



## Xtreme Dodgeball Rules

### 1. Eligibility

- a. **ID's:** All students, faculty, and staff must purchase a PEIF membership to be eligible to participate.
  - i. Those without a PEIF membership may participate. A specific price may be determined by the Recreational Sports office in order to participate.
- b. **League Rules:** The tournament format will be single elimination. Format may change due to the number of teams.
  - i. **Open:** The tournament will be an "OPEN" tournament. Any number of men or women may participate on a team.
- c. **Concussion:** Any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.
- d. **Blood Rule:** Any player who starts to bleed will not be able to re-enter the game until the bleeding has stopped. If the player's clothes have blood on them, the player must change clothing in order to re-enter the game.

### 2. Equipment

- a. Shirts and close-toed shoes are required.
- b. No black soled shoes or street shoes are allowed.
- c. Billed hats, metal bracelets, necklaces, rings, earrings, or watches are not allowed. Jewelry may be taped in the case that the jewelry cannot be removed.
- d. Any player who must wear a necessary metal brace must cover all metal parts of the brace before playing.
  - i. *Note:* The head referee reserves the right to allow/disallow any piece of equipment in which they deem unsafe towards the participants.
- e. Dodgeballs will be provided by the IM Department.

### 3. Playing Area

- a. Games will be played in the PEIF Racquetball Courts.

#### 4. General Guidelines

- a. Please arrive 10-15 minutes before your scheduled game to sign in.
- b. Each player must provide their valid NMU ID to the scorekeeper/supervisor and sign in.

#### 5. Tobacco/Alcohol Policy

- a. Alcoholic beverages, tobacco, and/or drugs are not permitted on or around the playing area. Contests will not be played and will be forfeited if alcohol, tobacco, and/or drugs are present. Any NMU Rec Sports employee reserves the right to remove participants and/or forfeit games if substance abuse occurs.
- b. A player that is removed for substance abuse will be indefinitely suspended, pending a meeting with the Intramural Sports Manager.

#### 6. Game Play

- a. Teams shall consist of two (2) players.
  - i. Teams can play with any combination of players.
- b. **Length of game:**
  - i. There will be two teams per court.
  - ii. Each team will begin the game with 1 dodgeball.
  - iii. Game Length: Teams will have 15 minutes to complete their games. The team that wins the best of 11 games or has won the most games in that 15-minute period will be declared the winner.
  - iv. Game Length: In the case of a tie, one final game will be played to determine the winner.
  - v. There will be NO timeouts. Games will be played continuously.
- c. **The Game:**
  - i. Each team will be given 1 dodgeball.
  - ii. Players will begin facing their respective end wall with one hand touching the back wall.
  - iii. Play will start when both teams are ready.
  - iv. The "short service" line will be the mid court line. Players are not allowed to step across this line.
  - v. Players are not allowed to put their feet on the walls. No "wall jump-shots".
  - vi. **Dead Ball:** Once a ball hits the ground, ceiling, or back wall, the ball will be considered "dead"
  - vii. **Live Ball:** The ball is still live if it is deflected off a sidewall, another player, or another ball. If a player is hit by a live ball, they will be declared out.
- d. **When out:**
  - i. Players must stand with his/her back against their team's back right-side corner of the court. The players that are out may not hold or kick the balls to affect play. However, they may use their hands to protect themselves from incoming dodgeballs.
  - ii. Players are not able to re-enter the game once declared out.

- iii. Game will be self-refereed.
- iv. If a player is hit in the head, standing upright, they will not be out. If done intentionally, the player who threw the ball will be out, and may be ejected if deemed intentional.

*The NMU Recreational Sports Office reserves the right to modify and/or remove any of these guidelines or rules for the improvement of the sport. All participants are expected to comply with these rules and policies that are stated within this publication.*