

Dodgeball

The game: Dodgeball is played by two teams, which are each made up of 6 players. The purpose of each team is to eliminate opposing team players. This is done by striking opposing players with thrown balls, or catching balls thrown by opposing players; while preventing the opposition doing the same. All play is subject to restrictions laid down in the following rules.

1. Rule 1 – Players, field and equipment

a. Section one – Team

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

b. Section two – Field dimensions and markings

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

c. Section three – Boundaries

- i. During play all players must remain within boundary lines
- ii. Players must pass through their end line only to retrieve stray balls. A stray ball is one that has not been picked up and is lying on the ground
 1. In order for a player to retrieve a stray ball, they must put one hand clearly in the air demonstrating to the umpire and the opposition they are still a live player, but they are retrieving a stray ball.
 2. A player may only do this to retrieve a stray ball, at no point can a player raise their hand before going over the end line for any other reason, this includes avoiding a throw and losing balance.
- 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
 1. Said player may not take a catch behind the end line, this would result in said player being called out
- v. If a player does any of the following they may be declared out
 1. Rest any body weight on any nets. No use of nets is allowed
 2. Have any part of their body cross over the centre line and contact the ground on the opponents side of the court (one exception, see Rule two, section two – Beginning the game)

3. Leave the playing field to avoid being hit by or attempting to catch a ball

d. Section four – Equipment

- i. The official ball to be used in play will be an 8 ¼” rubber coated foam ball. Individual stadiums may vary on type of ball
- ii. The number of balls in a regulation game of Dodgeball is six
- iii. Participants must wear shoes, shirts, shorts/pants
- iv. All clothes/uniforms are considered part of the players body

2. Rule 2 – The game

a. Section one – 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
- iii. 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, ie. 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 drop a held ball as a result of contact by a thrown live ball
 4. An opposing player stepping out of bounds, or putting weight against the net
 5. A live ball is one that is thrown by an opposing player, where it has not yet contacted the net or the ground, another live ball or the official
- iv. If a player catches a live ball thrown by their opponent, in addition to the thrower being declared out, a player from the catchers team that had previously been eliminated can re-enter the game
 1. The order in which players can re-enter the game is first player out becomes the first player back on, and players can re-enter in order of when they were eliminated
- v. A player may block a thrown ball with a ball being held, provided the holder does not lose control and drop the ball onto the ground, as a result of the contact with the thrown ball.
- vi. A live ball, deflected off a held ball and/or striking the holder remains live until such time as it hits a net, hits the ground or comes into contact with a loose ball.

umpire does not have to call Last Man Standing to have this phase of the game begin.

- iii. In this phase it is illegal to block. Therefore, any ball you are holding is deemed part of the body and would count as an out if it was hit.
 - iv. Once Last Man Standing phase had begun, both teams must abide by these rules.
 - v. If a ball is thrown at a player, and it hits a ball held by the opposition, which deflects it up into the air, to be caught by that opposition, the catch stands
 - vi. If a catch is taken which enables the single player to bring on a team mate, the Last Man Standing phase is no longer in play, the game returns to standard play.
- e. Section four – 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 of that point
- f. Section five – Stalling and the 5-second violation
- i. A team who has the majority of balls will be given a 5-second count to throw a ball.
 - ii. The ball must cross the opposition attack line before the count down reaches zero
 - iii. If a ball does not cross the opposition attack line before the count down reaches zero, all the balls from the team who is obligated to throw it should be passed across to the other team
 - iv. If both teams have three balls each, the team with the most live players on the court is obligated to throw within 5 seconds. If both teams have equal players in play, the team with the most points in the game is obligated to throw it within the 5 seconds. Finally, if both of those requirements are tied, the umpire will choose the team opposite to the team who was obligated to throw it last time, and will alternate each time this scenario is present
 - v. A 5-second violation can only be avoided by players who are on the playing field. Therefore, any ball that crosses the opposition attack line must have been thrown across the attack line by a player currently in the field of play and who has not been eliminated yet.
 - vi. A team who is obligated to throw within 5 seconds must not place a ball on the opposition side of the centre line. Doing this is considered bad sportsmanship and will result in that player being eliminated. A ball must

have forward momentum, and must cross the oppositions attack line before the count reaches zero to avoid the violation

3. Rule three – Tournament structure and tie breakers

a. Section one – Match play

- i. A game will consist of 8 minute quarters
- ii. A point is awarded to the team who eliminates the other team entirely
- iii. During round robin games a tied game will result in no extra time
- iv. During Semi-finals and Finals games, if a game is tied at full time, 5 minutes of extra time will be played. If there is still no result at this point a full team Last Man Standing will be played.
 1. Each team will play one game, there is no deflections allowed, catches do not result in bringing an eliminated player back on but the thrower is out. The winner of this point will win the game.

4. Rule four – Player discipline

a. Section one – Honesty

- i. Teams are obligated to make honesty calls. If they were hit, dropped a catch, put weight on the net, stepped over the centre line, stepped behind the end line (except in the case of retrieving a stray ball, with one hand raised), then they should volunteer their elimination
- ii. If a player is out they do not have to wait for confirmation from the umpire, they must leave the playing field immediately.
 1. Slight brushing of the clothes is considered a hit
- iii. Any dishonesty an umpire notices will result in an immediate yellow card, followed by a red card for further infringements (see section three). No warning is required in this instance.

b. Section two – Player behaviour

- i. Players who deliberately kick a Dodgeball with intent will be warned once. That will be that teams only warning, any further kicking of a ball will result in a yellow card, followed by a red card
- ii. Players arguing with the umpire on court will not be tolerated. A warning will be issued to any player who back chats, argues, or dissents toward an umpire in any way. Further poor behaviour will result in a yellow card, followed by a red card for further poor behaviour
- iii. Once a player has been eliminated they must remain behind the end line. They play no part in the game except for retrieving stray balls for their teammates. A player who is deemed out may not throw balls at the opposition, this is considered bad sportsmanship and is illegal. It will result in one warning, followed by a yellow, then red card for further instances of poor behaviour

c. Section three – Yellow and red cards

- i. A yellow card issued will result in the player sitting out the rest of the current point being played, as well as the point after that
- ii. A red card will result in the player being required to step off the court for the remainder of the game
- iii. A player who receives multiple red cards may be suspended from the facility for a specified length of time, as agreed upon by management