DODGEBALL Rules of the game

Players, Field & Equipment

Team:

1. Teams will be made up of six (6) players plus a maximum of two (2) substitutions.
2. A minimum of four (4) players will constitute a team.
3. Substitutions may enter the game only during stoppages controlled by the umpires, or in the case of injury.

Field Dimensions and Markings

1. The game is played indoors using Soccer line markings on the courts.
2. Only active players are allowed in the player’s area. Substitutes remain off the court until signaled to enter.

Boundaries

1. Back net is the dead ball zone only – all other nets are live, (Roof & Side Nets)
2. A player may only have possession of one Dodgeball at any one time.
3. Leave the playing field to avoid being hit or by in attempt to catch a ball.
4. Have any part of their body cross the centerline and contact ground on their opponent’s side of court.

   PENALTY: Offending player is deemed to be OUT.

Equipment/Uniforms

1. The standard number of balls for a six-player game is six (6).
   NOTE: To prevent damage, Dodgeballs may not be “scrunched” at any time, any individual doing this will be declared OUT.
2. All jewellery (watches etc) must be removed.
3. Team uniforms are recommended, they need to be color matching, you can also have sponsors, numbers or team names on them.
4. Penalty for a team out of Uniform can be Minus 3 (-3) points, and will be deducted from the starting score. This is at the discretion of the umpire.

GAME PLAY

The Game

1. Matches will begin on the buzzer and the umpire declaring dodgeball.
2. Teams will alternate sides after each quarter.
3. The object of the game is to eliminate all opposing players by getting them OUT.
4. All players that go out must take a knee in their dead zone located in the soccer goals semi circle and while walking to the dead zone must put their hands in the air.

An OUT is scored by:

1. Hitting an opposing player with a live thrown ball.
2. If a deflection off the side or roof net then hits a player they are deemed to be OUT.
3. Catching the live ball thrown by your opponent, the thrower is then deemed OUT. A teammate is then allowed into the game.
4. Causing an opponent to drop a live ball as a result of contact by another thrown live ball. (Usually occurs when a ball is being used to block a thrown ball.)
5. An opposing player stepping out of bounds with momentum carrying a caught ball. Both thrower and catcher are OUT.
6. A player may block a ball with a ball being held, provided the held ball is not dropped as a result of the contact with the thrown ball.
7. A rolling/Bouncing ball is still considered alive.
8. Kicking a dodgeball is an automatic 2 min send off.
9. If a ball is to hit multiple players and has not hit the back wall or is not taken under control then all players hit are deemed OUT.
10. A catch can be caught of another players deflection whilst holding a ball or if the ball is to strike another player then is caught both players are NOT OUT and the attacker is deemed OUT.

NOTE:
You may never hold 2 balls or you will be deemed out.

Timing, Time-outs & Substitutions

1. Dodgeball is played over 4 x 10 minute quarters.
2. If a team is eliminated before the 10 minutes another game will start immediately.
3. The game will commence and end with the central timing siren, but if a period has less than 30 sec remaining then time will be called for that quarter.
4. If a game is part way through and the quarter siren sounds, that game becomes null and void.
5. Exemption: All live balls in flight at time of an officials signal (to end regular time or begin a (timeout) remains live, and may eliminate an opponent, until they become dead.

Beginning the Game

1. Prior to beginning a game, an equal number of dodgeballs are placed one (1) metre from the centre line inside each teams playing half.
2. A standard game consists of 6 balls, 3 on each side of the centre circle.
3. Players then take a position touching the back net.
4. Following a signal by the official – a whistle will blast after the siren; teams may approach the centre lines to retrieve the balls.

Opening Rush Rule

1. You are not allowed to slap the ball at the beginning of the game. It must be under control and then thrown to a teammate.

Stalling and 5-second violation

1. The first team to legally eliminate all opposing players will be declared the winner.
2. If this is not done within 5 seconds, a 5 sec Violation will be called. A team may avoid a 5 sec violation by throwing or rolling the ball into the opponents backcourt.

NOTE: Only the referee may call a 5 sec violation. Penalty for a 5 sec Violation: PLAYER IS OUT.

Scoring:

1. The first team to legally eliminate all opposing players will be declared the winner.
2. A score will be assigned to each game based on the number of team members left standing at the end of the game. If team A eliminates team B and still has three players left standing, team A receives 1 point for every team member they have left. Team B receives 0 points. If at the end of each quarter no team has been eliminated both teams will receive 1 point for every member left standing. At the end of the match, the team with the most points will be declared the winner.