

BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY INTRAMURAL DODGEBALL RULES OF THE GAME

Section 1: Intramural Policies and Procedures

Eligibility, defaults, forfeits and concedes, conduct, appeal and attire are covered in detail in BCIT Intramural Policies and Procedures.

Section 2: Authority

The Sports Programs and Intramurals Coordinator, Justin Lee, has the maximum authority to ensure that dodgeball game runs in appropriate and “proper manner”. This implies that they may deal with any form of unsportsmanlike conduct in any manner that they may deem necessary. This includes, but is not limited to: ejecting players, forfeiting a team, and forfeiting a contest.

Section 3: Glossary

- **Dead ball:** A ball that comes to rest outside the boundaries, a ball that has been declared as a dead ball by the referee, or (in terms of outs) a ball that hits an object/surface/teammate before the player.
- **Live ball:** A ball that has been activated (see “General Rules” #-)
- **Match:** A match is a series of games played against a team, time of 30 minutes.
- **Trap:** When a player makes a catch using another surface/object including the ground, wall, or teammate (see “Catch” #6)
- **In:** Being eligible to participate in the game on court.
- **Out:** Ineligible to play in the game as a result of being hit, caught, or touching/going past the attack line.
- **Opening rush:** When players approach the center line to retrieve the balls at the signal of the referee (see “General Rules” #4).
- **Full control:** A player is in full control of a ball if he/she is able to release the ball in an obvious and deliberate action.
- **Reset:** An attempt to stop the ball counts in order to prolong possession (see “Dead Ball” #7).

Section 4: Number of Players

Each team may register any number of players unless otherwise deemed by the Sports Programs and Intramurals Coordinator. Dodgeball is played 5 players per side and teams can play with as few as 4 players before defaulting. **Players cannot be added to the roster after the conclusion of the regular season.** Special consideration may be obtained from the Intramurals Coordinator.

Section 5: Transfers and Additions

No player, having played for one team, shall play for any other team during the league’s schedule. Special consideration, however, may be given to players on a forfeited team and players on overcrowded teams. All transfers have to be approved by the Sports Programs and Intramurals Coordinator. Players that have not played during the regular season are not allowed to play during playoffs. All playoff participants must have played at least two regular season game.

Section 6: General Rules

1. Six standard foam balls (elephant or rhino skin) are placed on the center line in two groups of three. Each group of three is placed at opposite ends of the center line, in front of the referees.

2. **Opening Rush:** Players must touch the back wall at the start of the game. After the starting countdown of “3,2,1 Dodgeball!” teams approach the center line to retrieve the balls on their right.
3. Teams can only take the 3 balls to their right initially (see “Technical” #2)
4. Balls must touch the back wall before they are live off the opening rush. The ball is dead otherwise.
5. Players attempt to eliminate opponents by hitting them with balls or catching their throws. If a player is hit with a live ball, that player is out.
6. Eliminated players’ must raise his/her arm to signal that they are out, and leave the court immediately to minimize game play disruption.
7. Eliminated players’ line up against the blue curtain wall, next to referees according to the order of elimination.
8. Substitutions may occur after each individual game.
9. Players are to play by the honour system. If in doubt, players should call themselves out.
10. Play continues until one team is eliminated.
11. During league play, if the teams are tied at the end of the regulation time, it will end in a tie game.
12. During playoffs, when the buzzer goes off after 30 minutes and the game has not finished:
 - i. The match will end if one team is winning the series of games. The winning team will be declared the winner.
 - ii. The game will stop if both teams are tied and a new game will take place. It will be a sudden death game until a winner is declared.

Section 6: Rules of Play

A. Boundaries

1. **Attack Line (Top Boundary Line):** Players are not allowed to step on or over the Attack Line (navy blue); if they do, they are out. The only exception is during showdown.
2. **Sideline:** Players are not allowed to remain outside the sidelines (light blue) at any time; if they do, they must return to play in a direct and quick manner, otherwise they will be deemed out.
3. **Neutral Zone (between the Attack Lines):** Players are allowed to interact in this zone.
4. **Center Line:** Where the dodgeballs are placed for opening rush.

B. Hit

1. A player is considered hit only if there is direct contact with a released ball by the opposing team (except for “Failed Block” – see “Blocking” #2).
2. **Clothing:** Uniforms and accessories are considered part of a player’s body.
3. **Hit Etiquette:** If a player is hit, they must drop all held balls, raise his/her arm to signal that they are out, and leave the court immediately to minimize game play disruption. Once on the sidelines, knocked-out players are **NOT allowed** to kick or pass balls to their teammates. This is illegal and will result in the ball being turned over to the opposing team.
4. **Headshots:** To simplify the game, all headshots count. However, we do not condone intentional headshots. We reserve the right to discipline players if there are repeated violations or if the single violation is severe (see “Code of Conduct”).
5. If in doubt, players should call themselves out. If in doubt, you are out.

