The Virginia Tech Intramural Sports Program is proud to offer a variety of quality sport-related activities to our community. Please consult the information below for sport-specific rules, policies, and procedures. If you have questions throughout the season, please contact us by email (imsports@vt.edu), phone (540.231.8297), or consult our intramural policies webpage. Good luck and we hope you have a fun and exciting season!

**Rules of the Game**

1. The game is played between two teams of 4 players. Each team must have at least 3 players to begin a match, but the game may continue if ejections or injuries force one team below 3 players.
   a. If a team does not have the required minimum number of players checked in at the scheduled game time, a 10-minute grace period is given.
      i. If neither team has the required number of players by the end of the 10-minute grace period, the game is recorded as a forfeit for both teams.
   b. In CoRec, the number of male and female players cannot differ by more than 1. If possible, there should be an equal number of each gender on the court.
2. The game is played on a basketball court.
   a. The dividing line (which remains neutral) is the half-court division line used for basketball.
3. To win a match, a team must win 3 out of 5 games.
   a. Regular season games ending in a tie are recorded as such.
   b. During the playoffs, all matches will be played until there is a winner.
4. Beginning the game:
   a. The game begins by placing 5 balls along the dividing line.
   b. The players must line up along the basketball court end line.
   c. A game starts by the official exclaiming “Ready Dodgeball”, at which point players may run to retrieve balls.
   d. A player may not run to the other side of the court to get a ball. A player may reach over the division line to get a ball as long as no part of their body touches the other side of the court.
   e. Any ball considered out of play will be brought back into play at the earliest possible time.
5. The object of dodgeball is to throw the ball at a playing opponent and strike them anywhere between the shoulders and feet. A single thrown ball may knock out more than one player. When throwing the ball at the other team, a player may not:
   a. Hit a player in the head with the ball – the throw is nullified; no player is out but no player may catch the ball and free a player (it is as if the throw did not occur).
   b. Step over the division line – player goes to jail.
6. A thrown ball becomes dead when it hits the ground, a basketball hoop or support, a wall, the ceiling or any structure hanging from the ceiling, or a player in jail.
7. A player may not be in possession of a ball for more than 10 seconds. If a player holds the ball for longer than 10 seconds, they will be sent to jail for delaying the game (e.g., kicking a ball is considered in possession).
8. A player struck by a thrown ball remains in the game if they catch the ball or if it is caught by a teammate before it becomes dead. When this happens the player who threw the ball is sent to jail.
9. A player may block a thrown ball with a ball in their possession, but if blocking a thrown ball causes the player to lose possession, they will be sent to jail.

10. A player goes to jail if:
   a. They are struck by a legally thrown ball between the shoulders and feet.
   b. If a legally thrown ball is caught by a player of the other team prior to the ball hitting the ground, the basketball hoop/supports/backboard, or a wall.

11. Jail is located along the sideline on a team’s side of the dividing line between the free throw line and the end line.
   a. Anyone in the jail is responsible for keeping the balls from going out of play.
   b. Anyone in jail may kick or bat a ball back into play, but may not catch nor throw a ball into play.
   c. Jail is for players who have been knocked out of the game.

12. A player may get out of jail if one of the following occurs:
   a. A teammate catches a ball thrown by an opposing player prior to the ball becoming dead.
      i. The player who has been in jail the longest returns to play.
   b. A teammate knocks over the opponent’s jailbreak cone with a thrown ball.
      i. Everyone in jail returns. Note: a ball that first contacts the floor, wall, etc. and subsequently knocks over the opponent’s cone counts as a jailbreak.
   c. The other team knocks over their own jailbreak cone in an attempt to block a ball from striking it or in any other way causes the cone to be knocked over. In this situation:
      i. The other team has the option of taking the knockdown and freeing their players who were in jail at the time of the knockdown
      ii. The other team may decide to replace the cone and continue play with anyone in jail remaining there. The game captain will be responsible for this decision.
      iii. **Note:** the jailbreak cone may only be used once during a game.