



RECREATION

MOVE. PLAY. SUCCEED

INTRAMURAL DODGEBALL RULES

Last Revised: Winter 2024

 = Revised Changes

Part A: WR Governing Rules

1. Warrior Recreation Intramural Leagues are guided by the Spirit of Competition (S.O.C.). Every participant, player, captain, and league staff will all have an active part in upholding the S.O.C.
2. Warrior Recreation Dodgeball is governed by the policies and rules put forth by Dodgeball Canada in conjunction with the rules listed here, as well as the policies as outlined in the Spirit of Competition.
3. Officials, team captains, and players are all responsible for the good order and conduct of the game.
4. The official's judgment is final for all decisions regarding game play.
5. A more comprehensive list of rules and regulations for all intramural sports can be located in the Intramural Handbook found [here](#).

Part B: The Teams

1. The conduct of the participants must be in accordance with the Spirit of Competition. Any player violating these guidelines may be asked to leave the facility.
2. It is recommended that both teams be dressed and ready to play 10 minutes before the scheduled start of their game. All games start at the time published on the schedule.

3. Team Members: Teams consist of 8 players playing at one time. Each team must have a minimum of 5 players.
4. Grace Time: Any team without the required number of players within 5 minutes of the scheduled time will default that game. If any team member is in doubt about their eligibility, they should speak with their team captain, League Staff, or the Intramural Coordinator immediately.
5. If players, team officials, game timekeeper, etc. show up for a game in a condition which in the official's opinion, render them unable to take part, the official may default the game.
6. Specialized Positions: There are no specialized positions.
7. There are no varsity restrictions.
8. Substitutes will remain outside of the gym and any substitution must be done between rounds.
 - a. Exception: An injured player may be substituted during a round if the official stops play. The injured player may not participate for the remainder of the match.

Part C: Team Captain

1. The team captain must be familiar with the Spirit of Competition guidelines and Eligibility rules, and inform players of all rules and conduct expectations.
2. Each team must identify their team captain at the beginning of each game to the official. If the captain is not present, the team will nominate a player to be the acting captain for that game. This person will take on all duties and responsibilities as the team captain. This person will be identified as the acting captain on the score sheet.
3. It is the team captain's duty to know his/her duties and responsibilities before the game begins.
4. Only the captain should be speaking with the officials during the game time. Players who wish to discuss any issue with an official must ask the captain to speak on their behalf.
5. It is each captain's responsibility to have the team roster ready on the score sheet by the start of game time.

6. The captains of each team are to complete the S.O.C. on the score sheet honestly by giving the opposing team a rating of 0, 1, or 2. They will also **sign and** validate the score upon completion of the game.
7. Any concerns that a captain may have regarding officiating, should be made aware to the **League Staff** in a timely and respectful manner.

Part D: Officials

1. Dodgeball will have one official assigned to each game.
2. The official will require that all participants sign in. Any participant not signing in will not be able to participate.
3. All participants will respect the call of the official. The team captain may ask for clarification in a respectful manner.
4. The official will manage the time of each round and the game sheet.
5. If there is a dispute, the official's decision is final.

Part E: Equipment

1. No jewelry (unless properly taped down), non-elastic head bands, or hard support braces are allowed during game time.
 - a. Captains will be warned at the beginning of the game to have all their players remove such items.
 - b. During the game, players found with such items will be asked to leave play until the item is removed or properly secured.
2. Religious wear may be worn while participating and must not be a safety risk to the participant, participant's team, opponents, or officials.
 - a. Items that are a safety risk will be asked to be properly secured.
 - b. It is the responsibility of the player to properly secure the item safely.
 - c. If there are any questions about an item's safety risks, players should contact League Staff, or the Intramural Coordinator more than 24 hours prior to their game.
3. The following equipment will be required and/or provided:
 - a. **3 Game Balls**
 - i. Game balls will be provided for game play only (not for practicing).
4. The following equipment will be optional:

- a. If available, practice equipment may be signed out at the equipment desk.
 - b. Custom team shirts
 - i. Must be all the same colour (contrasting to opponent).
 - c. Knee pads
5. Proper attire must be worn to participate (no jeans or pants / shorts with zippers).
- a. Proper athletic footwear for the sport is required (no street shoes, boots, dress shoes, bare feet, or sandals etc).
 - b. Any type of gloves that may give a player an unfair advantage when catching a ball is not allowed.
 - i. If allergic to the material of the balls being played with, please contact league staff.
6. Knee braces must be padded with slow to recover foam, not just pants.
7. Gym bags, shoes, and any other clothing or items must be kept outside of the gym.
- a. The gym will be emptied of all other materials outside of the gym bag where the official is standing. There is to be no benches, seats, or tables in the gym.

