

Competitive Dodgeball

International Dodgeball Association Rules shall be applied whenever possible, unless otherwise stated
Revised July 2025

General Intramural Sports Regulations:

- ☐ There is no warm up equipment provided.
- ☐ Games that start late will finish on time. Halves will be shortened to accommodate the scheduled end time. There will be no extra time added.
- ☐ Team rosters are to be submitted and completed online by the team captain (individual who registered the team) prior to the players meeting. To complete your roster you will need to know each players UCID number and associated email address. All players who do not have a UCID number must contact Client Services at 403-220-7749 to request a UCID number.
 - Input your roster online at <http://www.ucalgary.ca/activeliving/> (Click on your name, drop down to 'My Teams', add email).
- ☐ All players must be added to the roster no later than 24hrs before league play commences. Players may be added after at the coordinator's discretion.
- ☐ Captains are expected to:
 - a. Function as the exclusive point of contact for all communication between IMS and players
 - b. Appoint an alternate captain, who will function as a second contact if the captain is unavailable.
 - c. Contact Active Living Client Services with any playing preferences or requests prior to their sports registration deadline. Requests will not be accepted after the registration deadline.
 - d. Share the League Introduction email and all relevant documents with your team.
 - e. Review all documents, resources, and policies related to their sport in detail.
 - f. Complete the captains quiz (found in the league introduction email) 24h prior to the league start date.
 - g. Ensure that all teammates are aware of all IMS policies and rules relating to their sport.
 - h. Ensure that all teammates are registered and have their online waivers signed.
 - i. Maintain control of your team and spectator behavior in terms of conduct, safety, and sportsmanship before, during, and after all matches.
 - j. Ensure that any player(s) or spectator(s) exit the vicinity if they are ejected or otherwise asked to leave.
- All players **must complete an online waiver before they are allowed to play**. Instructions on how to sign online waivers can be found at <http://www.ucalgary.ca/activeliving/how-to-register> (Click on shopping cart next to name, waivers).
- All players who have not signed their waivers prior to league play **will be removed** from their rosters.
- All players **must provide photo identification** to the supervisor before they may begin their matches.
- In Competitive Leagues, to be eligible for playoffs, a player must:
 - ☐ Be on the team roster.
 - ☐ Sign the online waiver.
 - ☐ Compete in at least (1) regular season match.
- Teams must meet the Fair Play requirements (3.5 average) to be eligible to compete in playoffs.
- Suspended players may not be present during scheduled games, if so, the entire team shall be suspended indefinitely.

- Any games that end after 30 minutes or 1 half of play of scheduled playing time will be considered a completed game and will not be rescheduled.
- Intramural Sports has a **Zero-Tolerance policy** for **fighting** and **abuse** of staff and other intramural participants. This will be strictly enforced.
- Ineligible players include but are not limited to:
 - ☐ Current intercollegiate varsity athletes while in season (in the same or similar sport)
 - ☐ Current professional athletes (in the same or similar sport)
 - ☐ Current national team/Olympic athletes (in the same or similar sport)
 - ☐ Individuals under the age of 18 and not currently enrolled at the University of Calgary
 - ☐ Suspended and or delinquent participants.

For a complete list, see [Intramurals policies and procedures](#)

Defaults:

- A default will occur when a team fails to appear or fails to have a minimum of **Five (5)** players (1 of the opposite gender in mixed) on the field within ten (10) minutes of the start of the game time. Failing to do so will result in a default.
- Defaults will result in the loss of the \$60 Default Bond, and a second \$120 bond will be due before the next match. A second default will result in the loss of this second bond and may result in removal from the league.
- Defaults will be recorded as a 3-0 loss, resulting in 0 Fair play Points, and are -1 points in the standings.
- Teams that give Intramural Sports a minimum of twenty-four (24) hours' notice that they will not be able to field a team will not be charged with a default; the game will be declared a forfeit.
- Forfeits will also be recorded as a 3-0 loss; fair play rating will be awarded at the coordinator's discretion.
- If a team falls below the minimum number of players (due to penalties, injuries, etc.) throughout the game, it will be canceled. Games that are cancelled after 30 minutes or 1 half of play of scheduled playing will be considered a completed game and the score will be upheld. If the game is cancelled before the 30 minutes or 1 half of play of scheduled playing, it will be considered a forfeit.

