6 on 6 Dodgeball Rules

PLAYERS & EQUIPMENT

1. Each participant must present a current UCR student, Alumni or faculty/staff ID card in order to be eligible to participate.

2. Each team shall consist of six (6) players. Each team must have a minimum of four (4) players to begin a match.

3. Each Co-Rec team shall consist of six (6) players (3 women and 3 men). Each team must have a minimum of four (4) players to begin a match (2 women and 2 men). If participating with five (5) players the team must consist of (3 women and 2 men).

4. Game balls will be provided for each match.

5. Equipment: All teams are required to wear the same color t-shirts or jerseys with a number on it. **NO TAPE** can be used to make a number (Spray paint is allowed). **NO UNIFORM = NO PLAY, NO EXCEPTIONS.**

6. Shoes: Tennis shoes are the recommended footwear. No black-soled shoes that may mark the floor are permitted. Sandals, street shoes, combat boots or hiking boots are not allowed. No player will be allowed to participate in bare feet.

7. Jewelry: No jewelry or any other item deemed dangerous by the Intramural Staff may be worn during play. Any player wearing exposed permanent jewelry (i.e. body piercings) will not be permitted to play.

8. **No caps, bandanas, or hard barrettes** may be worn during play. Cloth/elastic bands may be worn.

9. **No gloves** of any kind may be worn during play (i.e. wide receiver gloves).

10. Players may wear soft, pliable pads or braces on the leg, knee and/or ankle. Braces may not have any exposed metal and/or screws. Braces made of any hard material (including plastic) must be covered with a padded sleeve or at least one-half inch padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play.

11. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.
GAME FORMAT

1. **Game time is forfeit time.** Teams must have the minimum number of players to start a match. If a team has an insufficient number of players to begin a match that team will forfeit the match.

2. A match will consist of a best three (3) out of five (5) games series. Each match will have a 5-minute time limit with a continuously running clock. If time expires before the completion of the game, the team with the most players remaining on the court will be declared the winner. If both teams have the same number of players remaining on the court, a sudden death overtime game will be played with the remaining players on the court at the end of regulation to determine the winner of the game.

3. **Sudden Death Overtime:** During the regular season a 1 minute 30 second game will be played with each team having its remaining players at the end of regulation on the court with two (2) balls in hand. The first team to eliminate any **ONE (1)** opposing player will be declared the winner. If at the end of the overtime game no player has been eliminated then that game will end in a tie. During the playoffs there will be no time limit and the game will end once an opposing player has been eliminated (Stalling Rule still applies).

4. All matches will be refereed by two (2) officials. The officials will be responsible for determining if a player is OUT and help return game balls to the playing field. All decisions made by the **OFFICIALS ARE FINAL.**

5. Each match will begin with rock, paper, and scissors (row-sham-bow). The winning team will have its choice of either side of the court. Teams will alternate sides following each game.

6. Each game will begin with the players of each team standing behind the back boundary line of its respective side of the court.

7. The officials will line four (4) balls along the center line and then assume their positions. The head official will then signal play to begin.

8. Following the signal by the official, teams may approach the center line to retrieve the balls; this is known as the **Opening Rush.**

9. During the Opening Rush, players will be allowed to cross into the **“Grace Zone”** (an area approximately 2 ½ feet on the opponents’ side of the court) in order to retrieve a ball.

10. Each ball retrieved at the Opening Rush must first be taken behind the **“Throwing Line”** before it may be legally thrown at an opponent. **Example:** Following the opening whistle, a player rushes and is the first to secure a ball from the center line. That player must then carry or pass the ball into its team’s THROWING LINE before it may be
RULES OF THE GAME
1. The object of the game is to eliminate all opposing players by getting them OUT.
2. An OUT is scored by:
   • Hitting an opposing player with a LIVE thrown ball BELOW the shoulders.
   • Catching a LIVE ball thrown by your opponent. (You must secure the ball with both feet in bounds before your momentum takes you out of bounds).
   • Causing an opponent to drop a held ball as a result of contact by a thrown LIVE ball (Usually occurs when a ball is being used to block a thrown ball).
   • A player crosses any of the boundary lines on the court and touches an area outside of the boundary. The boundary lines are the outer, center and throwing lines of the volleyball court.
     Exception: On the opening rush, players are allowed to cross over the center line within the “Grace Zone” in order to retrieve a ball. The “Grace Zone” extends roughly 2 ½ feet, beyond the center line on each side of the court. Also to retrieve balls and bring them back to the playing field.
3. A LIVE ball is a thrown ball that strikes or is caught by an opposing player without/before contacting the ground, another player, ball, official, or other object.
4. Once a player is OUT, he/she must IMMEDIATELY drop the ball, put their hands up and exit the playing area and report to his/her team’s players’ box (PLAYERS BOX). Each player in the players’ box must line up in the order that he/she got OUT.
5. If a LIVE ball is caught, then one player from the team that caught the ball is allowed to re-enter the game. The player that will be permitted to re-enter the game will be the next player in line in the players’ box.
6. Shagging: If you are playing in the active game and are going to shag a ball out of play you must make it clear to the officials that you are headed out of play so that they do not call you out.
7. Spectators: If a team has players on their team that are not playing in the active game, then those players are allowed to shag balls that travel through the back of the playing area. Those players must stand on the baseline of the basketball court and must wear a different color than those who are playing in the game.
8. **Ejections**: Hitting an opposing player in the head will cause that player to be eliminated from the game and unable to reenter until the next game. However, if the same player in the following games hits another player in the head then he/she will be ejected from the match, a minimum penalty of suspension from the next match and the player must meet with the Intramural Coordinator. **Exception**: if a player hits another player in the head while he/she is crouching, reaching for a ball or trying to avoid being hit then the player who is hit will be eliminated.

9. **Each team shall have at least one ball on their side of the court at all times**. If one team is without a ball, then the official may implement the 10-second stalling count.

10. **Stalling Rule**: If it becomes apparent that a player is maintaining possession of a ball for an extended period of time, the official, under his/her own discretion, can implement a 10-second stalling count. The 10-second count will be issued for a particular player(s). If at the end of the 10-second count the same player(s) is still in possession of the ball, then the official will stop the clock and the stalling team will select one player to be OUT.

8. **Time-outs**: There will be no time-outs permitted during the course of the game. However, between games there will be a 1 minute break period.

9. **Substitutions**: Substitutions will ONLY be allowed during the BREAK PERIOD between games.

**CONDUCT OF PLAYERS, COACHES, & SPECTATORS**

1. A team is permitted a maximum of two (2) coaches in its players' box during a game. Each coach must present an ID and be listed on the scoresheet prior to the start of the game. Conduct of team coaches is the responsibility of the team before, during, and after the game. Any other non-players must be in the designated spectator areas on the second floor of the SRC GYM.

2. Any player, spectator or coach who acts in a manner not showing good sportsmanship shall be issued a verbal warning. If the player, spectator or coach continues the next penalty will be an ejection/disqualification from the match/game. The official(s) shall have the authority to warn, penalize, or disqualify any player(s), substitute, or coach for violations of sportsmanship including, but not limited to the following:
   - Disrespectfully addressing an official or IM staff member.
   - Questioning the official's judgment or decisions.
   - Showing disgust with the official's decisions.
• Using profane or insulting language or gestures toward an official or opponent.
• Baiting or taunting players of the opposing team.
• Disrupting the game so that it may not be continued in an orderly fashion.

3. At no time may a coach enter the playing area.