



Recreational Sports

Old Dominion University
Recreational Sports - Intramurals
Dodgeball Rules

1. ELIGIBILITY

- a. Each student must sign a **RELEASE AND ASSUMPTION OF RISK** form (which releases the university and university employees and officers of liability in case of bodily injury).
- b. All Full-time Students (undergraduate and graduate enrolled continuously in at least 3 credit hours), faculty and staff.
- c. Any person having been classified as a **PROFESSIONAL** athlete in a particular sport will not be eligible to participate in that sport or a related sport. They may, however, participate in other non-related activities.
- d. Current members of ODU varsity roster for intercollegiate athletic teams are not eligible to participate in that same sport or a related sport for that academic school year. Individuals who are trying out for an intercollegiate team but who are not on a permanent roster will be permitted to participate until they are placed on a permanent roster. If they are placed on a permanent roster they will then become ineligible for that sport. Red shirted athletes will not be eligible to play that same or related sport.
- e. A former varsity athlete from any institution shall be ineligible to compete in that sport for the academic school year. Such individuals are limited to one per team roster.
- f. Current sport club members listed on a sport club roster with our office, are limited to two (2) per team roster and are ineligible for individual/dual activities in his/her related sport.
- g. Once a player has played in a game for a specific team, he/she will not be permitted to play on any other teams within that division/league for the duration of that season and/or tournament. A player can only play for (1) single sex team and (1) co-rec team. **Penalty:** Any games in which the illegal player participated in will result in a **FORFEIT**.

2. GENERAL REGULATIONS

- a. All teams must submit a roster prior to the entry deadline date as indicated in the Intramural-Recreational Sports Calendar of Events.
- b. Each team/organization must have a representative in attendance at the mandatory info meeting on the date indicated in the Intramural-Recreational Sports Calendar of Events.
- c. All team members must have a valid ODU or EVMS ID card at every intramural event in order to participate. There are **NO EXCEPTIONS!**

3. CAPTAINS

- a. Each captain will be responsible for the behavior and discipline of his/her team and sideline.
- b. Team captains are eligible to file protests to the Intramural Sports office regarding player eligibility, but not on matters that concern the judgment of



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the officials. All protests must be made within 24hrs from the time of the incident.

- c. The captain will act as a spokesperson for his/her team in discussion with game officials or in matters concerning the team or individual players unless signified to the game officials that someone else will be the spokesperson. In such a case, the captain will relinquish the rights as spokesman in favor of the person appointed for this stated period.
- d. It will be the responsibility of each captain to keep the players in the designated team area. If a team receives multiple warnings for unsportslike behavior, that team will forfeit the game. Unsportsmanlike behavior between players and between coaches and players is also grounds for forfeiture.

4. TEAM

- a. Teams are limited to a maximum of five (5) players.
- b. Each team, under penalty of forfeiture, must have four (5) players on the playing field at the designated time of the game.

5. TIME FACTORS

- a. Once the Intramural Staff stats that the game is ready to begin, and the stated game time is the current time or that time has passed, both teams must be prepared to participate in the scheduled game. If they are not able the offending team will receive a forfeit.
- b. All matches will be limited to best 2 of 3 with a seven (7) minute time limit per game.

6. INJURED PLAYER & BLOOD RULE

- a. Injured player and Blood Rule. An injured or apparently injured player, who is discovered by an official while the ball is dead, shall be removed form the playing area until the bleeding is stopped and cleaned with the appropriate medical treatment. A player that suffersa head, spinal, neck injur, or an injury that is considered to be considered severe must have a doctor's approval (in writing) to the Assistant Director of Intramurals before they are permitted to participate in another game.

7. GAME RULES

- a. **THE GAME** - The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:
 - i. Hitting an opposing player with a LIVE thrown ball below the shoulders.
 - ii. 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*



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player, official or other item outside of the playing field (wall, ceiling, etc)

b. BOUNDARIES

- i. 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.

c. THE OPENING RUSH

- i. 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 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.

d. TIMING AND WINNING A GAME

- i. The first team to legally eliminate all opposing players will be declared the winner. A 7-minute time limit has been established for each contest. If neither team has been eliminated at the end of the 7 minutes, the team with the greater number of players remaining will be declared the winner.

e. TIME-OUTS & SUBSTITUTIONS

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

f. 5-SECOND VIOLATION

- i. 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.