C. Catch

1. A catch is when a player retains **full control** (see “Glossary”) of a ball released by an opponent. While possession does not require both feet on the ground, the player must maintain full control of the ball without using any out of bounds area or floor as leverage. He/she may not **trap** the ball either. (See Glossary - Trap)
2. If a player catches a ball thrown by an opponent, the thrower is out and one player returns to the catcher’s side in the order of first out, first in.
3. In order to be eligible to return to the game, the player who is out must be at the wall or sideline next to the designed referee before a teammate makes a catch to bring a player back in. *The intention of this rule is to ensure that the player being brought back in was clearly hit out prior to the catch* (see “Technical #11 & #12).
4. **Returning players after a catch:** After a catch, returning players must run straight back to the wall to be re-activated. If the player purposely plays a ball while returning back to the wall before touching it, they are out. The player cannot be hit out until they have been re-activated.
5. When a dead ball thrown is caught, it is considered a legal catch.
6. **Attempted catches:** If a player attempts to catch a live ball thrown by the opposing team, but drops it or allows it to touch any surface/object (other than themselves) before gaining **full control** (“Trap”, “Full Control” – see “Glossary”), the player is out.
7. **Catches after blocks:** It is considered a catch if an opponent’s ball hits a blocking ball and is then caught by the blocker. The blocker, however, must have the blocking ball in possession when making the catch; otherwise they are out (see “Technical” #6 & #7).
8. If the ball deflects off a player’s body, only that player can make a legal catch afterwards. The ball is dead if another player touches it, or it hits a surface or object before it is caught (see “Block” #2). This is considered a failed catch and the player is out.
 - i. If a thrown ball deflects off a player’s body (or blocking ball) and is caught by the player’s teammate, neither the thrower nor the person hit is out. The game shall continue as normal.
9. In order to make a successful catch, a player must retain possession of all their balls at the time of initial contact.
 - i. A player may NOT drop a ball currently in possession in order to catch an incoming ball. If a player drops his/her ball to catch an incoming ball, that player is out. If any ball held by a player comes out of his/her hands (intentionally or not) in an attempt to catch an incoming ball, that player is out. This is to avoid any controversy about whether or not a ball was knocked out of an opponents hands.
10. **Catching balls going out of bounds:** Players must be in full control (see “Glossary”) of the ball before going out of bounds, with both feet in bounds for a catch to be valid.
11. A double catch (and a triple catch) is legal if balls have not clearly contacted each other before they are caught. Otherwise, the balls would become dead.
12. In the case where a catch is made and no player walks off (i.e. the player did not see their ball get caught):
 - i. If the catch is observed by referees, but the thrower cannot be determined, the referees shall request one of the throwers to come off the court. Referees can assist by indicating the side that the ball might have come from.

- ii. If the catch is missed by all referees entirely and no one leaves the court, there is no dispute and play continues.

D. Block

1. A block is when a player uses a ball or balls in possession to keep themselves from being hit.
2. **Failed Block (Deflection Exception):** If an opponent's ball hits a player's blocking ball and then hits the blocker's body/clothing afterwards (without a catch), the blocker is out. If a player drops their blocking ball(s) as a result of trying to block an opponent's ball, they are out. If a ball hits the blocker's fingers or hand first while trying to block an opponent's ball, they are out. If a ball hits the blocker's fingers or hand first while trying to block, the blocker is out.
3. Catches after blocks (see "Catch" #C).
4. Dead balls cannot be used for blocking. A player is out as soon as they block with a dead ball.