Part F: General Game Rules

1. Playing Time
 - a. Games consist of up to nine, maximum five minute rounds.
 - i. A warning will be given during each round at one minute remaining.
 - b. Once a team has won five rounds, both team captains may agree to continue to score (*i.e.* games may end 5-4 or 7-2 instead of 5-2).
 - c. At the 10 minute remaining mark, the official will indicate to both teams at the start of the next round that this is the final round.
 - d. No game shall exceed 55 minutes after the scheduled start time.
2. Overtime/Tie
 - a. If a round is tied, it shall stand as a tie.
 - b. If a game is tied at the end of the final round, the game will be recorded as a tie.
3. Time Outs: There will be no timeouts during the regular season.
4. Mercy Rule: There is no mercy rule.
5. A game recorded as a default/forfeit will be scored 5-0.
6. The winner will be determined as the team that has won the most rounds at the end of the game.
7. Games will be played in CIF Gym 1, CIF Gym 2, and CIF Gym 3.

Part G: Specific Game Rules

1. If the game is completed ahead of schedule, the remainder of the time can be used to play friendly, non-scored rounds.
2. All balls are dead at the end of the 5 minute round time.
 - a. Any live balls in the air when the whistle is blown are immediately dead, as if they hit a wall.
3. Teams will start the round touching the back wall on their half of the playing zone, which extends to the wall.
 - a. The official will place the balls on the centre line of the court.
 - i. If any player wishes to do so they may ask the official to adjust the balls if necessary.
4. One point is awarded for each round won.
 - a. A round is considered won, by the team with the most members left in the play area after 5 minutes of play or the team that successfully eliminates all members of the opposing team from the play area.
5. Players travelling to and from jail must ALWAYS travel beside the wall on their right hand side.
6. Players are required to completely go to the wall before crossing into the other team's zone.
 - a. This prevents interference with game play or the prevention of key plays.
 - b. Any violations of this rule will result in a warning from the official.
 - c. Following multiple warnings, the offending player will be asked to leave the gym.
 - i. From this point on, it will be up to the official to decide whether or not to eject the offending player from the rest of the rounds altogether.
7. A player who is ruled out must go to their team's jail through the designated corridor.
 - a. As a courtesy to the other team and to prevent any possible injury, players that are out and on their way to jail must raise one hand to indicate that they are out.
8. A ball is considered live when thrown by any player in the game.
 - a. The player throwing the ball may be either in the playing zone or in jail.
 - b. A ball that bounces off or glances off a player in the playing zone remains live until it becomes dead.
 - c. A live ball may eliminate a player on either team, which is considered friendly fire if thrown by the same team.
9. A ball is considered dead when it either strikes another ball or anything else in the gym that is not a player in either playing zone.

- a. This includes, but is not limited to:
 - i. Walls
 - ii. Floor
 - iii. Ceiling of the gym
 - iv. The official
 - v. Players in either jail
 - vi. Any other obstructions (such as the basketball nets)
10. A player that is struck by a live ball is out, unless that ball is caught by any player on either team or by those in jail.
11. If a playing-zone player throws the ball across the centre line and it hits an opposing player, then remains in the air back across the centre line and is caught by the original player or a teammate of the original player, the opposing player is safe.
 - a. This also includes any ball that is thrown by a member in jail, bounces off a live player, and then the original thrower catches the ball.
 - b. A player is out even if the live ball that contacts them originates from their own team.
 - c. A player struck by a dead ball is not out.
 - d. A ball in a player's hands is considered an extension of the player's body and therefore if he/she deflects a ball with one in their hands, it is as if the player was struck.
12. Throwing the ball requires the player to demonstrate a firm grip before releasing the ball for it to be considered live.
 - a. Spiking, kicking, and similar actions used to propel the ball that are not considered throwing are not allowed.
 - b. A player who performs such an act goes to jail and the ball is given to the opposing team.
13. If a live ball thrown by any member of the opposing team is caught by a player in the playing zone, one player from that team returns from their jail.
 - a. If there are no players in the team's jail and the player who threw the ball is in the playing zone, then that player is out.
14. Players may not step or reach across boundary lines (centre line and jail lines) for any reason.
 - a. A player in the playing zone who violates this rule will be ruled out.
 - b. Players in jail who violate this rule will be forced to return control of any balls obtained illegally to the other team.
 - c. A ball that is still in the air or bouncing can be caught by a player, as long as their arms are the only thing over the line.
 - d. If a ball is on the ground across a line and not moving, an opposing player cannot pick that ball up.

