



MIDDLE TENNESSEE STATE UNIVERSITY

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Campus Recreation

Intramural Sports

DODGEBALL RULES HANDOUT

ELIGIBILITY RULES:

1. You must have an MTSU ID to participate. **NO ID, NO PLAY...NO EXCEPTIONS!**
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Competitive Sports Coordinator.

THE GAME:

1. **Field:** The playing area will be in the Racquetball Courts in the Campus Recreation Building.
2. **Team:** Teams will consist of 4 players, but a team may begin with as few as 3 players, and a maximum of 10 players on the roster.
3. **Game:** Teams will have 15 minutes to complete their games. The team that wins the best of 5 games or has won the most games in the 15 minute period will be declared the winner
4. **Substitution:** Substitutions will occur in between games and are unlimited.
5. **Equipment:** Teams must wear proper clothing while playing and players must wear appropriate closed-toe footwear. Hats, bandanas, or jewelry **MAY NOT** be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter. **NO EXCEPTIONS.**

THE RULES:

- **Before Each Game:** 4 balls will be given to teams, two for each team.
- **Starting the Game:** Players will begin with one hand touching the back wall. Once both teams are set the court monitor will announce “1, 2, 3, Dodgeball” to indicate the start of the game.
- **Mid-Court Line:** The “service short line” for racquetball will be the mid-court line. Players are not permitted to step across this line. If this infraction takes place, the player will be declared out.

- **Dead Ball:** Once a thrown ball hits the ground, ceiling, another ball or another person; it is dead. (Exception: Player 1 throws ball that hits a ball in hand and the player drops the ball in hand still makes that player declared out.)
- **Declared Out:** Only one player may be called out on a single throw (Example: Team A throws a ball and hits a Team B player and deflects on the fly to hit another Team B player – Only the initially hit player will be called out). A player is declared out if:
 - A player is hit below the head
 - A player is hit by a ball that is deflected off a wall
 - An attempt to deflect a thrown ball with a ball in hand and the player drops the ball
 - A player ducks, bends over, or is on the ground and is hit in the head
 - A player steps on or over the mid-line
 - If the ball is caught by the opposing team before it becomes dead
- **Delay of Game:** Players may not hold a ball for more than 10 seconds. This will result in a delay of game penalty meaning that player will be declared out.
- **When Out:** When out, the player must sit down against their team's right wall near the mid-line. The players that are out may not hold or kick the balls to affect play. However, they may use their hands to protect themselves from incoming projectiles.
- **Ducking:** Players may not move their head into the ball. Ducking to avoid the ball is legal. However, a player hit in the head because of their own movement will be called out.
- **Bringing Players Back In:** A player that is out can come back in if a teammate catches an opponent's thrown ball. Players shall re-enter the game in the same order in which they got out.

CO-REC MODIFICATIONS:

- The match is played between two teams of 4 players each.
- Co-Rec matches may be played with an uneven male/female or female/male ratio according to the following premise:
Minus 1: 2/1 male/female and vice versa