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McGILL INTRAMURALS DODGEBALL RULEBOOK

Updated – August 2026

Sections **highlighted yellow** are major rule changes for the 2026-27 season.

LOCATION

- Games will take place in the Aerobics Room. You can access the aerobics room in the basement of the building, right next to the entrance to the B2 gym.

ID. CARDS

- Before the start of intramural games students must present their valid McGill ID card to the timer. Staff and Alumni must present their valid Sports Complex Membership Cards. Please indicate to the timer which team you will be playing for. **NO ID. - NO PLAY!**
- All player IDs will be inspected by the scorekeeper and immediately handed back to the participant. IDs will NOT be kept by the scorekeeper and are not the responsibility of the McGill Intramural program.

DEFAULT RULE

- A five **(5) minute** delay to the start of the game will be granted if a team has an insufficient number of players to begin.
- The amount of time that the start of the game was delayed will be subtracted from the first half of play.
- Should a team still have too few players following the delay, the game will be classified as a default. The offending team will automatically lose the game 5-0 (7-0, 7-0, 7-0, 7-0, 7-0).
- If both teams do not have enough players, it will result in a double default.
- The defaulting team will be deducted 2 points in the standings.
- The defaulting team is also subject to a \$60 Default Fee (IM Handbook article 6.1).
- This fee must be paid [online](#) before the team's next game or the team will be disqualified from their respective league.
- To begin the game, each team must have a minimum of (5) players on the court, dressed, signed in, and ready to play at the scheduled starting time.

EQUIPMENT

- Official elephant skin dodgeballs (6 per game)

UNIFORM

- Dodgeball teams are not required to wear matching uniforms. See Article 4.1 (McGill Intramural Uniform Policy) of the IM Handbook.

PLAYERS

- Games are played 7 on 7
- If 7 players are not available, a team can play with a minimum of 5 players

SCORING

- Matches will be best 5 out of 9 sets. Teams should switch directions after each set.
- Each set has a 5-minute time limit
- 1-minute break between games
- The first team to eliminate all seven members of the opposing team wins the set
- If a game remains unfinished after the 5-minute limit, the winner shall be decided by:
 - Having the most players remaining on the court
 - If the same amount of players remain there will be a 3-minute sudden death. The first team to eliminate a player wins the set.
 - If there is still a tie after 3 minutes it will go to rock, paper, scissors.

PLAYING AREA

- Games will take place in the Aerobics Room.
- A red “attack line” was added. If a player wishes to throw a ball they cannot cross the attack line.
- Players are allowed to go as far as the centre line to retrieve balls. However, once they have a ball in possession they must return behind the attack line before throwing. **NO THROWING FROM BEYOND THE ATTACK LINE.**
- The queue has been shifted to the back of the court. There is a red rectangle on the floor to distinguish the area. Players who are “out” must wait in this area in the same order they were eliminated. Non set-playing team members must leave this area clear and stand somewhere else.
- The side walls are considered the “sideline”. A reminder that any ball that hits the wall is considered “dead”.
- During play, all players must remain within the boundary lines
- Players may leave and enter through the backline to retrieve stray balls (only if they have 7 players or less checked-in – “Ball Retrieval” section)
- Non-playing team members may assist the retrieval of stray balls by rolling them into their team members from behind the back line (see “Ball Retrieval” section)

START OF THE GAME

- Players lie face down behind their respective team’s baseline
- The six balls will be placed on the center line
- The official will whistle once to start the game, and ten seconds later to start the play of game
- Within the ten second buffer, players cannot throw, and cannot be hit
- Any player caught throwing will be removed from the game
- Minor crossing of the centre line will be tolerated during the buffer
- Roughhousing and fighting for balls will not be tolerated during the buffer

RULES

- To eliminate a player, you must hit them below the shoulders with a “live” ball or catch a ball they have thrown
- LIVE: a ball that has been thrown and has not touched the ground, the wall, a pin, a loose ball on the ground, an official, or the ceiling.
- The ball is still considered “LIVE” if it hits a player or deflects off a ball a player is holding
- Once a player has been eliminated, they must stand in the designated queue area. When a ball is caught, eliminated players can re-enter the game but must do so in the order that they are knocked out.
- If a person is hit with a ball, that is then rebounded and caught by a fellow team member, the person who threw the ball is out. If the rebound is dropped by the team member both players are out.
- If a ball hits multiple people, then all players it hits are out. The ball is still considered “LIVE”. A ball is not dead until it hits the ground or wall.

- In the event of a ball rebounding off the shoulder/chest of a person, and then hitting that same person in the head, that person is still out.
- If a person ducks and gets hit in the head, the throw is legal and the person who ducked is out.
- A player may use the ball as a shield to deflect other balls but:
 - The incoming ball is still considered “LIVE” after the deflection. Therefore, if the ball deflects and hits any part of the body of the player holding the ball, they are out. If the deflected ball hits another player, they are out.
 - If the player holding the ball drops it in the process of protecting themselves, they are out
 - Players cannot knock a ball out of an opponent's hands using their own hands. This is a violation, and the opposing player would be out.
- A player may not hold the ball for more than 5 seconds
 - There is no way to restart the 5 seconds once a ball has been picked up
 - A player who holds a ball too long may be called out by the ref
- Players who hit someone on the head must sit out the remainder of the set, at the discretion of the official.
 - A second offence in the match will result in an expulsion from the match and the individual will be subject to suspension from league play

BALL RETRIEVAL

- If a team has MORE than 7 players checked-in:
 - The extra players who are not involved in the set can help with ball retrieval
 - Players involved in the set are NOT allowed to leave the court to retrieve balls
 - Players who are involved in the set but are out cannot help with ball retrieval. They must stay in line in the order they were out.
- If a team has 7 or FEWER players checked-in:
 - Players involved in the match are now allowed to leave the court to retrieve balls. However, they must immediately return to the court/playing area once they have gathered the balls.
 - Players who are involved in the set but are out cannot help with ball retrieval. They must stay in line in the order they were out.
- Players who are in the queue can use their feet, hands, or body to guide balls back to the playing area. However, they cannot leave the designated queue area to gather balls. Must remain in line.
- Spectators cannot help with ball retrieval

OFFENSES

- The following offenses will result in a player being removed from a set
 - Throwing a ball before the 5-second buffer has expired
 - Cross the attack line or center line
 - Leaving the playing area and/or not returning immediately to the court
 - Hitting an opponent in the head (1st offense of the match)
 - Technical foul – arguing or complaining to the referee
- The following offenses will result in a player being removed from a match
 - Hitting an opponent in the head (2nd offense of the match)
 - Making physical contact with an opponent
 - Technical foul – arguing or complaining to the referee (2nd offense of the match)