

Co-Rec Dodgeball Rules

Intramural Sport Policies and Procedures

This sport specific document refers to rules specific to the sport of Co-Rec Dodgeball and does not include our general policies. All players and captains are expected to read through the general [Intramural Sport Handbook](#) for an overview of all of our policies and procedures. Please review the Rowan's law concussion awareness resources e-booklet found [here](#).

Eligibility and Players

1. All players must meet general eligibility guidelines as outlined in the [Intramural Sport Handbook](#)
2. All players must have their validated student card, Lakehead University identification or alternate piece of photo identification at EACH game.
3. Additions to the roster form will be allowed up until 4 weeks from the start of the season. Please check the website for exact dates for each semester.
4. A team shall consist of six players on the court, with a minimum of two (2) male-identifying players on the roster and two (2) female-identifying players on the roster.
 - a. On the court, a round must start with at least one (2) male-identifying player and one (2) female-identifying player on the court. No more than four (4) players of one gender-identity can be on the court at any given time.
 - b. A game can begin with a minimum of four (4) players to avoid a forfeit with at least 1 female identifying and 1 male identifying player starting each round on the court.

Rules of the Game

General

1. Dodgeball is a self-officiated sport which relies on the honour system, and expects to display fair and honest play
 - a. Campus Rec supervisors and officials on-site are present to help solve disputes between players, and ensure teams are playing honestly and fairly. Supervisors and officials are not there to make a call on every single play, and lack of a call by a staff member does not remove a player's obligation to abide by the honor code.
 - b. Players will be given the opportunity to abide by the honour code prior to staff involvement
 - c. Staff may not be able to see every play which occurs during the game, and thus we rely on teams to employ the principles of good sportsmanship throughout games.
 - d. Teams found in violation of these principles may face disciplinary action
2. Each game will consist of **2 x 20-minute** halves. As many rounds that can be fit within that timeframe will be played.
3. A match is won when a team has all active players eliminated.
4. Substitutions can only be made in between matches. If a player does not start on the line for a match, they cannot enter that match at any point.
5. Balls are live if they have not yet touched the ground, wall, or other stationary objects (e.g. basketball hoop). Balls become live once they are thrown. Balls that have bounced off a player or other balls are considered live.
6. Balls are dead once they have touched the ground, wall, ceiling, a person who is out of bounds, or any stationary object.
7. Balls are not considered live until you bring them back past the attack line.
 - a. The attack line is the green line approximately 5 feet from the centre line on either side of the court.
8. The playing court is defined by the volleyball court lines.
9. A player may only leave the court of play to retrieve a ball. They must leave and return to play from the back boundary line.

- a. Players may not throw a ball from outside of the boundaries
- b. Players can be hit and become out while outside of the boundaries
- c. A player may catch a ball that is going out of play as long as one foot remains inbounds.

Game Start

1. 6 balls will be placed on the centerline.
2. Teams will start with exactly six players on the floor.
3. All active players must start behind the end line (the thin red line at the back of the court). No players may have feet on or past the line.
4. All non-active players must be seated.
5. At the sound of the whistle, players must run for the balls.
6. Players cannot touch the centerline even at game start.

Game Play

1. Players cannot touch the centerline. They will be called out if they touch, reach across, or cross the centre line.
2. To eliminate an opponent, a player must throw the ball and hit an opposing player anywhere below the head. If a player is struck with a ball anywhere below the head (including loose clothing) the struck player will be called out. Headshots will not result in a player being called out.
 - a. Exception: If a player is crouched, ducking, or jumping and the ball makes contact with the head, a player may be called out.
3. When a player is called out, they must drop any balls and go straight to the sideline.
 - a. Any ball thrown by a player already called out is a dead ball.
 - b. Players may not intentionally block a ball while on their way to the sideline
4. Balls are considered live even after hitting an active player - it can bounce off one player onto another and both players shall be eliminated.
5. Live balls may be caught
 - a. If a player catches an opponent's throw with at least one foot in bounds, the player who threw the ball will be called out, and a team member on the catcher's side will be allowed back into the game. If there are already six players still on the floor, the thrower will still be out, but no new player will be allowed back in.
 - b. Balls can be caught after bouncing off another player. If this occurs, the player originally hit is considered safe.
6. Players re-entering the game are considered active as soon as the teammate catches the ball allowing them in. These players must re-enter play as soon as the teammate catches the ball.
7. Players may block incoming balls by deflecting with another ball
 - a. If a player attempts a block but drops the ball, then the player is out
 - b. If during the block the ball hits the player either as a missed block or due to a deflection, the player is out
 - c. Blocked balls are still live
8. Any one team cannot possess all six balls for more than 15 seconds
9. Delay of game - if either or both sides have not thrown a ball in 15 seconds, a delay of game can be called. The offending team(s) must immediately release possession of a ball (i.e. throw or roll) if delay of game is called.

Sportsmanship, Fair Play Code, and Conduct Policies

The Intramural Fair Play Code is in effect at all sanctioned Intramural Events. Participants are expected to review the Fair Play Code and Suspension Guidelines in the [Intramural Sport Handbook](#) prior to participation.

Forfeits and Defaults

Please see the [Intramural Sport Handbook](#) for the full Forfeit/Default Policy.

The Default Deadline for Dodgeball is: Wednesday's at 12:00 pm.

Playoffs

Please see the Intramural Sport Handbook for general policies on playoffs. Standings will be based on Win-Loss-Tie Records, Forfeit-Records, and Default-Records. Teams that do not meet the minimum required average of 3.0 for sportsmanship will also be disqualified from playoffs. Please note that participants must participate in at least two (2) regular season games in order to participate in any playoff games. Attendance will be monitored by league convenors and officials.

In the event of a tie in a playoff game, one additional round will be played, and the winner of that round will be declared the winner of the game.