
Each player must present their own, valid LAKER ID Card before each contest to be eligible to participate.

- a) Any player caught attempting to use another person's ID Card will be ejected and ineligible for participation in any Intramural Sports for a minimum of four-months from the date that they meet with the Assistant Director for Intramural Sports.
- b) Students, faculty and staff who have paid their Recreation & Wellness fees and have a valid LAKER ID are eligible to participate.

NO EXCEPTIONS!

Students, faculty, and staff who are eligible for entrance into the Student Activity Center: Fitness Center are eligible to participate. Intramural Sports are **FREE** for all participants

All Intramural Sports participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the Student Health Care Center before participating in Intramural Sports.

Game time is forfeit time, however the team that is present shall choose to accept the 10 minute grace period before games are forfeited.

The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a technical foul, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The official shall have the power to make decisions on any matters or questions not specifically covered in the rules.

I. TEAM REQUIREMENTS AND EQUIPMENT

- 1.1** A team shall consist of 6 players. A team may start with a minimum of 4 players. All players must be checked in with the intramural supervisor before they are allowed to participate. A maximum of 12 players may be on the roster. Each participant must present a current LAKER ID card in order to be eligible to participate.
- 1.2** Official dodgeballs approved for NADA play will be used. Game balls will be provided for each game.
- 1.3** 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.
- 1.4** All clothes/uniforms are considered part of the player's body.
- 1.5** 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.
- 1.6** No caps, bandanas, or hard barrettes may be worn during play. Cloth/elastic bands may be worn.
- 1.7** Casts and/or any other item deemed to be dangerous by the official or athletic trainer may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inch of slow recovery rubber or similar material will be allowed.
- 1.8** If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.

II. GAME FORMAT

- 2.1** Game time is forfeit time. A team must have the minimum number of players to start a game. If there are an insufficient number of players, the opposing captain has the option of taking the win or waiting for the minimum number of players to show. In the event that he/she decides to wait, that decision is irreversible and the game clock will begin at the scheduled game time. If a team chooses to wait, it will be required to wait until the opposing team has the minimum number of players present or a maximum of 10 minutes. Play will start as soon as the opposing team has the minimum number of players present.
- 2.2** Each match will consist of a best three (3) out of five (5) games series. The first team to legally eliminate all opposing players will be declared the winner of each game.

- 2.3** Each game will have an 8-minute time limit with a continuously running clock. If neither team has been eliminated when time expires, the team with the greater number of remaining players will be declared the winner. If an equal number of players remain when time expires, a sudden-death overtime period will be played.
- 2.4** Each match will begin with a coin toss. The team winning the toss will have its choice of either side of the court. Teams will alternate sides following each game.

III. PLAYING AREA AND BOUNDARIES

- 3.1** The playing area will be marked with a center line, side lines, end lines, and attack lines (Volleyball attack line).
- 3.2** During play, all players must remain within the boundary lines. Players may step on the boundary lines, but if he/she crosses any boundary line, then he/she will be OUT.
- 3.3** Players may pass through their end line only to retrieve stray balls. A stray ball is one that has not been picked up and is lying on the floor. When retrieving a ball, the player must immediately re-enter the playing area only through the end line.
Note 1: A player not immediately re-entering the playing area may be declared OUT.
Note 2: Once a player has one foot within the field of play he/she is in jeopardy of becoming OUT.
- 3.4** A player may be handed a ball from out of bounds, provided the player receiving the ball remains completely within the boundaries.
- 3.5** A player shall NOT:
- 3.5.1** Have any part of his/her body contact the floor outside a side line. *This includes during the Opening Rush.*
 - 3.5.2** Exit or re-enter the playing area through a side line.
 - 3.5.3** Leave the playing area (side line or end line) to avoid being hit by or attempt to catch a ball.
 - 3.5.4** Have any part of his/her body cross over the center line and contact the floor on the opponent's side. Note: A player may step on the center line without penalty. Exception: Opening Rush

IV. BEGINNING THE GAME

- 4.1** Each game will begin with the players of each team positioned behind their respective end line.
- 4.2** Six (6) dodgeballs are placed along the center line with 3 on each side of the center circle.
- 4.3** Opening Rush: Following a signal by the official, teams may approach the center line to retrieve the balls. Teams may only retrieve balls placed to the right of the center circle. If balls remain on the center line after a team has retrieved and moved their balls beyond the attack line, those balls may be retrieved by either team.
 - 4.3.1** A false start will be called if players cross their end line prior to the official's signal.
 - 4.3.2** During the Opening Rush, players may cross the center line within the "Grace Zone" in order to retrieve a ball. The "Grace Zone" extends the radius of the center circle, or roughly 2 ½ feet, beyond the center line on each side of the court.
- 4.4** Each ball retrieved at the Opening Rush must first be taken behind the attack 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 his/her team's attack line before it may be legally thrown at an opponent.*
- 4.5** Attack line restrictions end when all balls have been taken into the backcourt following the Opening Rush.
- 4.6** Substitutions: Substitutions will only be allowed during the period between games.