- e. If a player continues to cross the lines after being warned, that player may be given a penalty at the official's discretion (ejected from the round or game).
15. If there are no players in the opposing team's jail, the boundary line extends to the rear wall.
- a. If a player is on their way to the jail, they are considered in jail and any ball in the jail area is to remain there for them.
 - b. At the discretion of the official, players will be given a grace period to vacate the jail area upon the arrival of this player.
16. If a player is called out while in possession of a ball, they must immediately drop the ball and go directly to jail.
- a. When heading to the jail players are not allowed to interfere with a ball, other players, or the play area in any way or form.
17. If an official blows their whistle, players in possession of a ball must hold them and stop all play. The official will blow their whistle again to resume play after the incident has been resolved.
- a. The official will stop the playing time additionally and restart the timer.
18. Players are to self-officiate being hit and stepping over lines in an honour system. The official's main role shall be to clarify rules, enforce safety, and to resolve any disagreements between teams, as well as watching for the honesty of the teams. It is not the official's role to call out players on a consistent basis.
- a. If an official catches a player cheating or trying to get away with it, they will call the player out and it will be considered towards the SOC of that team.
19. Both teams must continue to try to eliminate remaining players on the other team. They may not simply throw balls back and forth between the playing zone and the jail in an attempt to waste time.
- a. If the official determines that a team is wasting time, the official will warn the team and if persisting, may decide to call players out or award the ball(s) to the other team.
 - b. Once warned a second time, if persisting, the official may award the win to the team not wasting time.
20. The speed of the game is controlled by the official.
- a. If the official feels that a player is holding a ball for an extended period of time, the official will instruct that player to throw the ball.
 - b. If the same player consistently is not moving the ball at a good pace, the official may assess a penalty (ruling them out or ejecting them from the round).
 - c. If the player puts the ball on the ground to waste more time instead of holding it in their hand or passes the ball to another player to "re-start" the holding time, the other team will be awarded the ball by the official.

- d. There is not a five second rule in effect but stalling the game is not allowed.

Part H: Penalties, Fouls, and Misconducts

1. No head-shots will be allowed.
 - a. A head-shot is defined as direct contact to a player's head.
 - b. If a head shot is, at the discretion of the official, intentionally committed, the player committing the infraction will be given a warning.
 - c. If the official sees the same player throw another head shot intentionally, the official will remove that player from the gym for the remainder of the game.
 - d. If the official determines that the player intentionally used his/her head to block the ball, that player will be out as if it did not hit their head.
 - e. If a player ducks or tries to catch a ball and still gets hit in the head, it is still considered an out, due to the fact that they performed some form of a preventative action to avoid the ball.
2. Players may not pinch the outside of the ball material to throw or place their fingers in holes in the ball.
 - a. This practice will ruin the balls even more than usual wear.
 - b. If players are caught multiple times doing this, they will be removed from the gym.
3. Players are not allowed to lick their hands to attempt to gain grip on the ball.
 - a. This is not sanitary and spreads germs.
 - b. If a player is caught doing this, they will be issued a warning. If this behaviour is repeated, the player will be removed from the gym.
4. "Suicides" are not allowed.
 - a. The act of a player intentionally walking over the line in order to be called and go to jail is considered a "suicide".
 - b. A member of a player's own team intentionally getting them out via friendly fire is considered a "suicide".
 - i. The official will determine if one or both of the players are at fault in regards to who is penalized.
 - c. If a player commits an obvious "suicide" they will be warned and if the behaviour is repeated they will be removed from the gym and return in the next round – no substitution will be made.
5. No kicking the ball will be allowed.
 - a. Violations of this rule may result in penalties (out, ejected from round, or game) or more serious punishment such as conduct reviews.
 - b. A player may stop a ball with their foot but cannot kick the ball to pass it to another teammate.

Part I: Playoff Specific Rules

1. In the event a game is tied after 9 rounds (e.g. 4 wins each and a tie), a 10th round shall be played to determine a winner.
 - a. The 10th round will be played with only 4 players per side.
 - b. If after the regular 5 minutes both teams have an equal number of players alive, the official whistle will not be blown and the teams will continue to play until one side has an advantage.
 - c. Either the next elimination or the next successful catch will determine the winner.

Part J: Tie-Breaking Procedures

1. If teams have the same number of points at the end of the regular season, the following will be used in order to determine the team that is ranked higher in the order they are listed:
 - a. The team having the higher S.O.C. will be ranked higher.
 - b. The team with the fewest defaults and forfeits will be ranked higher.
 - c. The team with the fewest defaults will be ranked higher.
 - d. The team having won the head-to-head match will be ranked higher.
 - e. The team having the best ratio of points for/against will be ranked higher.
 - f. The team having the better point differential will be ranked higher.
 - g. A coin flip will determine the team to be ranked higher
2. If multiple teams are tied, the above criteria will be used until one team is ranked higher OR lower. The process will then reset and continue until all teams have been ranked.

If there are any questions about the above rules, please email League Staff at leagues@uwaterloo.ca and they will be more than happy to explain and clarify any questions.