

## Dodgeball

**The Game:** Dodgeball is played by two teams, each made up of six players. The purpose of each team is to eliminate opposing team members. This is done by striking opposing players with thrown balls, or catching balls thrown by opposing players; while preventing the opposition from doing the same. All play is subject to restrictions laid down in the following rules.

### 1. Rule 1 – Players, Field, and Equipment

#### a. Section 1: Team

- i. Teams will be made up of 6 players. Each team must include at least one female.

#### b. Section 2: Field Dimensions and markings

- ii. The playing field will be marked with sidelines, end lines, a center line, and attack lines. Attack lines are parallel to and 9 ft. from the center line.

#### c. Section 3: Boundaries

- i. During play, all players must remain within boundary lines.
- ii. Players may pass through their end-line only to retrieve stay balls. A stray ball is one that has not been pick up and is lying on the ground.
- iii. When retrieving a ball, the player must also immediately re-enter the playing field only through their end line. A player not immediately re-entering may be declared OUT.
- iv. A player outside the playing area may not legally throw at an opponent, but may be eliminated by a live thrown ball.
- v. If a player does any of the following they may be declared OUT. A player shall not:
  1. rest any body weight on any nets. No use of nets to avoid balls allowed.
  2. have any part of their body cross over the center line and contact the ground on their opponents' side of the court,
  3. leave the playing field to avoid being hit by or attempt to catch a ball.

#### d. Section 4: Equipment

- i. The official ball to be used in play will be an 8 1/4" rubber coated foam ball.
- ii. The number of balls in a regulation game is six (6).
- iii. Participants must wear shoes, shirts, and shorts/pants
- iv. All clothes and or uniforms are considered part of the player's body.

### 2. Rule 2 – Game Play

- i. Teams will alternate sides at the end of the first half.
- ii. The object of the game is to eliminate all opposing players by getting them OUT

- iv. An OUT is scored by:
  - 1. Hitting an opposing player with a LIVE thrown ball below the shoulders. *(NOTE: If a player ducks or takes a position with their head below where their shoulders would normally be when standing, i.e. crouching, kneeling, sitting, diving, rolling, flipping, or 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.
  - 3. Causing an opponent to lose control of a held ball as a result of contact by a thrown LIVE ball.
  - 4. An opposing player stepping out of bounds.
  - 5. A LIVE ball is one that strikes or is caught by an opposing player without/before contacting the ground, another player, a non-held ball, official, or other object.
- v. If a player catches a live ball thrown by their opponent, in addition to the thrower being declared OUT, a player from the catcher's team that had previously been eliminated can re-enter the game.
- vi. A player may block a thrown ball with a ball being held, provided the holder does not lose control of the held ball as a result of the contact with the thrown ball. The held ball does not need to strike the ground to cause the holder to be out, only be knocked loose of the holder's grip.
- vii. A live ball deflecting off a held ball and/or striking the holder remains live only to the holder. The thrown ball could be deflected into the air and caught by the holder (and not a teammate), and if so the thrower would be out.
- viii. A live ball deflecting off the body of Player "A" remains live only to Player "A." If "A" legally catches the deflected ball, the thrower is out. Teammates of "A" may not legally catch the ball.
- ix. Once a player is OUT, they must drop any balls in hand and exit the playing field at the nearest sideline, taking care not to intentionally interfere with game play or any live balls.

**b. Section 2: Beginning the Game**

- i. Prior to beginning a game, an equal number of dogeballs are placed along the center line on each side of the center hash mark. A standard game consists of 6 balls, 3 on each side of the hash mark.
- ii. Players then take a position behind the end line.

### **c. Section 3: The Opening Rush**

- i. Each ball retrieved by a team during the opening rush must first be taken beyond the attack line and into the team's backcourt before it may be legally thrown at an opponent.
- ii. Once a ball is moved beyond the attack line it may be thrown from anywhere on the court, short of center, including in front of the attack line.

### **d. Section 4: Declaring a Winner**

- i. The first team to legally eliminate all opposing players will be declared the winner.
- ii. 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.

### **e. Section 5: Stalling and 5 Second Violation**

- i. A team trailing during a game must be given the opportunity to eliminate an opposing player. This requires a ball to be at the disposal of the trailing team.
- ii. It is illegal for the leading team to control all the balls for more than five (5) seconds. If the leading team controls all the balls (all the balls are located on their side of the center line), they must make a legitimate effort to get at least one ball across the attack line and into the opponents' backcourt. If this is not done within 5 seconds, a "5-second violation" will be called. At this time, the trailing team will be supplied with a ball, and play will resume "ball in hand."

## **3. Rule 3 – Tournament Format and Tie Breakers**

### **a. Section 1: Match Play**

- i. Matches will be decided using 4 quarters of 8 minutes. Every time a team is eliminated the other team will score a point, at the end of each quarter the team with the most players on court is deemed the winner of that point.

In addition to these rules...

- If the officials catch any player being deliberately dishonest in their game play, that particular game will be deemed complete and one point will be immediately awarded to the opposition team. Such dishonestly includes but is not limited to not retreating to the end line if hit (this includes the ball brushing the clothing as stated in the rules), not retreating to the end line if a player loses control of a ball, even if he regains control before it hits the ground, etc.
- If one team has more balls than the other team and is not looking to throw immediately they will be counted down from 5. If the umpire gets to 0 then the team with more balls will have to pass a ball across the opposing teams attack line.
- Last man standing. If there is only one person left on one team, the referee will blow their whistle and bring all players into the attack zone. Play will begin and all out players can come up to the attack zone. If the live players go beyond the attack zone they will be deemed out. Any player who is out can pass balls to their live player at any time.