

CU • STUDENT REC CENTER INTRAMURALS

DODGEBALL • RULES

Office Line: 303-492-2893 • Email: imsports@colorado.edu

Website: www.colorado.edu/rec-center/intramurals

ROSTER SIZE IS LIMITED TO 16 PLAYERS

Teams winning a championship will receive a maximum of 10 t-shirts.

Games will be governed by the current rules of the National Intramural and Recreational Sports Association (NIRSA), with the following points of emphasis and modification:

GENERAL

- Participants should have adequate health insurance to cover any injury which may occur.
- Alcoholic beverages and drugs are prohibited in the Student Recreation Center, on any Recreation Center Property and at all Intramural sanctioned events. Participation while under the influence of these substances is also prohibited these areas. Violations will be grounds for immediate ejection, forfeiture and possible season suspension.
- NO JEWELRY is allowed in any Intramural Competition.
- **Game time is forfeit time! Players should check in with the Intramural Supervisor at least 15 minutes before their scheduled game time. If you do not have enough players to field a team at your game time, your team will receive a Forfeit. NO EXCEPTIONS!**
- **No Buff OneCard = No Play! All Intramural Participants are required to have either their Buff OneCard or Recreation Center Membership card with them at EVERY Intramural Event. Failure to do so will result in ineligibility. NO EXCEPTIONS!**
- The following are situations in which your team WILL NOT be allowed to advance to the post-season tournament:
 - If you forfeit two regular season games.
 - If you accumulate two or more Honest Effort Forfeits (HEF).
 - If you receive two or more Defaults for failure to comply with equipment regulations.
 - If your team fails to average a 3.00 or better sportsmanship rating.
- The Intramural Office **DOES NOT** reschedule regular season or post-season tournament games once the schedule has been posted. If your team is unable to make a regular season game, **your team captain must** email the Intramural Office at least 24 hours prior to your scheduled game time Monday-Friday, and by no later than 5:00pm on the Friday preceding a Sunday game. The Intramural Office will then be responsible for offering out your game. If your game is picked up by another team, your team will not be credited with a Forfeit. However, if your game is not picked up by another team, your team is still responsible for playing that game. Failure to notify the Intramural Office by the deadline stated will result in a Forfeit. Failure to show up to a game where no replacement team was found will result in an Honest Effort Forfeit (HEF).
- All games picked up by a team count as a real game and will count on your record and sportsmanship rating.

FORFEIT POLICY

- **TEAMS RECEIVING ONE FORFEIT**
 - **If a team accumulates one Forfeit during the regular season, they will automatically be charged a \$20 fee that must be paid within the four business days following the forfeited game.**
 - **If a team receiving one forfeit pays the assessed \$20 fee within the four business days, this team will be allowed to continue in the league for the remainder of the regular season and will still be eligible for the post-season tournament.**

- **If the team fails to pay this \$20 fine within the four business days, they will still be responsible for the \$20 fee, but will be automatically dropped from the remainder of the regular season and will not be allowed to participate in the post-season tournament.**
- **TEAMS RECEIVING TWO FORFEITS**
 - **If a team accumulates two Forfeits during the regular season, they will automatically be charged an additional \$10 fee. This team will then be dropped from the remainder of regular season play and will be ineligible for the post-season tournament.**

ELIGIBILITY

- Every eligible Intramural Participant must be a full fee paying CU Student or Recreation Center Member.
- Every eligible Intramural Participant must present their “Buff OneCard” or Recreation Center Membership Card in order to check in before every game. If a player fails to have one of these two proofs of identification, they will not be allowed to participate. **NO EXCEPTIONS!**
- Players may play on only one team per sport per session (with the exception of being allowed to play on a Co-Rec team and a team of their own gender in the same sport).
- A player must have played in at least one of the first four regular season games in order to be eligible to play in the post-season tournament.
- **Intercollegiate Athletes:** Current intercollegiate athletes are not eligible to participate in their sport or any related sport. An intercollegiate athlete is any individual participating in intercollegiate contests attending regular practice, whose name appears on the official squad list, or who has won a letter at a recognized senior college. Varsity, red shirts, junior varsity players and freshman are all considered intercollegiate athletes. You are considered an intercollegiate athlete for one entire academic year unless you have been dropped from the squad before the first intercollegiate contest and no longer playing or practicing with the team.
- **Club Players:** A member of a club sport is defined as a student who participated or practiced with the club during the current academic year. Intramural teams are limited to 3 club players per team in their specific sport or any related sport and they must play in the most competitive league.

