

# Dodgeball Rules

## (Official NADA Rules)

### THE TEAM

- 6-12 players. 6 players will compete at a time.
- Co-ed league has to have 3 guys/3 girls on the court at the beginning of the game.
- A minimum of 4 players is needed to start; 2 guys, 2 girls, otherwise the ratio must be within 1 (3 guys, 2 girls)
- Substitutes may enter the game only in the case of injury, or the start of a new game.

### THE COURT

The court that will be used is a standard size volleyball court (60'x30'). The centerline represents the team's boundary line and is also used for the placement of the dodgeballs at the beginning of the game. The 10 foot attack line will also be marked with cones.

### BOUNDARIES

- All players must remain within the boundary lines during the game.
- Players may only leave the boundaries to retrieve stray balls.
  - **The player can only leave through their END-LINE. They must also return through their end-line.**
- Any player that steps on the boundary lines will be considered "OUT".
- Players may not have any part of their body contact the playing surface on or over a side line.
- **Players cannot leave the playing field (side-line or end-line) to avoid being hit by, or attempt to catch, a ball. They will be called out.**
  - Players that are out may keep balls in play only if the person receiving the ball is completely within their team's field boundary.

### THE EQUIPMENT

- The official ball used in tournament and league play will be an 8" rubber-coated foam ball. Six balls per court will be used.
- Cones will signify the center, 10 foot, and boundary lines.

### THE GAME

- Matches will begin with a coin flip or Rock, Paper, Scissors. The team winning the coin flip will have choice of sides to begin the match. Teams will alternate sides following each game.
- New players may be substituted each new game but must play the entire game unless they are injured.

### **Opening Rush**

- Game begins by placing the dodgeballs along the center line. There are three balls placed on one side of the center of the court and three on the other.

- Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls.
- Teams may only retrieve the three balls to their right of the center of the court.
- Once a ball is retrieved it must be taken behind the 10foot attack-line before it can be legally thrown. Players can either run it back themselves to the attack-line or they may throw it back to a teammate.

The object of the game is to eliminate all opposing players by getting them “OUT”.

- This may be done by:
  - Hitting an opposing player with a LIVE thrown ball below the shoulders.
    - *LIVE BALL= A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc)*
    - *\*If a player ducks or takes a position with their head below where their shoulders would normally be when standing, i.e. crouching, sitting, diving, laying, and this clearly is the cause for the player being hit above the shoulders, the player is out and the throw is considered legal.*
- Catching a LIVE ball thrown by your opponent before it touches the ground.
- Causing an opponent to drop a held ball they caught.
- An opposing player stepping out of bounds.
  - If a player is catching a ball, has control, and then falls out of bounds, both the player catching, and the player that threw it are out.
  - If the player catching the ball fumbles with the ball, falls out of bounds and then catches it, just the player catching it is out.
- A player may block a thrown ball with a ball being held, as long as the holder does not lose control of the held ball.
  - *The held ball does not need to strike the ground to cause the holder to be out. It only needs to be knocked loose of the holder’s grip. Even if the player catches his ball before it strikes the ground, he/she will be considered out.*
- SCENARIO: A live ball deflecting off the body of Player “A” remains live only to player “A”. If “A” legally catches the ball, the thrower is out. Teammates of “A” may not legally catch the deflected ball. Touching of the deflected ball by another player causes it to become dead.
- Once a participant is hit by the ball and is considered out, they must make their way to the back of the court and around to the team’s trench near the official. In the trench the participants cannot leave the area until their team has caught a ball.
  - During the game if a player catches a ball from the opposing team, one of their teammates from the trench will re-enter the game.
  - Make sure players do not leave the side lines or re-enter through the sidelines. If a player is coming back in or is leaving, they must exit through the END LINES at all times.

### **TIMING AND WINNING A GAME**

- A 5-minute time limit has been established for each contest.
- If neither team has been eliminated at the end of the 5 minutes, the team with the greater number of players remaining will be declared the winner.
- In the case of an equal number of players remaining after regulation, a sudden-death overtime period will be played-see below.

## **TIME-OUTS & SUBSTITUTIONS**

Each team will be allowed one 30 second timeout per game. At this time a team may substitute players into the game. Make sure an official is aware of the substitution.

## **5-SECOND VIOLATION**

In order to reduce stalling, a violation will be called if a team in the lead controls all six balls on their side of the court for more than 5 seconds. The team in the lead must make an effort to get at least one ball across the attack line and into the opponent's backcourt. If this is not done within 5 seconds, then officials will call a "5-second violation". Then the balls will be evenly distributed to either team and the game resume.

## **OVERTIME**

- If an equal number of players remain after regulation play, a 3-minute sudden death overtime period will be played.
- Team captains may choose to add an equal number of players prior to the start of the first overtime. Sudden death still applies. Both captains must agree to the number of players added. If not, overtime will begin with the number of players left standing at the end of regulation time.
  - The girl/guy ratio must stay within 1
- Substitutions and/or additions are permitted only prior to the start of any overtime period.
- All overtime periods will begin with an equal number of "balls in hand" behind a team's end line.
- The first team to legally eliminate any one opposing player will be declared the winner
- At the end of each overtime period, if no players have been eliminated, an additional player from each team - to a maximum of 6 - will be placed back into play.
- The sudden death format continues through all extra periods.

## **DECLARING THE WINNER**

The first team to legally eliminate all opposing players will be declared the winner. If neither team has been eliminated at the end of regulation, the team with the greater number of remaining players will be declared the winner. If an equal number of players remain after regulation play, overtime will be played.