

INTRAMURAL SPORT RULE SHEET

SPORT: DODGEBALL

General Intramural Sports Rules:

All Upstate Medical University students and CAB Members with a valid Upstate ID card are eligible to participate in Intramural Sports leagues. Family dependents are eligible to participate so long as they are registered on a family membership. No guests are eligible to participate in any Intramural Sports league or tournament.

Team Rosters are due by the stated deadline and must include the name of all team participants. Teams may add participants after the tournament has begun.

League Schedules will be distributed to all participants. Each sport will conclude the season with playoffs to determine a league champion. In order to qualify for the playoffs, the team must finish in the top half of the league.

Teams should arrive ten minutes prior to the posted start time of their contest. A team can begin and play the contest with one less player than the official rules specify without forfeiting the contest. A grace period of five minutes is allotted to each team. After five minutes, either the game will be played or the team ready to play will be awarded the win.

All participants and spectators are expected to behave and conduct themselves in a sportsman-like manner and treat others as you would wish to be treated.

The winning team is responsible for filling out the Score Reporting Form and submitting it to the Office of Campus Activities immediately following the contest.

Intramural Champion T-Shirts will be awarded to the winners of each tournament bracket.

Dodgeball Rules

The Team

Teams will be made up of 6-10 players. Six (6) players will compete on a side; others will be available as substitutes. Substitutes may enter the game only during timeouts or in the case of injury.

The Field

Game will be played on a standard sized basketball court.

The Equipment

The official ball used in tournament and league play will be an 8" rubber-coated foam ball.

The Game

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

1. Hitting an opposing player with a LIVE thrown ball below the shoulders.
2. Catching a LIVE ball thrown by your opponent before it touches the ground.

Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc).

Boundaries

During play, all players must remain within the boundary lines. Players may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end-line.

The Opening Rush

Game begins by placing the dodgeballs along the center line – three (3) on one side of the center hash and three (3) on the other. Players then take a position behind their end line. Following a signal by the official, teams may

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approach the centerline to retrieve the balls. This signal officially starts the contest. Teams may only retrieve the three (3) balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown.

Timing And Winning A Game

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, the team with the greater number of players remaining will be declared the winner. In the case of an equal number of players remaining after regulation, 1-minute sudden-death overtime period will be played. Each contest will be decided as the best of five games.

Time-Outs & Substitutions

Each team will be allowed one (1) 30-second timeout per game. At this time a team may substitute players into the game.

5-Second Violation

In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds.

Rule Enforcement

During pool play or regular-season matches, rules will be enforced primarily by the "honor system"*. Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated.



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