

# DODGEBALL RULES

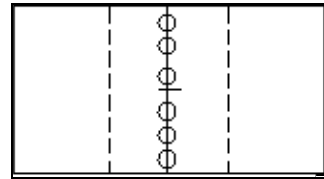
**NADA rules will be used with the following additions, exceptions, and clarifications.**

## THE TEAM

Teams will be made up of 6-10 players. Six (6) players will compete on a side; others will be available as substitutes. Substitutes may enter the game only during timeouts or in the case of injury.

## THE FIELD

The game can be played indoors or outdoors. The playing field shall be a rectangle at least 50 ft long and at least 30 ft wide, divided into two (2) equal sections by a center-line and attack-lines 3m from, and parallel to the centerline.



IDEAL MEASUREMENTS: 60' x 30' – Identical to a volleyball court.

## THE EQUIPMENT

The official ball used in tournament and league play will be a 7" foam ball.

## THE GAME

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.
2. Catching a LIVE ball thrown by your opponent before it touches the ground. (This also brings the first player on your team eliminated back in the game).

*Definition: LIVE: 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)*

## WHEN IS A PLAYER OUT OF THE GAME?

- Any person contacted by a "live" thrown ball on the fly is out of the game.
- The person throwing the ball is out if the ball is caught by an opposing player on the fly. The thrower is not out if the ball is caught after deflecting off anything.
- If the ball comes in contact with the opposing player's head, the person throwing the ball is out. (exception: If a player ducks or lowers their head and the ball hits their head the player will be out. This is not considered a "head shot" because the ball was not aimed at the head.)
- Any player who steps out of bounds will be called out when they are not following the rules for retrieving balls.
- If any players uses a ball to block an opposing players throw and in doing so drops his or her ball.

## BOUNDARIES/RETRIEVING BALLS

During play, all players must remain within the boundary lines. One player at a time may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end-line. Team players that are out may return balls to their teammates (they may not cross the center line).

## **THE OPENING RUSH**

Game begins by placing the dodgeballs along the center line – three (3) on one side of the center hash and three (3) 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. This signal officially starts the contest. Teams may only retrieve the three (3) 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.

## **TIMING AND WINNING A GAME**

- The first team to legally eliminate all opposing players in the best of 3 format will be declared the winner.
- A 10-minute time limit has been established for each contest.
- If neither team has been eliminated at the end of the 10 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. During sudden death play, the first team to eliminate an opposing team's player shall be declared the winner.

## **TIME-OUTS & SUBSTITUTIONS**

Each team will be allowed one (1) 30 second timeout per game. At this time a team may substitute players into the game. You may not substitute a player that has been eliminated already for a player currently in.

## **5-SECOND VIOLATION**

In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds. If the leading team controls the balls – i.e. all balls are located on their side of the court – they must make an effort to get at least one ball across the attack line and into the opponents backcourt. If this is not done, a 5-second violation can be called. Only an official can call a 5-second violation.

### Penalty for 5-Second Violation:

First Violation: Stoppage of play and balls will be divided up evenly between teams.  
Second Violation: Ejection of one player from offending team (offending team chooses who is OUT).

## **RULE ENFORCEMENT**

Rules will be enforced primarily by the "honor system"\*. Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated.. All contests will be supervised by a court monitor\*. The court monitor's responsibility will be to rule on any situation in which teams cannot agree. THE COURT MONITOR'S DECISION IS FINAL – NO EXCEPTIONS.

\*NOTE: During tournament play, All Semi-Final and Final Round matches will be officiated by no less than 3 officials. These officials will rule on all legal hits, out-of-bounds and 5-second violations.

## **CODE OF CONDUCT**

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of game officials and staff.
3. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
4. Be responsible for your actions and maintain self-control.
5. Do not taunt or bait opponents and refrain from using foul or abusive language.