E. Dead Ball

1. **Dead ball:** A ball that comes to rest outside the boundaries, a ball that has been declared as a dead ball by the referee, or (in terms of outs) a ball that hits an object/surface/teammate before the player.
2. **10-second holding rule:** The intention of the 10-second holding rule is to prevent stalling and encourage continuous play. Players can only hold the ball for 10 seconds. After 10 seconds, the ball is dead and must be turned over.
 - i. The 10 second count starts in these situations: (a) when a player picks up a ball, (b) when a player holds down a ball that is on the ground for longer than 3 seconds, (c) when a player maneuvers a ball alongside themselves on the ground to move to a different position on the court, and (d) when the first ball is activated at the opening rush (see "Technical" #1).
 - ii. The 10 second rule DOES NOT start in these situations: (a) when a player rolls a ball to another teammate (ball must not leave the ground), (b) when player rolls a ball back from the center line, and (c) when a player stops a moving ball.
 - iii. The 10-second count is announced: "10, 9, 8, 7, 6, 5, 4, 3, 2, 1, dead ball". The interval between the first utterance of each number or word must be at least one second. The count should be announced loudly enough for the player to hear, yet the onus remains on the players to keep count themselves and to be aware of the referee's count. If the player has thrown the ball before the first utterance of the word "dead ball", the ball is live.
3. **How to turn over a dead ball:** A dead ball, after a 10-second count, must be rolled over with the intention to touch the opposing team's wall (i.e. not just placed over the top boundary line). If a dead ball stops grey zone, the referees can intervene to assist the turnover.
4. Dead ball must be played by the receiving team before the other team can use it again.
5. **What happens to the countdown on balls that go out of bounds:** Countdown on balls is stopped once they go out of bounds and does not resume when the balls return to the court (see "Catch" #7).

6. Player cannot intentionally put balls out of bounds, or just over the Attack line to **reset** (see “Glossary”) the ball count. Those balls will be deemed as dead by the official and must be turned over to the other team.
7. **What happens to the ball count when a player is out:** When a player is out for any reason, all balls under their possession are to be dropped. Any countdowns on those balls are reset, unless any of those balls have already been deemed as dead balls by the official.
8. **Dropped balls:** Intentionally dropping or passing balls will not stop the 10-second count.
9. If the team has all 6 balls on their court and are not being used (i.e. all 6 balls are left on the ground) or referees deem both sides unwilling to pick up a ball (stalling), referees will begin a 20-second count.
 - A. **20 – Second ball on the ground rule:** The intention of the 20-second ball on the ground rule is to prevent stalling and encourage continuous play. Players cannot stand without a ball for 20 seconds.
 - i. Players who refuse to pick up a ball after 20 seconds will be called out.
 - ii. The 20 second count is announced; “20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1, player is out”
 - iii. Once a player picks up a ball, the 10-Second count will begin.

F. Other Plays

1. **Showdown:** If there is only 1 player left from each team, showdown goes into effect after 10 seconds. The procedure for showdown is: *Official* counts down 10 seconds, ending with “Showdown” to pause the game. All boundaries are dissolved. Players begin with 2 balls in their hands at their respective walls. One other ball will be placed at center court. When ready, showdown begins with a “3, 2, 1, showdown” from the referees.
 - i. Tagging the opponent in a showdown will not count; balls must be released in order to hit someone out (see “Technical” #8 & #9).
 - ii. During a showdown, both players must throw/attack with both starting balls before either player is permitted to pick up another. If a player picks up a ball before all original starting balls are thrown, that player is out.
2. **Kamikaze plays:** Players are not allowed to deliberately cross the top boundary line to make a play (i.e. jumping across to make a closer throw). Kamikaze plays will result in the thrower being called out. However, if the thrown ball is caught, it is considered a legal catch.
3. The use of the alcoves in the gyms during the game is illegal.

G. Technical

1. The ball countdown at the “Opening Rush” starts when the first of the 6 balls is activated. Once the countdown starts, the countdown applies to all 6 balls.
2. An opposing team’s balls at the center line can be taken once ALL of your own team’s balls are activated, and they must also be activated before it becomes live.
3. If you throw a ball at the opposing team while over the center line during the “Opening Rush”, you will be considered out.
4. When catching, a player must be in full control of the ball without using any out of bounds area or floor as leverage.
5. A player is not to use any part of their clothing, or assistive accessories to make a catch.

6. When attempting to catch a blocked ball, a player must hold onto ALL the balls that they had in possession of at the time of the block, otherwise the player is out.
7. **Countdown on balls that go out of bounds:** Countdown of balls is stopped once they go out of bounds and does not resume when the balls return to the court. Balls purposely placed out of bounds are exempt from the resetting of the count.
8. Any physical contact with an opposing player will deem the player that initiated contact "out".
9. If the ball is thrown before the *first utterance* of "showdown" (to pause the game), or "dead ball", the throw is considered as legal.
10. A ball must be picked up in order for the release to be legal. Smacking, spiking or scooping of a ball is not allowed and the hit will not count; however, if caught by the opponent, the catch is legal.
11. Players must line up next to the *referee* in the order they were knocked out. Players return to the game in the order they were knocked out. (i.e. Player A was hit our first and Player B was hit out second. Player B lines up next to the referees before Player A. A catch was made by their teammates but Player A has not lined up next to the referees, therefore the catch does not bring anyone back in).
12. **Crushed Balls:** If a thrown ball hits an opponent or their wall and rebounds squished, or unlike its original shape at the start of the game, it will be deemed a crushed ball (see "Other Details" #4). **Throwing a crushed ball will result in the thrower being "out"**. Repeat offenders will be charged for the replacement of a damaged ball.

