



## Dodgeball Rules & Regulations

### Teams

Teams will be made up of 6-10 players. Six (6) players will compete on a side; others will be available as substitutes. A minimum of five (5) players must be present to start a game, and a female is mandatory on the court at all times. All participants must wear athletic court/gym shoes to participate.

### Field and Equipment

A volleyball court will be used for the game of dodgeball. There are marked sidelines, end lines, attack lines and one Centerline. Six (6) balls will be used for every match. Jail will be located along one side of the court.

### Boundaries

All players must **maintain one point of contact** in boundary lines unless going to retrieve a ball. The field of play is the volleyball court between the service lines. When retrieving a ball, players must pass through the end line and immediately re-enter the playing area through the end line. A player not immediately re-entering the playing area will be declared out. If a player goes into the safe zone and no ball is located in the safe zone that person will be called out. A player may be handed a ball, provided the player receiving the ball remains completely within their team's field boundaries. A player may not enter or exit the court through the sidelines at any time, including avoiding being hit or attempting to catch a ball. Players must not have any

part of their body cross the centerline and contact the ground on the opponents' side of the court. An automatic out will occur if a player leaves or enters through the sidelines or crosses the centerline.

### **Beginning the Game**

Game begins by placing the dodge balls along the centerline – 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. Anyone caught pushing an opponent at the start will be called out. Do not touch the other team “intentionally” at the beginning. Sliding will not be allowed at the beginning of the game, an out will be called.

Then they must retreat beyond the **attack line** before throwing the ball at opponents. After running up to retrieve a ball at the beginning of the game the player's feet must travel across the red/yellow line and both feet must be on the ground before the ball can be thrown. A player is not allowed to jump back across the line and throw the ball in midair. The player's feet must be on the ground behind the line.

### **Object of 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 below the shoulders with a LIVE thrown ball.
2. Catching a LIVE ball thrown by your opponent before it touches the ground, basket or other object out of bounds.
3. Crossing the centerline or exiting or entering the court from any line but the back line when retrieving loose balls.
4. Kicking the ball at the other team with the intention to get a member of the opposite team out. A player may only kick the Dodgeball to pass it to a member of their team or to pass to the opponent.
5. More Guidelines can be found in the “**Outs and In's**,” section.

## **Declaring a Winner**

Each match is a best 3 out of 5 format. Play continues until one team is eliminated. At that point, the referee calls time and awards the winning team one point for each remaining player for that game.

## **Jail**

A person struck by a legally thrown ball must go to jail. Jail is located along the sideline of each team's half of the court. All players in jail must remain seated on the bench at all times. The player sitting closest to the ref will be the next to enter the game. Players must re-enter the court in the order in which they were sent to jail. (Keep your order of "out" while sitting on the "jail bench.") If a ball rolls into the jail area, a player in jail may roll it back on the court, but must remain on his bench. Players who have been called out and are in jail cannot leave the bench to retrieve stray balls for their teammates; you may however roll the ball back into play if they are in arms reach of jail. Players are released from jail when a teammate catches a legally thrown ball before it hits the ground, wall or ceiling. A maximum of (6) players may be on the court for each team. If called out, move directly to the back of the court and out of play. Players will be warned if caught protecting teammates from getting hit.

## **Outs and In's "a guide to what is considered an out or is not a out."**

In order to reduce stalling, the referee will have discretion to call a "stall attempt". The referee will signal this by raising his/her hand and loudly saying "stall warning". If the offending team has not made a legitimate throw, the referee will count down from 5 seconds. If the referee reaches zero on his/her countdown, all of the balls will go over to the non-offending team. Play will resume once the non-offending team has possession of all the balls.

Clothing is considered part of a player's body. If the clothes are hit, you are out. (Thus baggy clothing can be a disadvantage).

Any ball that touches the floor, ceiling, or wall is a dead ball and does not result in an out.

If a defender attempts to catch a live ball, but drops it, the defender is out.

The defender may block a live ball with another ball. That ball then becomes dead immediately upon contact with another ball. EXCEPTION: If the deflected ball hits the defender after making contact with their blocking ball, they are out

If a blocking ball is dropped as a result of contact from a live ball, then the player who drops the ball is out.

A player may only get one defender out per throw. If the ball legally hits a defender, then hits another defender before becoming a dead ball, only the first-hit defender will be out. However, the ball may still be caught by another defender, which would cause the attacker to be out.

A player shall not leave the playing field to avoid being hit or in an attempt to catch a ball. The player violating this rule will be considered out.

A player hit in the head while ducking or dodging IS out.

Unsportsmanlike conduct (explicit language, or badgering the referee...) will result in immediate ejection from the game, and one less starting player for any further games in the match. In the case of an inadvertent headshot, neither the defender nor the thrower will be out.

Player must have **one point of contact** in bounds and on the ground for the play to be ruled a catch. If the ball is bobbled or the catcher steps out of bounds then the catch is no good.

Players are allowed to throw the ball while in the air.

All outs will be based off the honor and/or referee system. A referee will be on hand to call outs but cannot follow every thrown ball. If a dispute occurs the referee will solve the problem any way deemed appropriate. This may result in a double elimination or one player out. All decisions by the referee are final.