

## **Extreme Dodgeball**

All standard Intramural Rules apply

### **Teams**

Each team may play with a maximum of four (4) players. There is no minimum number of players required to start a game. For CoRec, the maximum number of men who can play is 2. A team can play with up to 4 women if they wish. Roster limit is 8.

### **Gameplay**

Each match will be best of 5 games. The first team to legally eliminate all opposing players will be declared the winner of the game.

If a team is intentionally not throwing balls to waste time a 5 second stall count may be started out loud. The team wasting time must throw a ball by the end of the stall count or they are out.

There are no timeouts and teams can only substitute between games.

Grace period: None

The game will be played on a racquetball court.

Players must wear athletic clothing and appropriate footwear. No open toed shoes will be allowed.

Object: The object of the game is to get all your opponents "Out" by hitting them with the ball or by catching their throws. The team with the last player standing will be declared the winner.

Starting the Game: Each team will start facing their respective end walls and will be given two balls. The supervisor will blow the whistle, and play will begin. Players may throw a ball as soon as play begins since there will be no opening rush or ten second mark.

Once a thrown ball hits the ground, the ceiling or either back wall, it is considered dead. Thrown balls can eliminate players after bouncing off of the side walls.

#### **"Outs"**

- The thrower is OUT if the ball is caught before it hits the floor or a wall
- A ball that is deflected and then caught causes the thrower to be OUT
- A player hit by the ball is not OUT if the ball hits the floor first
- A deflected ball that hits anyone causes the player hit to be OUT
- If you have a ball in your hand, you may use it to protect yourself or to ricochet/deflect a ball to a teammate. If your teammate catches the ball, the player who threw the ball is considered OUT
- If you attempt to deflect a throw with a ball in your possession and the ball in your possession is dropped, you are OUT.

- An "out" player must stand in the corner on the designated spot. They may not hold balls for their teammates. However, they may kick a ball that is rolling towards a teammate. They may never deflect or catch a thrown ball, but may protect themselves from being hit.