H. Other Details

1. **Substitutions and timeouts:** Substitutions and timeouts are not allowed during a game unless there is an injury. The same 6 players who start a game must end the game. Substitutions may occur after each individual game (i.e. when you switch sides).
 - i. Replacement of an injured player: Only substitutes (players who did not start the game) are eligible to replace an injured player. In the case where no substitutes are available, the team will play short, or forfeit the game if the injured is the last live player.
2. **Honour System Officiating:** It is ultimately up to the players to enforce and uphold the rules of dodgeball when playing or refereeing. Dodgeball relies on the honour system, in which officiating is determined more between players and less from the referees. However, if there is a controversial play, the referees will make the final call. They have the right to stop a game and discuss the incident before proceeding.
3. Balls that go out of bounds are to be returned to where they became out of bounds, or stopped on the sidelines before they out of bounds.
4. **Ball treatment:** NO kicking, crushing, dunking, or playing basketball with the dodgeballs. A ball is considered crushed/oversqueezed if the ball thrown dose not resemble the original ball after hitting an opponent or wall.
5. Kicking a ball at an opponent during a game or in a showdown will result in the kicker being called out.
6. Players are not allowed to intentionally interfere with the opponents at the opening rush.

I. *Attire and Safety*

1. Players must wear proper gym attire. Shirtless play is not allowed. Clothing must not endanger the safety of other players.
2. Players may not use clothing or accessories to provide unfair advantage. Or unfairly inhibit or assist the movement of the ball to make a catch or throw.
3. Clothing (including uniforms and accessories) is considered part of the player's body.
4. Players are not allowed to play with gloves, bare hands only. Wraps for supporting recovering injuries are acceptable.
5. Proper exercise footwear is required at all times. Sandals, flip flops, marking shoes, dress shoes, and going barefoot are not allowed.

Section 8: Sportpersonship Program

Teams and players are expected to exhibit sportpersonlike conduct throughout every contest. Delay of the game, obscene language or gestures, and arguing with the staff constitutes unsportpersonlike behavior. Players may be penalized, ejected from the game, or possibly suspended from further games depending on the severity of the offense.

The Sportpersonship Program was put in place to ensure a safe and fun experience for all involved. Sportpersonship is a critical aspect of any sport and any level and rewards teams that compete with integrity and credibility. After each game, referees will rank the fair play of each team on a scale of 0-5 by answering the following: "Did the team significantly contribute to the enjoyment of this game in spirit and sportpersonship?"

The idea of the sportpersonship system is to encourage teams to participate knowing that referees and officials will be determining a ranking based on their play. At the end of the season, teams will be disqualified from playoffs if their sportpersonship average is below 4. Should a game official give a score to a team equal to or less than 3, that team will be contacted by the *Sports Programs and Intramurals Coordinator*, Justin Lee. That team will be provided with a brief written statement outlining the reasons why that decision was made. Any consequences from a sportpersonship score will also be explained. The ranking is subject to review by the in-game officials and the Programs and Intramurals Coordinator and a final score for sportpersonship will be determined.

**All sportpersonship scores are %100 subject to review by the Programs and Intramurals Coordinator and may be adjusted accordingly. Teams that make arrangements to circumvent the spirit of the sportsmanship rules will be deemed to have intentionally cheated and will face consequences related to intentional cheating.

Scaling:

- 0 – Poor Sportpersonship (fight, player ejection, etc.) or Default without 2 days' notice
- 1 –
- 2 –
- 3 –
- 4 –
- 5 – Good sportpersonship

The purpose of the Dodgeball Rules is to provide a guideline which describes the manner in which the games are to be played. The Intramural leagues place a high demand on each individual player being morally bound to abide by the rules. There is a high expectation for individuals to maintain a high level

of sportpersonship through responsible behavior. It is assumed that no player will intentionally violate the rules. An intentional foul would be considered cheating and a gross offense against the Sportpersonship values. Highly competitive play is encouraged but never at the expense of mutual respect between players. Such action as taunting, dangerous play, intentional fouling, or other win at all cost behaviors are contrary to the spirit of the game and must be avoided by all players.