

### **Dodgeball Rules**

- A. Team Formation
  - 1. Matches will be played 6 on 6.
  - 2. Up to 12 players can be on a team roster.
  - 3. Teams can start with as few as 4 players, if additional players arrive after play has started, they can join at the start of the next game
  
- B. Uniform
  - 1. All players must wear appropriate athletic uniform consisting of athletic shorts or pants, sweatpants or jogging pants, a t-shirt or tank top and closed toe athletic shoes.
  - 2. All jewelry must be removed with the exception of non-dangling earrings.
  - 3. Like dress is not required.
  
- C. Match
  - 1. Matches will consist of a best of 5 series of games.
  - 2. Games will be last 5 minutes or until an entire team has been eliminated.
  - 3. When time expires, the team with the most players remaining will win the game.
    - a. If both sides have an equal number of players, play will continue in sudden death. The first team to eliminate a player by any means will win the game.
  - 4. The first team to win 2 games will win the match.
  
- D. Playing Field
  - 1. Games will be played on a volleyball court (60' x 30')
  - 2. Court will be divided by a center line
  - 3. Attack lines will be 10 feet from the center line on each side of the center line.
  
- E. Gameplay
  - 1. Opening Rush
    - a. Game will begin with 6 players on their end line and 4 balls placed along the center line.
    - b. On signal from the referee, players race to the center to line to retrieve the balls.
    - c. Balls must be run back beyond the attack line before being thrown.
  - 2. Eliminating players
    - a. A player can be eliminated by a variety of means:
      - 1. Being struck by a live ball.
      - 2. Opponent catches thrown live ball.
      - 3. Player crosses or touches center line.
      - 4. Player steps out of bounds to avoid being hit.
      - 5. Player hits opponent in head.
    - b. Definition: Live ball-a ball that has been thrown and has not hit the floor or wall. Ball is still live after hitting player until it hits the ground.



## Caught Balls

- c. If a player catches a live ball thrown by an opponent, the thrower is out. Additionally, one player from the “catchers” team can return to the court.
  - d. Returning player can be from starting lineup or be a substitution from the team’s roster.
3. Head Shots
    - a. Any throw hitting opponent in the head will not eliminate hit player
    - b. The player who threw the ball will be eliminated
    - c. If player intentionally ducks head into ball, he/she will be eliminated, thrower will remain in game.
  4. Blocking
    - a. A player can use a held ball to block a thrown ball from the other team.
      1. If player drops ball, they will be eliminated.
      2. Deflected ball is live until it hits the ground, if it hits another player, they will be out.
  5. Double-hit
    - a. After a thrown ball hits a player, the ball is still live, if it hits another player they are both eliminated.
  6. Stalling
    - a. No player can hold a ball for more than 15 seconds without throwing it across the center line.
      1. On first violation, player will have to relinquish ball to opponent.
      2. On second offense player will be eliminated and must relinquish ball.
    - b. No team shall hold possession of all 4 balls for more than 5 seconds.
      1. On first violation, team will have to relinquish 2 balls to opponent.
      2. On second offense, team will relinquish 2 balls and lose one player
  7. Boundaries
    - a. Any player stepping on or over the center line at any point will be eliminated.
    - b. Any player stepping over side or end lines to avoid being hit will be eliminated.
    - c. To retrieve balls that have left the court players can enter and exit through the back of the court only, players stepping out through the sidelines will be eliminated.
  8. Team box
    - a. All team members not in the game must stand on the sidelines on their team’s side of the center line.
    - b. Balls rolling into the team box area can be returned to that team’s players.
      1. Ball must be passed or rolled back to team member; ball cannot be thrown across center line from sideline.
  9. Rule Enforcement.
    - a. Players will be responsible for being honest in leaving the court when hit. Officials will be on hand to enforce rules and any conflicts, but players will be on “honors system” to play fairly. Players should not wait to be told to leave court after being hit.
    - b. When necessary, IRS official will have final say on all calls pertaining to legal hits, out of bounds or any other rules.

F. Scoring

1. A team will win a match after winning 3 games.
2. A games won differential will be kept in the standings as a tiebreaker. (Ex. If a team wins a match 3 games to 1, the winning team will receive +2 in the standings, the losing team will receive a -2).
3. If a teams are tied, head to head record will be the first tiebreaker, game differential will be the second tiebreaker.