

Princeton University Intramural Sports X-treme Dodgeball Rules



The Intramural Sports program is self-officiated by teams participating in league play. Teams are required to read and understand the rules prior to their first game of play. If participants have questions regarding the rules, the IM Supervisor will be present to clarify all rule interpretations, however they are not the referee for the game. Teams must call all penalties and infractions using the “honor system”. The rules listed below must be followed by all teams in order for the games to remain consistent for league play. IM Policies can be found at <http://campusrec.princeton.edu/intramural-sports>.

I. EQUIPMENT/UNIFORM/ELIGIBILITY

- a. All Players **MUST** present their Princeton University ID card in order to participate.
- b. Only Princeton University students, Faculty, and Staff members are eligible to participate. Faculty and Staff must have a Dillon Gymnasium membership, or pay the guest rate, for entry to facility.
- c. X-treme Dodgeball will be played in a squash court.
- d. Non-marking soled sneakers must be worn at all times.
- e. A person from each team must use an ID to check out the dodgeball equipment from the IM Supervisor on duty.
- f. All players must wear a jersey/vest during play to designate if you are in or out of the game.
- g. No hats with brims or jewelry will be worn during play.

II. NUMBER OF PLAYERS/GAME TIME/FORFEIT PENALTY

- a. A team can be comprised of eight (8) players. Each team will have four (4) players on the court at a time. A minimum of three (3) players is required to start the match. A team that begins with three players may not add the fourth player until the beginning of the next game.
- b. Teams must arrive 10 minutes before their scheduled start time. A 5-minute grace period will be given after the scheduled time. After the 5 minutes, the game will be officially considered a forfeit by the IM Supervisor.
 - i. Note that playoff seeds will be based on a points system. Forfeiting a game will result in your team losing points. Forfeiting 2 games will result in your team being removed from the league.
 - ii. Players must participate in at least 1 regular season scheduled game in order to play in the playoff tournament.
 - iii. A Forfeit is when a team is scheduled and no one from the team arrives for their game. Each Forfeit costs a team \$25.00.
 - iv. A Default is when less than the minimum required for a legal team arrives, and both teams decide to scrimmage and use the time reserved for their game. Defaults only count as a loss for your record, and no money is charged to the team. However, a team with 2 defaults will be removed from the league immediately.

III. GENERAL RULES AND REGULATIONS

- a. The Intramural Supervisor will perform a coin toss, offering the winning captain the choice of court sides. Teams will alternate sides for each individual game that follows.
- b. X-treme dodgeball will consist of two (2) 12-minute halves, with a 5-minute break in between halves. If time runs out in the half before a game is finished, the game will continue until all players on one team are eliminated.
- c. The winner of the match will be the team with the higher total games won. A game will be won when all of the opposing team members have been declared out.
- d. **During Playoffs:** In the event of a tie (both teams having the same number of total games won), a 3-minute overtime period will be played. The winner being the team to win the most games in that 3-minute period.
- e. All matches will be supervised by a court monitor. The court monitor's responsibilities will be to:
 - i. Serve as a time keeper for the match,
 - ii. Keep score of games won,
 - iii. Call "5-second violations", and
 - iv. Keep record of any unsportsmanlike conduct penalties.
- f. **To begin play:** all players will take position behind their attack line. Following a signal by the court monitor, teams may approach the center line to retrieve balls.
 - i. Four balls will be used for the game. Each team will have two balls to start, aligned on the center line.
 - ii. All players will rush forward at the start of each game and retrieve the two balls to the right of mid-court. If the balls remain on the center line after a team has retrieved and moved their balls beyond the attack line, those balls may also be retrieved by either team.
 - iii. Each/every ball retrieved at the opening rush must first be taken behind the attack line and into the team's back court before it may be legally thrown at an opponent.
- g. A "live" ball is a thrown ball that strikes, or is caught by, an opposing player without/before contacting the ground, another player, another ball, or the wall. A ball will only be considered live if it's thrown from behind the team's attack line. If a player's foot makes contact with the attack line during a throw, it will not count as a live ball.
- h. Any thrown ball which hits an opponent **above the shoulders** will not be deemed a legal hit and the game will continue.
- i. The object of the game is to eliminate all opposing players by getting them "out". An "out" is scored by:
 - i. Hitting an opposing player below the shoulders with a live thrown ball.
 - ii. Catching a "live" ball thrown by your opponent.
 - iii. Causing an opponent to drop a held ball as a result of contact with a "live" thrown ball.
 - iv. A player stepping in his/her team's active penalty box.
- j. Upon being "out", the eliminated player must remove his/her jersey and stand in the back left corner of the court, which will be designated a "penalty box". Once a player is out, he/she **CAN NOT** re-enter the game, and must wait for the next game to start before playing again.
- k. Any ball hitting the sidewall will be considered a dead ball. Players cannot be eliminated by a ball bounced off of a wall.
- l. Rules will be enforced primarily by the honor system, and games will be self-officiated. Players will be expected to rule whether or not a hit was legal and/or whether they were legally eliminated. **THE COURT MONITOR WILL NOT BE RESPONSIBLE FOR RULING ON CALLS.**
- m. Substitutions will be allowed only between games, before an overtime period, or during an injury time out.

- n. The following penalties and infractions will be called by the court monitor:
- i. **Stalling** – a team losing during an individual game must be given the opportunity to eliminate an opposing player.
 - This requires a minimum of one (1) ball to be at the disposal of the disadvantaged team.
 - It is illegal for the leading team to control all of the balls for more than 5-seconds.
 - If the leading team has control of all four balls, they must make a legitimate effort to get at least one ball across the opposing team’s attack line and into the opponent’s back court.
 - If this effort is not made within 5-seconds, a “5-second violation” will be called by the court monitor on duty. **Penalty:** Team loses a player.
 - A team can avoid this violation by throwing or rolling a ball into the opponent’s back court.
 - ii. **Unsportsmanlike conduct** – all unsportsmanlike conduct will be assessed by the court monitor. Unsportsmanlike conduct will include, but not be limited to:
 1. Foul language
 2. Unnecessary roughness
 3. Abuse of the honor system
 4. Arguing with the court monitors

A player will receive a warning upon his/her first infraction of unsportsmanlike conduct. Any single player receiving two unsportsmanlike penalties during a match will be ejected from the match and subject to further penalties. Accumulation of three unsportsmanlike conduct penalties by a team will result in the deduction of a game from their team’s total games won. Upon a team’s fourth unsportsmanlike conduct penalty, the team will forfeit the match.

Revised: Jan. 2017

Court Diagram

