

**University of Oregon
Recreational Sports**

Dodgeball Rules

The Game

1. 2 teams of 6 players
2. Minimum to start is 4 players (COED min. 2:2 ratio maintained within 1 at the start)
3. Best 3 out of 5 games
4. Self-Officiated with official on site
5. Game time is forfeit time

The Court

1. Playing area is the boundaries of the Volleyball Court.
2. The court is divided into 2 sides by a center-line and has attack-lines 3m behind, and parallel to, the center-line.

The Game

1. The object of the game is to eliminate all opposing players by getting them "OUT".
2. A player will be "OUT" if:
 - a.) He/She gets hit by an opposing player below the shoulders with a LIVE ball
 - b.) An opponent catches a LIVE ball before it touches the ground
 - c.) He/She crosses mid-court or a boundary line to avoid being hit
Stepping on any boundary line is considered leaving the court
 - d.) He/She attempts to catch a ball and drops it

Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor, another ball on the floor, referee, or other item outside of the playing field (wall, ceiling, etc.)
A ball that hits a player is still LIVE. If a ball hits multiple people before becoming dead it will result in multiple OUTS.

3. Dodgeballs are placed along the center line – 3 on each side of the center hash
4. Players take a position behind their end line.
5. Games start on ref's signal. Teams may then retrieve balls from the center line.
6. Once a ball is retrieved it must be brought back into play and taken behind the attack-line before it can be legally thrown.
7. Players may only leave boundaries to retrieve stray balls and can be hit while retrieving balls.
9. A player may deflect a ball thrown by an opponent with a held ball. The deflected ball is still a live ball until it hits the floor, wall, or ceiling.
10. A player may block a ball and catch it while it is live.
11. If a player catches a ball one of his/her team mates will be allowed to re-enter the game
12. Players may only have possession of multiple balls behind the attack line
13. Headshots will result in the thrower being called out

Eligibility

1. Current U of O students, faculty and staff
2. EVERY PLAYER MUST SIGN THE ROSTER BEFORE PARTICIPATING
3. Players must bring a valid UO ID to EVERY game
4. NO ID = NO PLAY
5. Players can only play on one gender specific and one coed team at the same time

Equipment

1. Rec Sports will provide game balls
2. Proper attire and non-marking shoes are mandatory
3. Contact lenses or protective goggles are highly recommended

Timing

Each game has a 5-minute time limit. If neither team has been eliminated at the end of 5 minutes, the team with the greater number of players remaining will be declared the winner. In the case of an equal number of players remaining after regulation, a sudden death overtime period will be played. The first team to eliminate an opposing player in overtime will win the game.

Overtime begins with the players who were remaining at the end of regulation. Every minute into overtime each team will add one player. Coed leagues will alternate the gender each minute. Matches will be best three out of five games.

Time Outs

Each team is allowed one 30-second timeout per game. The game clock will stop during a timeout.

Substitutions

Substitutions may only be made between games, during a timeout, or in the case of an injury.

5-Second Violation

If a clear advantage is being gained by holding the balls then a 5 second stalling violation will be called. A violation will result in the referee stopping play and the ball being given to the opposing team.

Rules will be enforced primarily by the "honor system". Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. All contests will be supervised by a referee. The referee's responsibility is to rule on any situation in which teams can NOT agree.

THE REFEREE'S DECISION IS FINAL – NO EXCEPTIONS!

Sports Code

1. All participants and spectators are governed by the SPORTS CODE available in 102 Esslinger.
2. Only captains may address supervisor
3. Team captains are responsible for their sidelines and spectators.
4. Negative consequences for the team may result as a direct reaction to spectators' behaviors or actions.

NO alcoholic beverages permitted on University property

PROTESTS

Only protests involving player eligibility will be considered. All other protests will be handled by the referee during the match.