TEAMS/ SUBSTITUTIONS

- A team consists of 7 players for Co-Rec and 6 for Men’s/Women’s on the court.
 - A minimum of 5 players must be present for Co-Rec and Men’s/Women’s. Co-Rec requires at least 1 player of the opposite gender.
- Extra Players: No more than 7 for Co-Rec or 6 for Men’s/Women’s players per team may be on the court at a time. If a team has additional players, they may wait on the sideline to enter when their team catches an opponent’s throw, but may only enter if less than 7/6 players are on the court at that time.
- When a basket is made, a team may only allow the number of players onto the court to constitute a team of 7 for Co-Rec or 6 for men’s/women’s.
- **Co-Rec Only:** At least 2 members of the opposite gender must be on the court to start and must be maintained whenever the team constitutes a full 7 (ie. 5 men, 2 women).

UNIFORM/EQUIPMENT

- Players must wear proper attire (**tennis shoes**, shirts etc.). No Crocs, flip-flops, sandals or shoes of the like are allowed during play.
- Remember, clothing counts! Getting hit by a ball on the shorts, on a hat, etc. all count as an out.
- Players must wear athletic-style clothing. Some examples of inappropriate clothing would be such items as jeans, button-down shirts, sandals, dress shoes, etc. The Intramural Staff has the final discretion on what is deemed appropriate and inappropriate.
- Players may not wear hats, watches, or any sort of jewelry.

THE COURT

- Games will be played in Carlson Gymnasium on the basketball courts (red lines).
- A player may not step over any **red boundary lines** unless he/she is retrieving a ball
- A player may never step over the center line on either court, even if retrieving a ball. They may however reach over the center line to retrieve a ball provided no part of their body touches the ground of the opposing side on the line.
- Eliminated players on the West court stand along the West wall. East court, stand along East wall. Players must stay in the order in which they were eliminated, with first person eliminated lined up at their team's respective cone.
- Players must re-enter on a caught ball in the same order as they were eliminated.
- Eliminated players may throw an out of bounds ball back to his/her team, but must wait until the ball has crossed the red line. Players who have gotten out may not reach across the red line. Balls retrieved by players who are out before the balls cross the line must be given to the opposing team.
- Balls retrieved by players before they leave the court must be returned to the opponent's side.
- Each court has a designated color of balls. The color designated for your court are the only ones allowed to be used in your game. Any balls going onto the other court should be returned to their respective court.

OUT OF BOUNDS:

- The space between and to the sides of the courts is considered out of bounds.
- Non-eliminated players must remain inbounds, even while dodging.
- Catching a ball out-of-bounds does not count. If a ball is deflected off one player and either they or a teammate catches it out-of-bounds, the first player is still out because the catch does not count.
- A player may be out of bounds only to retrieve a ball.
- **If a player is out of bounds for reasons other than retrieving a ball and is hit, that player is out; or in extreme cases, a player that is not hit but standing or dodging out of bounds may be called out by the Official.**
- When a player is called out, he or she must leave the court immediately. Players who are out cannot retrieve balls or block shots of any sort. It is not in the spirit of the game to prevent play and players who continuously prevent play once out may be ejected from the game.

THE GAME

LENGTH OF GAME

- Once the whistle is blown for the first game a 40 minute running clock will start. No games will start after the 40 minutes has expired. Games that are in progress when 40 minutes has expired will be allowed to finish.

TIMEOUTS

- There are no timeouts in Intramural Dodgeball.

CAPTAIN'S MEETING

- At the beginning of each game there will be a captain's meeting. Officials will go over any questions or rule changes with captains at this time.

STARTING THE GAME

- Each team will start with 3 dodgeballs and the game will begin with the officials blowing the whistle.

