Basic Dodgeball Rules

If you get hit, you’re out. Stand on the side until the game is finished. The first person to be hit by the ball is the only person out – only one person can be put out on any throw.

If you throw a ball that is caught by the other team, you’re out.

If a ball hits you and is deflected up in the air, you still have the opportunity to catch it (thus saving yourself & putting the thrower out). However, no teammate can catch it (just as no teammate can be put out by being hit).

The net, floor, speakers, basketball goals, ceiling and any other obstruction that is not air make a ball dead, period. You cannot be out or catch a ball after it hits any of these.

A ball can be used to deflect, but it does not make the ball dead. If you deflect a ball & it hits you or a teammate, it’s still an out. If you deflect a ball and catch it, the person who threw it is out. Remember the net rule here.

Headshots are illegal. If you get hit in the head while your head is above where your shoulders usually are, you are NOT out. If you duck into a ball with your head, you are still out.

You must throw (or roll) any ball in your possession to the other side within 10 seconds of picking it up.

To start the game, neither team can cross the center line. Once either team is down to less than five (5) players, both teams can go to the other team’s free throw line.

There are no referees, be honest and remove yourself from the game when you’re out. If you’re out, you can hold your hands above your head to walk off the court to signal to the other team that you shouldn’t be hit again. If impartial teams are observing, they can be used to solve disputes.

Don’t hit people who are leaving the playing area with their hands up, that’s just mean.

If there are things that come up that are out of the ordinary, please resolve them logically amongst yourselves or start the game over. If you can’t come to a resolution in a minute or less, both teams will be asked to leave.

If at any time, the intramural staff determines your game is taking an unreasonable amount of time, they will give a two minute warning. Whoever has more players after that two minutes, wins.

Balls (10) start in the middle & must cross the volleyball front line to be live.

Best 2 out of 3