

Dodgeball Rules

THE TEAM

Teams will be made up of 6-12 players. 6 players will compete on a side. 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. 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.

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 out on the side-line 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 or balls may be handed to teammates 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.

THE GAME (BEST 4 OUT OF 7)

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

1. Hitting an opposing player with a LIVE thrown ball below the shoulders.

**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.*

2. Catching a LIVE ball thrown by your opponent before it touches the ground.

3. Causing an opponent to drop a held ball.

4. An opposing player stepping out of bounds.

* If a player is catching a ball, has control and two feet must in bounds, and then falls out of bounds, both that 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.

LIVE BALL= Any ball that is thrown that has not made contact with and official or the ground.

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. Control of a held ball is the ball not touching the ground or another player.

A live ball deflecting off the body of Player "A" remains live. If "A" legally catches the ball, the thrower is out. Teammates of "A" may legally catch the deflected ball, which then makes the thrower out and player "A" safe.

Once a participant is hit by the ball and is considered out, they must make their way to the back of the court. In this trench the participants cannot leave the area until a teammate catches a ball during play.

During the game if a player catches a ball from the opposing team. 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.

THE OPENING RUSH

Matches will begin with a coin flip. 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. Game begins by placing the dodgeballs along the center line. There are three balls placed on one side of the center hash 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 hash. Once a ball is retrieved it must be taken behind the 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. After the opening rush and your team had all three of your balls and players behind the ten foot line any opponent's ball that is left on the center line is considered a free ball.

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".

Delay of Game

A delay of game warning will be given to a player that is using unfair tactics to wait out the clock to gain an advantage. Examples would be unnecessary time out side of the playing field not retrieving balls. After the warning the next instant this happens to anyone on the team they shall be declared "OUT"

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.