



# CAMPUS RECREATION

## *Illinois State University*

### **Intramural Dodgeball RULES OF PLAY**

Please consult the [Intramural Sports Participant Handbook](#) for the complete list of Intramural Sports policies.

**National Amateur Dodgeball Association (NADA) rules will be in effect except for the following modifications:**

#### **Location**

- Games will be played at the Student Fitness Center (SFC) on Court C.
- Please give yourself plenty of time to get to your games ahead of schedule. Remember that all team members must be signed in and ready to play at game time to avoid a forfeit.

#### **Schedule**

- Minor Sports will be structured as a two (2) game regular season followed by a double elimination playoff for qualifying teams.
- If your team is unable to make it to your game, be sure to contact the Intramural Sports Office at [intramuralsports@ilstu.edu](mailto:intramuralsports@ilstu.edu) by 2:00pm the day of your game (if your game is scheduled during the weekend, you must contact the Intramural Sports Office by 2:00pm the Friday before your game). This will enable your team to be credited with a default rather than a forfeit.
- Unfortunately, Intramural Sports games can be impacted by the weather. We reserve the right to cancel, postpone, or reschedule games due to inclement weather. When inclement weather arises, Intramural Sports staff will send out cancelations via IMLeagues.
- Regular season games canceled due to inclement weather may not be rescheduled due to the limited amount of time and space to play. When playoff games are postponed due to weather, the Intramural Sports Staff will make every effort to make up all remaining games in the playoff tournament. Playoff brackets will be updated on IMLeagues to reflect the updated dates and times.

#### **Players**

- A legal team shall consist of six (6) players, but a team may start with a minimum of four (4) players.
- Coed teams may play with any combination of the following:
  - 3 males & 3 females
  - 2 males & 3 females
  - 3 males & 2 females
  - 2 males & 2 females
- A speaking captain must be designated for each team. She/he alone may appeal to the supervisor, and then only on interpretations of the rules. Games are self-officiated. Any discrepancies must be settled by team captains within 1 minute or the match will be declared a forfeit for both teams by the Competitive Sports Supervisor. If a protest occurs, the game is to be stopped immediately and proper documentation must be filled out before play resumes.

#### **Eligibility**

- Please reference the [Intramural Sports Participant Handbook](#) for any eligibility clarification.

## Playoffs

- In order to make the playoffs, teams must meet the following criteria:
  - The team must maintain at least a 3.0 team sportsmanship rating throughout the season.
  - No team that forfeits any regular season game will be allowed to participate in the playoffs.
- Teams are able to add players to their roster at any point, including playoffs.

## Equipment

- **No jewelry is permitted during play**
- Intramural Sports will provide dodgeballs.
- Teams are recommended to wear like colored shirts with numbers.
- **NOTE:** You must schedule an appointment with a Competitive Sports Administrator prior to playing if you have a special equipment need (i.e. religious or medical). All equipment decisions made on site by the Competitive Sports Staff on duty shall be final.

## Game Regulations

- The first team to legally eliminate all opposing players will be declared the winner. A five (5) minute time limit has been established for each contest.
  - If neither team has been eliminated at the end of the five (5) minutes, the team with the greater number of players remaining will be declared the winner.
  - If an equal number of players remain after regulation play, a 3-minute sudden-death overtime period will be played.
  - All overtime periods will begin with an equal number of “balls in hand” behind a teams’ end line. Any player left on the court after regulation will remain on the court for overtime. The first team to eliminate any one (1) opposing player will be declared the winner.
  - Teams must win three (3) out of five (5) games.
- Eliminating an opponent may be done by:
  - Hitting an opposing player with a LIVE thrown ball.
    - A player hit directly in the head will not be called out
      - A player may not duck their heads in front of an oncoming ball, if they do so, they will be called out.
    - If the Competitive Sports staff deems a player is intentionally throwing at a person’s head, they will be subject for ejection.
  - Catching a LIVE ball thrown by your opponent before it touches the ground.
    - A player from the team who catches the ball will be allowed to return to play.
    - Players may only come back into the game **in the order in which they were eliminated.**
- Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, or other item outside of the playing field (wall, ceiling, etc.)
- Players will begin each game on their own end line. Each team will be provided three (3) balls to start the game. There are six (6) total available during play. Balls will not be placed on the centerline to start a game.
- Eliminated players must walk behind active players or jog off the court. These players may not purposely deflect incoming dodgeballs.
  - First offense – Verbal Warning
  - Second offense – A player on the offending team will be eliminated
  - Third offense – Team will be disqualified
- A player shall not:
  - Have any part of their body cross over the centerline and contact the floor on their opponent’s side of the court.
    - **NOTE:** A player may, without penalty, step on the centerline.
- The team winning the coin flip will have choice of sides to begin the match.
- No team time-outs will be allowed, except for injuries.
- All games are self-officiated. If there are discrepancies, the team captains must reach an agreement. If no agreement can be reached, the preceding play will be re-played. If the dispute cannot be resolved within one minute, the game will result in a double forfeit.

