The SUNY Oswego Dodgeball intramural league is set to begin this week, and there are over 50 teams across three divisions competing this season.

The league will consist of three division’s men’s competitive, men’s recreational, and co-rec competitive.

Intramural Dodgeball is consistently one of the most popular sports at SUNY Oswego. The fast paced action, easy to follow rules, and quick turnaround are just some of the reasons that students continue to flock to Dodgeball in the springtime.

According to GoMammoth.co.uk, the history of Dodgeball relates back over 200 years to Africa when instead of the soft balls we are used to today, tribes used rocks and other matter to attempt to take out members of opposing tribes.

A missionary by the name of Dr. James H. Carlisle, studied the African game, and brought it back to England, where he modified the rules including changing in the rocks for a leather ball.

From there, the game was popularized in America in 1884 by Phillip Ferguson after seeing it be played in a contest between Yale University and St. Mary’s College. He brought in several aspects of the game that we are widely used to today including having the game played in a set area with the two teams playing on each side of that boundary and a player being eliminated after they are hit.

Since then it has become one of the most well recognized schoolyard sports over the last century plus, and only has continued to grow in popularity in recent years.

The 2004 hit movie: Dodgeball: A True Underdog Story starring Ben Stiller and Vince Vaughn brought the sport to the mainstream of society. It can also be seen depicted in several popular television shows such as The Simpsons, South Park, and Freaks and Geeks. There are also videos of different Dodgeball games and highlights that are popular on the internet on sites such as YouTube.com.

At SUNY Oswego students and faculty alike, look forward to the beginning of the intramural Dodgeball season.

“Dodgeball at the SUNY Oswego campus is an awesome intramural sport offered. It brings students back to the days when they were on the playground,” said Bill Ling the
Coordinator of Campus Recreation. “The targets may be a little bit bigger to hit now, but the fun and the action of the game is still there.”

Dodgeball also gives students the opportunity to play intramurals even if they aren’t skilled in a particular sport. Nearly every student has played Dodgeball before, and intramurals give them the opportunity to re-live a part of their childhood, while also staying physically active. “It’s really about being able to get out there and have fun while also having that recreational aspect as well”, said Ling. “A lot of the programs we put on at Campus Recreation are cool like that because you are having fun and you’re working out at the same time and you don’t even realize it.”

The first intramural Dodgeball games start on April 9th, and the season runs through April 25th. All games are played in Swetman Gymnasium. Check Imleagues for scheduling details.