V. RULES OF THE GAME

- 5.1** The object of the game is to eliminate all opposing players by getting them OUT.
- 5.2** An OUT is scored by:
 - 5.2.1** Hitting an opposing player with a LIVE thrown ball at or below the shoulders. Contact with any part of the player's body, including the hands and clothing, will result in an out.
Note: If a player ducks or takes a position with his/her head below where the shoulders would normally be when standing and this is the cause for the hit being above the shoulders, the player is OUT and the throw is legal.

- 5.2.2** *If a player is struck in the head while in a standing position, then the player who threw the ball is out.*
- 5.2.3** Catching a LIVE ball thrown by your opponent.
- 5.2.4** 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.)
- 5.2.5** An opposing player stepping out of bounds.
- 5.3** 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.
- 5.4** A player must keep both feet in bounds at all times unless exiting from the baseline to retrieve a ball. If a player jumps in the air to catch a ball, lands in bounds, then steps out, both players are out.
- 5.5** A player may block a thrown ball with a ball being held, provided the holder does not lose control of the held ball as a result of the contact with the thrown ball. The held ball does not need to strike the ground to cause the holder to be out, only to be knocked loose of the holder's grip. Even if the holder regains control of the held ball, he/she is still out.
Note: A ball deflecting off a held ball that strikes the holder or another player is no longer a LIVE ball. A LIVE ball deflecting off "Player A" remains LIVE only to "A" and may only legally be caught by "A."
- 5.6** Once a player is OUT, he/she must immediately drop any balls in hand and exit the playing area at the nearest boundary line. A player that is put OUT must report to his/her team's players' box. Each player in the players' box must line up in the order that he/she was put OUT.
- 5.7** If a LIVE ball is caught, then one player from the team that caught the ball is allowed to re-enter the game from the base line. The player that will be permitted to re-enter the game will be the next player in line in the players' box.
- 5.8** Time-outs: Each team will be permitted two (2) 30-second time-outs for the match. Only the official's whistle starts and stops the clock. All players are in jeopardy until the official sounds the whistle AND signals the beginning of a time-out or the end of regulation time. Following the time-out, play will resume with the same number of balls and players positioned on or behind their attack line on each side as when the time-out was granted. No remaining time-outs will be honored during overtime. The game clock stops during all time-outs. *Exception: All LIVE balls in flight at the time of an official's signal to end regulation time or begin a time-out remain LIVE until they become dead and may eliminate an opponent if contacted.*
- 5.9** Stalling Rule: Teams must be given the opportunity to eliminate opposing players. This requires a ball to be at the disposal of both teams.
- 5.10** One team may NOT control all the balls (all balls are located on their side of the center line) for more than five (5) seconds. Teams must make a legitimate effort to get at least one ball across the opponent's attack line *in bounds* within 5 seconds or a violation will result.
- 5.11** A team may avoid a violation by throwing or rolling a ball into the opponent's backcourt over the attack line. This does not include throwing a ball over and through the opponent's end line.
- 5.12** The 5-second count will end when, in the opinion of the official, a ball is at the disposal of the opposing team. A ball may be at a team's disposal without being secured if the official judges the opposing team is not making a legitimate effort to secure it.
5.12.1 Penalty for a 5-second Violation:
5.12.2 *First Violation – stoppage of play and balls will be divided evenly between the teams. Play will continue with "balls in hand."*
5.12.3 *Second Violation – elimination of one (1) player from the team in violation. The player to be eliminated is selected by the violating team.*
- 5.13** If a player is injured during any game of the match and cannot continue play, he/she may not be replaced during that individual game.

VI. CONDUCT OF PLAYERS, COACHES, & SPECTATORS

- 6.1** 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 game score sheet. 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.
- 6.2** Any player or coach who acts in a manner not showing good sportsmanship shall be penalized with a technical foul and possible ejection from the 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:
- 6.3** Disrespectfully addressing an official or IM staff member.

- 6.4** Questioning the official's judgment or decisions.
- 6.5** Showing disgust with the official's decisions.
- 6.6** Using profane or insulting language or gestures toward an official or opponent.
- 6.7** Baiting or taunting players of the opposing team.
- 6.8** Disrupting the game so that it may not be continued in an orderly fashion.
- 6.9** Any player receiving two (2) technical fouls in a match will be ejected from the match.
- 6.10** Any team receiving three (3) technical fouls in a match will forfeit that match.
- 6.11** At no time may a coach enter the playing area.

VII. REGENERATION / ELIMINATION

- 7.1** When one player is left on a team, he/she can regenerate their squad to the allowable number of six (6) players on the court by hitting the white box on the basketball goal located at the back of the opponent's zone with the dodge ball. Any ball (thrown or deflected) that hits any part of the basket or support and/or goes through hoop, becomes dead and cannot be caught for an out or hit a player for an out. Air ball shots may be caught for an out.