

## *Mixed Dodgeball* Revised May 2010

### General Regulations:

- There are no warm up balls provided.
- Team rosters are to be completed online by the team captain (person who registered the team) prior to the players meeting. To complete your roster you will need to know the players U of C Id #'s (Campus Recreation ID) or input the player's names, phone number, date of birth, and email. Instructions can be found at [http://www.ucalgaryrecreation.ca/waiver\\_instructions](http://www.ucalgaryrecreation.ca/waiver_instructions). After league play has begun, additional players may be added to the roster, but they must be added by the Intramural Sports Office and have completed the waiver before they are allowed to play.
- Waivers must be submitted online prior to first game.
- All players are required to check in with the supervisor for every game with a piece of photo identification.
- To be eligible for playoffs a player must have played in at least one (1) regular season game and be on the team roster. Teams are also to have a fair play rating of **3.75** (coordinator discretion).
- Suspended players may not be present on field or surrounding areas during scheduled games, otherwise the entire team shall be suspended indefinitely.
- Intramural Sports has a **Zero-Tolerance policy for fighting and abuse to staff**. This will be strictly enforced.

For a complete list of policies, see [www.ucalgaryrecreation.ca/intramurals/policies\\_regulations](http://www.ucalgaryrecreation.ca/intramurals/policies_regulations).

### Playing Rules:

- Each team shall be allowed to dress twelve (12) players; all players must be listed on the team roster. There is no limit to the number of players a team may list on their roster. Players can only be listed on one team roster.
- There must be a minimum of five (5) players on the floor, and a maximum of six (6) players.
- A team must have five (5) players on the floor within ten (10) minutes of the scheduled start time of the game time in order to avoid a default. Game time will be reduced. **Defaults will be recorded as a 4-0 loss.**
- Teams must have a minimum of one (1) player of the opposite gender on the court at all times, and a maximum of four (4) players of the same gender on the court at all times. (I.e. one (1) female and four (4) males. The missing spot can not be filled by a male player.)
- Any defaults will result in the default policy being enforced. See [www.ucalgaryrecreation.ca/intramurals/policies\\_regulations](http://www.ucalgaryrecreation.ca/intramurals/policies_regulations)
- The purpose of dodge ball is to eliminate the opposing players from the game by hitting them with the ball (below the shoulders). The team with the last person still in the game wins that game and receives a point.
- A game is started by having six (6) balls placed on the centre line. Teams are to be lined up at their respective back wall. The game is started with "Ready, Set, Dodge ball". Where players will then race



to the balls placed on their side of the court. Players are to never cross the centre line during a game. This will result in the player being eliminated. Teams will switch sides after each game.

- A match will consist of a best of seven (7) format, or the allotted time runs out. A game is over when all players have been eliminated from one team or at the end of five (5) minutes one team has an advantage of players on the floor.
- Overtime consists of all players coming back on the floor and is over when the first player is knocked out.
- Headshots, any contact above the shoulders, are not allowed. Balls thrown (intentional or accidental) that strike an opponent in the head (above the shoulders) will not be tolerated. The player(s) throwing the headshot is eliminated from that game.
- If a ball is caught in the air the thrower is out and the team that caught the ball may bring an eliminated player back into the game. Deflections do not count.
- A deflected ball is considered to be dead. Any player from the non-throwing team that is hit with a deflected ball is not eliminated. This includes deflections off of the floor, walls and ceiling and off another player or ball.
- If a player is eliminated from the game (hit by a ball, throw is caught) they are to raise their hand to signal that they are out and leave the playing court. Eliminated players can assist in retrieving balls that are out of bounds or are to sit on the team bench. Opponents are not to throw at a player with their hand raised.
- Players may have only one ball in possession at a time. Hoarding balls is not allowed.
- While in possession of a ball the only options available to a player are to throw the ball, pass it to a teammate, and use it to block another ball. Once you have possession of a ball you have ten (10) seconds to release that ball by throwing it or passing it. If a ball is fumbled or dropped while in possession then the player is eliminated.
- Players may not put a ball down to catch another ball. This is considered to be a dropped ball and the player is eliminated.
- Any player receiving official warning will come under disciplinary review by the Intramural Sports Council.