieving the ball, the player is not eligible to be put out. Players shall return to the court immediately once they have retrieved the ball. Any delay deemed excessive can result in the player being called out.
   D. Players may not go across (touch the opponents side of the court) the safe zone line (and the safe zone line extended out from the court) for any reason. All players, and substitutes must remain on their side of the court at all times. A player may reach across the safe zone line and grasp a ball, but may not touch the opposing team’s side of the court with any part of their body during retrieval.
   E. Under no circumstances may a spectator or inactive substitute pick up a dodgeball or otherwise try to help retrieve a ball for their team. If any one other than the players of the respective teams involved in the game grabs a dodgeball or impedes
the progress of a member of the opposing team in ball retrieval, that dodgeball
immediately becomes forfeited to the opponent. Spectators should always make
their best attempt to get out of the way of the thrown dodgeballs and allow easy
access for the players to get to them and to retrieve them.

F. It is illegal for either team to control all of the balls for more than five seconds. A
violation will result in the staff member stopping play, and the balls will be
divided evenly.

   a. Balls may not be placed on the opponents’ side of the court within the
      placing teams reach. The placer shall be called out.

   b. Balls rolled or tossed onto the opponents’ side of the court without the
      intent of putting a player out must be rolled toward or tossed within the
      opponents’ three-point arc. Balls rolled or tossed that do not go through
      this area and go out-of-bounds in the corner or out a sideline are illegal
      throws. The thrower/roller/tosser will be called out.

G. If three or more balls become irretrievable, a staff member may stop play and
have all balls moved onto the court. Balls will be distributed evenly among the
teams.

Rule 7: Sportsmanship

Sportsmanship is an important part of intramural sports. Any player who uses foul
language, violently protests a call, or curses an intramural staff member, will be removed
from the game and will automatically be suspended from his/her team's next game. In
addition, he/she will have to meet with the Coordinator of Intramural Sports during office
hours (Monday through Friday, 10:00 a.m. to 4:30 p.m.) before he/she is eligible to
participate again. Any player who touches an official or staff member will be placed on
suspension from all Intramural activities for a minimum period of one calendar year from
the time of the incident.