Playing Rules:

- Each team shall be allowed to dress ten (12) players, all players must be listed on the team roster. There is no limit to the number of players a team may list on their roster. Players can only be listed on one team roster.
- Each match will be fifty (50) minutes in length. The referee may adjust the period times in order to end a game on time. No game will start with 5 minutes (or less) time remaining (referees' discretion).
- Each team is allowed 1 (60 second) time out per match.
- The purpose of dodgeball is to eliminate the opposing players from the game by hitting them with the ball (**below the shoulders**). The team with the last person still in the game wins that game and receives a point. Teams will continue playing games until the 50 minute match is over. The team with the most wins at the end of 50 minutes will take the win.
- A game is started by having (3) balls placed on **EACH TEAM'S NEUTRAL ZONE LINE**, totaling in 6 balls. Teams are to be lined up at their respective back wall. The game is started with "Ready, Set, Dodgeball". Where players will then race to the balls placed on the neutral zone line.
- Players must then run back and touch the back wall after retrieving a ball from the center line. **BALLS MUST CONTACT THE BACK WALL WHILST IN THE HAND OF THE PLAYER WHO RETRIEVED THE BALL.**
- No diving

- A Neutral Zone will be marked by pylons one-two (1-2) meter(s) on either side of the center line. Players on any team may enter the neutral zone and cross the center line at any time. You may reach over the neutral line to reach a ball, however you cannot step over it.
- Teams will switch sides after each game.
- Overtime consists of all players coming back on the floor and is over when the first player is knocked out. Games will only go into overtime during playoffs.
- Headshots: any shot above the shoulders, are not allowed. Balls thrown (intentional or accidental) that strike an opponent in the head (above the shoulders) will not be tolerated. The player throwing the headshot **will have to switch off with a player from his/her team**. Referee discretion at all times. The player hit above the shoulders stays in the game.
- **If a player intentionally ducks and it struck in the head they are out, the thrower must still switch off**
- If a ball is caught in the air the thrower is out and the team that caught the ball may bring an eliminated player back into the game. Deflections do not count.
- **The player being brought in has a 5 second immunity unless they are in possession of a ball before the timer is up. Referees' discretion.**
- A deflected ball is considered to be dead. Any player from the non-throwing team that is hit with a deflected ball is not eliminated. This includes deflections off of the floor, walls and ceiling and off another player or ball.
- If a player is struck with a ball anywhere (including loose clothing) the struck player will be called out. However a struck player may "save themselves" if they are able to catch the ball on a rebound before it hits the ground. The struck player cannot be saved by other teammates catching the ball. The ball is considered dead to all other players on the field following the hit.
- A player may block an oncoming ball with another ball. If a player deflects a ball with another, but drops their ball in trying to deflect the on-coming ball, the player who dropped their ball will be called out (even if the deflected ball is eventually caught).
- If a player is eliminated from the game (hit by a ball, throw is caught) they are to raise their hand to signal that they are out and leave the playing court. Eliminated players can assist in retrieving balls that are out of bounds or are to sit on the team bench. Opponents are not to throw at a player with their hand raised.
- Players may have only one ball in possession at a time. Hoarding balls is not allowed. However if the situation occurs where the player catches two (or more) thrown balls at the same time, it is not considered hoarding.
- Players **MUST** put a ball down to catch another ball. This is not considered hoarding.
- While in possession of a ball the only options available to a player are to throw the ball, pass it to a teammate, and use it to block another ball. No dribbling is allowed. Once you have possession of a ball you have ten (10) seconds to release that ball by throwing it or passing it. If a ball is fumbled or dropped while in possession then the player is eliminated.
- If the game comes down to 1 v 1, referee counts two (2) minutes. **After two minutes one player from each team will return to the court**, the 1st player out shall be the first player to return after he/she touches the back wall.
- In a 1 vs 1 or a 2 vs 1 scenario the referee holds the power to reduce the back line boundary. This under the referee's discretion. This rule will be implemented if game pace has significantly slowed down, and to prevent 'wall sitters'. The lines will return to their original position once the game has ended or if more players are added back into the game.

Court Layout