

RIT intramural dodgeball rules are based off of NADA rules, which may differ from a player's previous experience.

Definitions

- Live ball: A "live ball" is one that has left a player's hand and has not contacted the floor, the ceiling (or any apparatus attached to the ceiling), a wall, a teammate, an official, or any other ball.
- Legal catch: A "legal catch" may be made on any live ball by any player in play. This means that a ball that bounces off a player and is caught by a teammate is a legal catch. It also means that a player may not go outside the boundaries to make a legal catch; the player must make the catch with both feet touching the ground in bounds, and may fall out of bounds afterward. A legal catch also brings a player on the catching team back into play, if one was out. The player that returns to the game must be the one on that team that got out the earliest (first out, first in).
- Front line rules: "Front line rules," or "red line rules," are played in the final two minutes of each game. During this time, players may go up to the opposing team's ten-foot line without being declared out.
- Club player: A "club player" is one that travels, or has traveled, with the RIT Dodgeball Club team to more than two tournaments during this or the previous school year. A player who attends RIT Dodgeball Club, however regularly, is not considered a club player unless they have also traveled with the RIT Dodgeball Club team.

The Team

- Teams will be made up of four to six players on a side to avoid a forfeit, unless captains agree before the start of the game. Substitutes are permitted to enter only during a timeout or between games.
- Club players may participate in D1 or rec leagues. Remember that only four club players are allowed on a single roster at the time of a game. Violation of this rule will result in the offending team forfeiting that game.

The Game

- The object of the game is to eliminate all opposing players by getting them "out". This may be done by:
 - Hitting an opposing player with a thrown ball. **Intentional head shots are not allowed and will result in immediate ejection and suspension of the offending player.**
 - Catching a live ball thrown by your opponent.

- The game begins by placing five dodgeballs in the center of the court, with two on either team's ten-foot line, and one in the middle of the court. Players take a position behind their end line. On the official's whistle, the players approach the center of the court to retrieve the balls. Players may not cross over the center line.
 - The ball in the center of the court must be brought back to the ten-foot line to be put in play.
- The first team to legally eliminate all opposing players will be declared the winner.
- There will be a five minute time limit for each game. The final two minutes of each game will be played with front line rules.
- If no team has been eliminated at the end of five minutes, the team with the greater number of players remaining will be declared the winner.
- In the case of an equal number of players remaining after regulation, a two-minute, 2v2, sudden-death overtime period will be played.
- Game time is a maximum of 30 minutes.
- Playoff games cannot end in a tie.
- Match play: Best of five games will be played. The first team to win three games will be declared the winner of the match.

Sudden Death Overtime

- Teams may pick any two players to participate in sudden-death overtime, even those who have already gotten out in that game.
- In sudden-death overtime, each player begins with a ball; the fifth ball is removed from the game.
- If nobody gets out during the first two-minute overtime, two different players from each team will participate in another two-minute overtime period. This continues until a winner can be declared.

Timeouts and Substitutions

- Each team will be allowed one 60 second timeout per game. At this time, a team may substitute players into the game.
- Players who have already gotten out in this game may not be substituted.

Rule Enforcement

- Rules will be enforced by the "honor system".
- Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated.
- All contests will be supervised by a field monitor. The field monitor's responsibility will be to rule on any situation in which teams cannot agree.
- The field monitor's decision is final.

Boundaries

- During play, all players must remain within the boundary lines (volleyball court lines). Repeated violations of this rule will lead to an out being called on the offending team.
- Players may leave the boundaries only to retrieve stray balls.
- A player that steps out on the sideline to retrieve a stray ball must go to the back of the court to re-enter the game.
- Eliminated players must move to the side of the gym.
- Eliminated players should make their best effort not to interfere with play in any way. Repeated violations of this rule will lead to an out being called on the offending team.

Holding Balls

- The team with more balls on their side of the court is expected to throw (not roll) one or more balls to the other side of the court within 10 seconds of getting the advantage. Repeated violations of this rule will lead to that team having to give up all of the balls on their side of the court. Subsequent violations of this rule will lead to an out being called on the offending team.