

CU • STUDENT REC CENTER INTRAMURALS
X-Treme Dodgeball • RULES
Office Line: 303-492-2893 • Email: imsports@colorado.edu
Website: <https://www.colorado.edu/recreation/intramural-sports>
Revised August 2025

ROSTER SIZE IS LIMITED TO 8 PLAYERS
Teams winning a championship will receive a maximum of 5 t-shirts.

Games will be governed by the current rules of the National Intramural and Recreational Sports Association (NIRSA) and the National Federation of State High School Associations (NFHS), with the following modifications and points of emphasis:

GENERAL

- Alcoholic beverages and drugs are prohibited in the Student Recreation Center, on any recreation center property, and at all Intramural Sports sanctioned events. Participation while under the influence of these substances is also prohibited in these areas. Any violation of this policy will be grounds for immediate ejection, forfeiture, and possible 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 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 Rec Center membership card with them at EVERY intramural event. Failure to do so will result in ineligibility. NO EXCEPTIONS!**
- The Intramural Sports 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 by at least 2:00 pm prior to your scheduled game time Monday-Friday, and by no later than 12:00 pm on the Friday preceding a weekend game.

FORFEIT POLICY

- **GAME TIME IS FORFEIT TIME!** All teams should arrive 15 minutes prior to the scheduled start of the game to check in and get the necessary equipment for the game. Any team failing to report ready to play at the scheduled starting time will forfeit to their opponent, be assessed a fee, and become ineligible for playoffs.
- Teams who forfeit will have all of their members suspended until the forfeit fee has been paid. The forfeit fee will be \$30 for officiated sports and \$10 for non-officiated sports.
- The captain of the team will be emailed a notification of the forfeit fee. Teams can pay the forfeit fee online (Link) or at the guest services desk at the Student Recreation Center.
- Once the fee has been paid teams will bring their receipt to the IM Sports office to be reinstated. Any team that forfeits a second time will be automatically removed from the league for the remainder of the season.
- **10-Minute Grace Period:** If one team is present and ready to play, they can choose to grant their opponents a 10-minute grace period. The game clock will start at the original start time.
- If the required minimum number of players arrives within 10 minutes, the game will be played and recorded as an official game. The waiting team will be given a scoring advantage.

- If neither team has the required number of players at the scheduled contest time, both teams will be given 10 minutes to complete their team. No scoring advantage will be given to either team in this case.
- Teams that have a second forfeit will be assessed an additional forfeit fee and dropped from the league.

DEFAULTS

- If your team is unable to make a regular season game, your team captain must email the Intramural Office at imsports@colorado.edu by 2:00 pm the day of your scheduled game, and by no later than 2:00 pm on the Friday preceding a Sunday game time.
 - This will result in a default and keep your team from being assessed a forfeit fee.

Teams that default a second game in a season will be treated as a forfeit and be given a forfeit fee.

ELIGIBILITY

- Every intramural participant must be a full fee-paying University of Colorado student or recreation center member.
- Every intramural participant must present their Buff OneCard or Student 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 no more than one team in the Equal Opportunity division and one team in the Co-Rec division per sport per session.
- 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 three club players per team in their specific sport or any related sport, and athletes must play on a team in the most competitive league offered.

PLAYERS AND ROSTERS

- The game shall be played between two
- (2) teams of three (3) players each. At least three (2) players for each team are required to begin a game.
 - **Co-Ed Only:** The game shall be played between two (2) teams of three (3) players each; at least two (2) players for each team are required to begin a game. A minimum of one (1) male and one (1) female are required to begin a game. 2. If, due to injuries, a team drops below the minimum number of players, two (2), it may continue if the Supervisor deems the game is still competitive. 3. Roster limit will be ten (10) players.

THE GAME

- Each match will be played as a best of Five (5) out of nine (9) games.
- Each game has a five (5) minute time limit.
- Contacting the midcourt line will result in an out
- Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated.
 - The Supervisor will rule on any situation that teams cannot agree upon and for rule interpretations. The Supervisor's decision is final.

OUTS

- **For an out to occur, the ball must hit a player below the shoulders. If a player is hit in the head, no player will be considered out.**
 - **Exception: if a player ducks or is on the ground and is hit in the head, the player hit will be called out.**
- **An out is scored when:**
 - **A thrown ball, not a kicked ball hits a player on the fly.**
 - **NO DEFLECTION OUTS**
 - **Players will be called out if a ball they throw is caught on the fly. If a thrown ball is deflected off of a player's body, and caught by a teammate, the thrower is out and the first person hit remains in.**
 - **If a player catches a ball, the thrower is out and a teammate of the person that caught the ball is allowed to come back into the game.**
 - **If a ball is dropped as a result of contact from a thrown ball, then the player who drops the ball is out.**
 - **If a thrown ball hits another ball, which a player has in their possession, and the deflected ball is caught by a teammate, the person who threw the ball is NOT out.**
 - **If a thrown ball hits another ball, which a player has in their possession, and the deflected ball hits a teammate, the person who the deflected ball hit is NOT out.**
 - **Once a player is out, they must immediately leave the floor with both hands raised to inform the opposing team you are out and you may exit in a safe manor. Players who have been called out cannot retrieve stray balls for their teammates, or that ball will be given to the other team.**
 - **Deflections off the floor, wall, court dividers, rafters, bleachers, hoop, and official do not count as an out if caught. Deflections off a teammate do not count.**
 - **15 minute time limit will end all games in the tournament season. The team with the most players at the end of the game is considered the winner.**

LEAVING THE PLAYING AREA

- 1. All players are confined to the out of bounds lines.**
- 2. A player cannot make a catch outside the boundary lines and get an opponent out.**
- 3. If a player goes out of bounds to avoid getting out, they will be called out.**
- 4. If a ball is thrown into the bleachers, it must be given to the team that is on that side.**

STALLING

- 1. If a player is stalling, or making no attempt to play a ball, they will be ordered to roll the ball to the other side by the official/supervisor.**
- 2. A player may be called out at the supervisor's discretion for continuously stalling to avoid an outcome of the game.**

CONDUCT/SPORTING BEHAVIOR

- **Sporting Behavior Policy**
- **Intramural Sports prioritizes positive sporting behavior by all teams, spectators, and staff. The captain is responsible for the behavior of all team members and representatives. Actions by team members and representatives during intramural activities that extend beyond the realm of decency will not be tolerated. Individuals violating will be suspended until meeting with a Team Sports Professional Staff member.**
- ***We will be using a "2, 3, 4" method of determining eligibility for all leagues and major tournaments. The following will be in effect for the activity's season:***
 - **The accumulation of TWO (2) unsporting conduct fouls in a game will result in the ejection of the individual from the game, and procedures outlined in the "Ejections" section.**

- The accumulation of **THREE (3)** total unsporting conduct fouls during an activity's season will result in the dismissal of the individual from the activity for the remainder of its season.
 - The accumulation of **Three (3)** unsporting conduct by a team will result in the forfeiture of the contest.
 - The accumulation of **FOUR (4)** total unsporting conduct fouls by the team's participants during an activity's season will result in the dismissal of the team from the activity for the remainder of the season.
- **Unsporting totals rollover to playoffs*

Unsporting Behavior

- Unsporting behavior before, during and/or after a contest will not be tolerated. The team captains are expected to assist the department staff and will assume full responsibility for the conduct of the team and spectators.
- Any player, fan, or coach who has to be removed or ejected from a contest or playing area for behavior of an unsporting nature is automatically ineligible from further competition and will be suspended for any ejection.

Notification of disciplinary action will be sent to the individual, team captain, and other university departments, such as the Office of Student Conduct, as necessary.