

University of Nebraska
Campus Recreation
Dodgeball

The Players

The game is played by two teams of six players. Four players are the minimum required to avoid a forfeit.

The Court

The game will be played on a volleyball court. Participants are permitted to leave the confines of the volleyball court only to retrieve dodgeballs.

The Ball and Equipment

A round nerf ball will be used. All players must wear court shoes to be eligible to participate. Jerseys of like color must be worn at all times. Running shoes, turf shoes, and any non-athletic shoe will not be allowed. Players must remove all jewelry before each match.

The Game

The game will begin by placing eight (8) balls on the division line. Participants must begin the game lined up behind their own endline of the volleyball court. The official starts the game by blowing the whistle. Players run to the division line to retrieve balls. Players must remain in their half of the court to retrieve balls. There is no limit on the number of dodgeballs a player retrieves.

Any ball considered out of play will be set on the division line and made available to either team. A match is won by the first team to win two of three games. The game is won if all players on the opposing team are eliminated or, at the time limit (3 minutes), one team has more players remaining than the other team. If the game is tied at the end of the time limit, an overtime round shall be played by the remaining players.

The overtime round will include only the players remaining at the end of regulation time. The overtime will begin just as a regular match begins. The overtime will last one minute. If the game remains tied after the overtime, a subsequent overtime will be played.

The Rules**Live Ball**

The object of dodgeball is to eliminate all opposing players by hitting an opposing player with a LIVE thrown ball below the shoulders or by catching a LIVE ball thrown by your opponent before it touches the ground. A LIVE ball is one that has been thrown and has not touched the floor/ground, official or other item outside of the playing field.

When throwing the ball, a player may not:

1. hit an opposing player in the head with a ball,
2. take more than 10 seconds to throw the ball at the opponent.

Note: A violation of these rules results in the player being immediately eliminated. The player who is hit in the head remains in the game. However, if a player dives in front of a ball on purpose just to get hit in the head, that player will be eliminated.

A player leaving the confines of the playing court for a reason other than retrieving a ball is eliminated and shall proceed directly to jail.

Players are expected to follow the honor system when hit and leave the court. A player that fails to leave the court as required by rule risks forfeiture of the game.

Blocking

- A player may block a thrown ball with a ball in his/her possession.
- A blocked ball may be caught, thus eliminating the thrower
- A blocked ball rebounding off another another is deemed "live" and any player hit by the blocked ball is eliminated
- If a player drops the ball used to block, that player is eliminated

The Jail

A person struck by a legally thrown ball must go to the team area on the sideline of the court.

A player may return to the game if a teammate catches a thrown ball as described above. Each time a legal catch is made one player may be selected to return to the game.

Eligibility

UNL students and faculty/staff members are eligible to participate. Participants are required to present a current UNL photo ID before each game. Participants should be aware that there is a risk of injury in participation of intramural sports due to the inherent nature of the activity. Individuals participate in intramural sports at their own risk.