

## Rules for APU Co-Ed Intramural Dodge-Ball

### Eligible Players:

Any student (24+ units a year at APU), faculty, or staff of APU are eligible for intramural athletics.

All players must sign a sportsmanship agreement form given to each team captain at the captains meeting and must be signed and turned in **By All Players Before Their First Game**. Players that do not have the sportsmanship agreement form turned in **Will not be allowed to play until they turn their form in**. This rule will be strictly enforced.

### The Game:

1. A team roster may have a total of 10 players at the most. The game will consist of a 6 on 6 match up with each team required to have 2 girls on the floor at the start of the game.
2. A match consists of five games (best three of five). Each game will last a maximum of 8 minutes, with a running clock (injuries excluded).
3. 5 balls will be used. Officials will place 5 balls at the mid-court line. A whistle will start play with players starting behind the baseline.
4. Once both of the teams have two or fewer players, teams may advance to the opposing team's volleyball spike line. Also, at the one minute mark, teams may advance to the volleyball spike line regardless of the number of players remaining. The volleyball spike line includes the whole line and an imaginary line that extends across the whole court where the real line ends. Players may not go further than their opponent's volleyball spike line to retrieve a ball in any situation.
5. During the game all players must stay within the boundaries of the basketball court. This means all players must stay in front of their end baseline. Players may however cross the line to retrieve a ball, but then they have to immediately get back in bounds and be in front of the baseline.
6. **No player at anytime should purposely throw a ball at the head of an opposing player. Conduct like this is immediate grounds for ejection.** A player will not be removed from a game for accidentally hitting an opposing player in the head. Judgment is left up to the on-court dodge ball official.
7. There will be a "Jail Break" rule where any player still in the game can attempt to make a half-court shot from the half court line into the opposing team's basketball hoop. If the player makes the shot every member that is no longer in the game on that person's team gets to return to the game. Only players that had started that particular game and no bench players can replace existing players during a "Jail Break."

8. Each team will be allowed (1) 30 second time out per game. No substitutions (unless injuries) may be made during a time out.

9. No player is allowed to wear jewelry during the contest.

10. Each team will be required to be in uniform (colored tops) and players may be allowed to wear knee pads if desired.

11. The court official has the final say in all disputes and reserves the right to use his/her best judgment in any scenario.

### **Player Elimination:**

8. A player may not cross the center line when attempting to throw or retrieve a ball. If they do, they will be called out. The same will be true when the players are allowed to advance to the volleyball spike line.

9. Players will be called out if a thrown ball hits them on the fly. The ball must hit a player on the shoulders or below to be out. If a player is hit in the head, the player will not be out. If a player ducks or is on the ground and hit in the head, the player will be out.

10. A player will be called out if a ball they throw is caught on the fly. If a ball is deflected off a player and caught by a teammate, the thrower is out. Players may not deliberately deflect a ball to a teammate to get an out.

11. Deflections off the floor, court dividers, ceiling, basketball hoop, and officials do not count as an out if caught. A caught ball must be CLEANLY caught. It is not considered a clean catch if a ball hits off an obstacle, besides a teammate, and is then caught after it has made contact with that obstacle. Obstacles may include officials, basketball hoops, surrounding walls and ceilings, as well as many other possible items.

12. If a ball hits another ball, which a player has in their possession it does not make either player out. If a ball is dropped as a result of contact from the thrown ball, then the player who drops the ball is out.

13. If a ball hits another ball which a player has in their possession and that ball is caught by a teammate, the person who threw the ball is out. If the ball hits another ball which a player has in their possession and that ball hits a teammate, the person who was hit is out.

14. If a player is stalling or making no attempt to play a ball, they will be ordered to roll the ball to the other side by the court official. A player may be called out at the court official's discretion for continuously stalling to avoid an outcome of the game. A player has ten seconds to throw the ball once he or she has retrieved it.

15. Once a player is out, they must immediately leave the floor and sit behind the baseline. Players who have been called out cannot retrieve stray balls for their teammates or the ball will be given to the other team.

16. Once the whistle is blown, all action shall stop. Teams will keep the same number of balls they had prior to the whistle being blown.

17. Time will end all games in the regular season. The team with the most players at the end of the game is considered the winner. If both teams have the same number of players, it is considered a tie.

18. A court supervisor will oversee the games. The decision of the on-court supervisor is final. Arguing decisions will not be tolerated.

**Ejections:**

19. If any player is ejected from a game for any reason he or she is out for the rest of that match and the team's next match.