## Stalling & 5-Second Violation

- A team trailing during a regulation game must be given the opportunity to eliminate an opposing player. This requires a ball to be at the disposal of the trailing team.
- It is illegal for the leading team to control all the balls for more than five (5) seconds. If the leading team controls all the balls (i.e. all the balls are located on their side of the center line) they must make a legitimate effort to get at least one ball across the attack line and into the opponent's backcourt. If this is not done within five (5) seconds, a "5-second violation" will be called. A team may avoid a 5-second violation by throwing or rolling a ball into the opponent's backcourt.
- Penalty for 5-second violation(s):
  - First Violation: Stoppage of play and balls will be divided evenly between the teams. Play will continue with "balls in hand".
  - Second Violation: FREE THROW for the opposing team- a penalty in which one player is allowed an unobstructed throw at their opponent(s) without risk of elimination. This is possible because a caught "free throw" does not result in an "out" for the thrower.
  - Third Violation: Ejection of one (1) player from offending team.

## Grace Period

- If at game time a team is not ready for play, a 10 minute grace period will be automatically enacted.
  - Step 1 - 0 – 9:59 minutes, a team which is not ready to play will be penalized and start down one (1) game and cannot receive more than a 3 sportsmanship rating.
  - Step 2 – Competitive Sports Supervisor will call forfeit at the 10 minutes if a team is not ready for play (dressed, on the court, signed in) mark and a forfeited team will receive a 0 sportsmanship rating.

Minutes Late	Penalty	Sportsmanship
0-9:59 minutes	Starting score 1-0	Max 3
10 minutes	Forfeit	Max 0

## Mercy Rule

- There will be no mercy rule for Intramural Dodgeball.

## General Information

- Prior to Game Time:
  - Players must check in at the field they are scheduled to play. Valid IDs must be presented at check-in. Acceptable forms of IDs are:
    - Current Illinois State University student ID.
    - Current faculty/staff ID with photo ID.
    - Drivers License or other valid photo ID (if already on active roster).
- NO ALCOHOL OR TOBACCO is allowed at any Intramural Sports venue. Anyone found consuming alcohol or using tobacco products will be asked to leave the facility and may face additional disciplinary action. Participants who appear to be under the influence will also be asked to leave.

## **Sportsmanship**

Intramural Sports has developed a sportsmanship rating system that is intended to be an objective scale utilized by the Intramural Sports team members to evaluate attitude and behavior throughout each Intramural Sports contest. After each game, the Officials will rate each team on their sportsmanship before, during, and after each Intramural Sports game. To be eligible for the playoffs each team must average a 3.0 or better throughout the regular season.

A sportsmanship rating below 3 is considered to be 'unacceptable'. Any team receiving an unacceptable rating will be notified via email. Any team receiving a sportsmanship rating of 1 will be required to set up a meeting with the Intramural Sports Office prior to their next scheduled contest. Failure to do so will result in the forfeiture of any subsequent games.

Teams receiving an unacceptable sportsmanship rating in the playoffs will be eliminated regardless of the outcome of the game. An unacceptable rating in the playoffs may subject the offending team to further consequences as determined by the Intramural Sport Office for other Intramural Sports activities or seasons.

<b><u>Scale</u></b>	<b><u>Description</u></b>
<b>5</b>	Excellent Conduct and Sportsmanship - Captain, players, and fans all display an excellent attitude. Conduct is positive and respectful at all times, even if the opponent does not display a high level of sportsmanship. If necessary, the captain calmly converses with the Intramural Sports Officials regarding rule interpretations and calls. The team has winning and losing in perspective such that their conduct in all ways provides an example for the league and the program.
<b>4</b>	Good Conduct and Sportsmanship - The team shows good sportsmanship and cooperates with the opposing team, Officials, and Competitive Sports Supervisor. Opponents are treated with respect and there are no warnings, yellow cards, or unsporting technical fouls.
<b>3</b>	Average Conduct and Sportsmanship - The team still shows cooperation with officials and opponents but may have some complaints and grumbling. Good attitude is missing on occasion but there are no blatant displays of bad attitude. The captain is in control of the team.
<b>2</b>	<b>This is an unacceptable rating.</b> Below Average Conduct and Sportsmanship - Team constantly comments to the Officials, Supervisor, and/or opposing team from the field and/or sidelines. Poor sportsmanship may include non-verbal and disrespectful attitude toward the officials or opponents. Team captain exhibits little or no control over teammates or himself/herself.
<b>1</b>	<b>This is an unacceptable rating.</b> Poor Conduct and Sportsmanship - Captain has no control over teammates and/or himself/herself. Team is completely uncooperative and poorly represents themselves and the Illinois State Intramural Sports Program. Player ejections, malicious intent, and cheating could all be behaviors displayed by a team receiving a 1.

If a team feels they have been rated unfairly by the Officials during the game, there is a section on the sportsmanship evaluation form that allows Captains to appeal the rating and provide personal input.

***\*\*\*The Intramural Sports Office reserves the right to put into effect any new ruling regarding Intramural Sports policies, procedures and unsportsmanlike conduct\*\*\****