SCORING

- Teams will receive one point for each game they win. A team will win when every member of the opposing team has been eliminated.
- Teams will be allowed to play as many games as possible within the 40 minute running time clock.

MERCY RULE

- Intramural Dodgeball has no mercy rule.

OVERTIME

- There is no overtime during the regular season. Overtime is only present in the post-season tournament. During the post-season tournament play if team points are tied at the 40-minute time limit a tiebreaker

game will be played with only 5 people per team on the court (at least two members of the opposing gender must be on the court to start and is maintained whenever the team constitutes a full five on the court.

- Players may not enter if a member of their team catches a live ball.
- The basket rule is not in effect.
- Depending on time the court maybe shortened during tournament play to the white lines. This will be up to the discretion of the supervisor.

PLAYING THE GAME

- **A dodgeball is “dead” when:**
 - a) It hits the wall, floor, backboard, net, lights etc.
 - b) It hits another dodgeball.
 - c) It is kicked.

***Please Note:** A ball cannot become dead from only contacting another player.
- **You are OUT when:**
 - a) A “live” ball thrown by the opposing team hits any part of your body. This includes your head, clothing, and/or shoes.
 - b) Your “live” thrown ball is caught by the opposing team.
 - c) You intentionally aim for opposing players head or face.
 - d) You cross the center line on either court to retrieve a ball

*** Please Note:** If a ball hits two people before becoming “dead”, they are both out.
- **A player may come IN when:**
 - a) Their teammate catches a “live ball”.
 - b) Their teammate makes a basket.

***Reminder:** The player that comes in must be the first player in line (one who did not start the game or the first player out). If there are five players of one gender on the court, the sixth player to enter must be of the opposing gender.

RULE CLARIFICATIONS:

- A ball deflected by a held ball, whether caught or not, does not result in player elimination. It is a “dead” ball.
- A ball hitting a player may be caught by an inbounds teammate before it hits the floor. It may not hit a wall/backboard etc. Result: Only the opposing thrower is out and **nobody** from the team that caught the ball may enter.
- Out-of-Bounds: Catching a ball out-of-bounds does not count.
- Goaltending is NOT ALLOWED. Goaltending is defined as attempting to deflect, catch or hit a ball above the rim of the basket.
- If a ball is caught but comes in contact with another ball in hand, the catch does not count (the ball hits another ball and is dead).
- A basket still counts if the ball first hits the walls, backboard, lights, etc...

CONDUCT/SPORTSMANSHIP

- Fighting and unsportsmanlike conduct will not be tolerated and are grounds for the entire team and all its members being dropped from the league and/or Intramural Program. Any team whose members leave the bench will result in the entire team being suspended for at least the semester.
- Any abusive language, physical gestures and untimely or inappropriate questioning of calls directed at any Intramural Staff, Participant or Spectator is grounds for ejection. Bench technicals may be called; therefore team captains are responsible for controlling their respective benches.
- Pre and post-game: harassing of any Intramural Staff, Participant or Spectator, any unsportsmanlike conduct or lack of cooperation, is subject to penalty from a mild warning to complete expulsion from the program.

- The Intramural Supervisor has the ability to award penalties and/or ejections to any Intramural Participant or Spectator at any point in time.
- Only Captains may address the Intramural Staff on matters of interpretation and discussion.
- Teams are required to clean up after themselves and keep the Intramural playing area clean. Failure to do so can impact your sportsmanship rating.
- **Teams must average no less than a 3.0 sportsmanship rating. Failure to do so will result in expulsion from the post-season tournament.**

TOURNAMENT SCHEDULES

- Teams are considered ineligible for the post-season tournament for the following reasons:
 - Accruing one Forfeit and failing to pay the assessed \$20 fee within the four business days following the forfeited game.
 - Accruing two Forfeits.
 - Accruing two Honest Effort Forfeits (HEF).
 - Receiving less than a 3.0 sportsmanship rating average.
 - Failing to complete the Intramural Captain's Test by the deadline set.
- Post-season tournament schedules will be posted the last week of the regular season.
- Teams receiving two Honest Effort Forfeits (HEF), two Defaults or failing to complete the Intramural's Captain's Test by the set deadline will be allowed to but their way into the post-season tournament for an additional \$20.