

DODGEBALL RULES

Updated 7/30/2025

Recent changes will appear in italicized and highlighted text

Situations not specifically covered or implied by these rules shall be governed by the Intramural Sports Program.

Rule 1: Facility

1. All games will be played at the Recreation Center on Courts C and D.

Rule 2: Eligibility

1. The Intramural Sports Program is open to all University of Colorado Colorado Springs undergraduate and graduate students currently enrolled, as well as faculty, staff, and affiliate members, provided they have a valid membership with Campus Recreation and a valid Sport Pass. For this event it will be free of charge.
2. Prior to participating, all players must check-in with the Sport Programs Supervisor. To check-in, each participant must present their University issued virtual ID, or must provide a University or must provide a government-issued photo ID.
 - a. No participant may participate in Intramural Sport under any identification other than their own. Any player using an assumed name, false gender identity, or an illegal I.D card will cause their team to forfeit the contest they participated in. The individual will also be suspended from intramural competition and their case will be forwarded to the UCCS Dean Students Office.
3. Varsity athletes may participate in other intramural activities outside of their varsity sport. However, they may not participate in their varsity sport or its related activities at the intramural level.

Rule 3: Team Composition

1. Dodgeball is considered an "Open" league.
2. Teams may have up to 8 players on roster.
3. Each team consists of up to 5 players on the court at one time with a minimum to start each game with 3 people.

Rule 4: Equipment

1. Any exposed jewelry (ear rings, nose rings, necklaces, etc.) will not be permitted.
2. Dodgeballs will be provided by Sport Programs Staff.

Rule 5: Game Timing and Format

1. Matches will be best of 3, with a 5-minute limit to each round
 - a. The clock may only stop on official's timeouts.
2. There will be no team timeouts. 1-minute will be allotted between rounds, time permitting.
3. Tournament format of either single elimination or double elimination, will be determine based on the number of registrations.

Rule 6: Game Play

1. The boundaries of the court are determined by the boundaries of the basketball court. All active

players must stay within these lines, unless they are retrieving a dodgeball that has exited the playing area.

2. Teams will line up on their respective end lines with 10 balls evenly dispersed at the midline for an opening rush.
3. Opening Rush shall adhere to the following:
 - a. Prior to the opening rush, all players must have both feet behind the end lines.
 - b. Teams may begin rush on the whistle.
 - c. During the opening rush, all dodgeballs must be moved behind the attack line before being thrown.
4. Players may only go out of bounds to retrieve dodgeballs on their respective half of the court.
 - a. Players that leave inbounds for purposes other than retrieving dodgeballs shall be deemed "out".
 - b. Attempts to eliminate a player while out of bounds will not count.
5. Eliminated or bench players may help retrieve dodgeballs for their team that are only on their side of the court.
 - a. Eliminated players cannot touch live balls that are on the court, only balls that are out of play.
6. The end of a game is indicated by the last player on a team being declared "out".
7. Teams will alternate sides between the end of each game.

Rule 7: Scoring

1. A match will be considered final once 3 games have been won by a team.

Rule 8: Overtime

1. If time expires, the team with the most remaining players wins.
2. If both teams have equal numbers of players, sudden death will begin:
 - a. Sudden death will begin after stoppage with a jailbreak & all players returned to the game.
 - b. Teams will return to their baselines, keeping the balls they currently have. Play will resume after the official's whistle starting play
3. The loser of the set shall be the team with the first player eliminated

Rule 9: 10-Second Stalling

1. A player has 10 seconds to throw the ball to the other side upon picking the ball up. If a player decides not to throw the ball, then he must at least roll it to the other side. Failure to do so will result in being called out.
2. Teams may not possess all dodgeballs on its side for 10 seconds or longer.
 - a. Before 10 seconds are up, the possessing team must make a play across the opponent's attack line, including rolling, throwing, or attacking.
 - i. First violation: Play is stopped, the opponent shall receive 5 balls.
 - ii. Second violation and subsequent: Play is stopped. 1 player from the offending team shall be eliminated
3. Stalling rules will apply for all game and time periods.

Rule 10: Player Elimination

1. A ball is live until it touches ground, ceiling, walls or out of bounds.
 - a. A ball is declared dead when it is kicked.

2. A player can be eliminated by the following:
 - a. A player is hit below shoulder level by a live ball.
 - b. A player is inadvertently headshot during attempts to Duck, Dip, Dive, or Dodge.
 - c. A player's live ball caught by an opposing player.
 - d. A player crosses the mid-line with an entire foot.
 - i. Exception: Players may step on or over the center line during the opening rush.
 - e. A player crosses a boundary line with an entire foot at any point (Exception: Rule 6.4).
 - f. A player's dodgeball is dislodged and contacts the ground in an attempt to block a throw.
 - g. A player is hit by a live deflected ball either from a teammate's held dodgeball or body that has yet to hit the ground.
 - h. A player throws a ball that deflects off an opponent but is caught by their teammate before it hits the ground.
3. Dodgeballs deflected by a held ball or another player and caught will result in the thrower being eliminated.
4. If a player catches a ball, a team member from their own team may come back.
5. Once players are eliminated, they must immediately drop all balls and exit the court raising at least one hand in the air to signify they are eliminated.
 - a. Eliminated players must line up in the order they were eliminated on the baseline corner nearest the official
 - b. The order in which the players come back into the game will be the order in which they were eliminated. For example, the first person out must be the first person back in.
6. If a player makes a throw into the opponent's basket, all eliminated players from their team may re-enter the game.

Rule 11: Substitutions

1. Substitutions may only enter the contest between rounds.
2. All substitutes must be checked in on the roster and located on the sideline by the officials.

Rule 12: Forfeit Scoring

1. Should a team win by forfeit, the reported score for the game will be 2-0.

Rule 13: Sportsmanship

1. Intramural Sports expects all participants and spectators to conduct themselves in a sportsmanlike manner. Following each game, officials and/or supervisors evaluate team behavior and issue sportsmanship points to all teams. For tournaments or special events, if there is an issue with sportsmanship the team or individual will receive a warning. If there is another instance of sportsmanship issues the staff on site has the right to remove a player or team from the event. Sportsmanship issues include:
 - a. Participants are openly arguing calls with officials on multiple incidents.
 - b. Fighting.
 - c. Mocking the skill level of an opponent.
 - d. Trash Talk.
 - e. Not having control of spectators for your team.
 - f. Etc.