



## DODGEBALL RULES

- I. **Equipment**
  - A. Participants must wear athletic (non-marking) shoes, shirts, and shorts/pants.
- II. **The Game**
  - A. Coin toss (or Rock Paper Scissors) will determine which team chooses their side of playing field for the match.
  - B. Matches are two (2) ten (10) min halves
    1. If 10-minutes have elapsed and a game is in progress, the team with more players is declared the winner of that game. If there are an equal number of players for each team 2 additional minutes will be added to the clock.
    2. Teams will play as unlimited game until the ten (10) min half time expires.
  - C. There will be a 2-minute break in between games, to allow the balls to be reset and lineups to be changed.
  - D. A game is won when one team has eliminated all players from the opposing team.
- III. **Teams**
  - A. Teams consist of six (6) players.
  - B. Three (3) players are needed to start and continue a match.
  - C. Substitutions cannot be made on the fly. A team may change its lineup between games of a match.
- IV. **Court**
  - A. The game will be played on a volleyball court
  - B. During play, all players must remain within boundary lines, except if retrieving a ball.
  - C. Stepping entirely across the half-court line with any part of the foot or any other part of their body is considered out of bounds. The player is considered to be out and must drop the ball at the spot.
  - D. Any part of a player's foot touching a sideline or end line means that that player is in play.
  - E. A player may only retrieve balls from their half of the court (both inbounds and out of bounds).
- V. **Opening Rush**
  - A. Game begins with six balls on the half-court line.
  - B. Players take a position behind their end line.
  - C. Following a signal by the official, teams may approach the half-court line to retrieve balls.
  - D. Each team must send at least one player to retrieve a ball.
  - E. Throwing Player must retreat behind the volleyball 10ft line before throwing.
- VI. **Outs**
  - A. A player is out when:
    1. A live ball hits any part of the player's body, clothing, or uniform below the shoulders. If a player ducks or takes a position with their head below where their shoulders normally would be when standing (i.e. crouching, kneeling, sitting, diving, rolling), and is hit, the player is out and the throw is considered legal.
    2. If a live thrown ball that is caught by a defending player prior to contacting the ground, the player who threw the ball is OUT.

3. The team that caught the ball may return one player who was already out (standing out of bounds). The first player in the catching team's line shall return to the game.
    - i. The player that is allowed back into play is considered in the "Safe Zone" and must enter the court from the end line before they are able to touch any balls in play or is eligible to be hit out again.
    - ii. Should a catch be made after the ball has hit a player but not yet hit the ground, the catch is legal and only the thrower is OUT.
    - iii. A legal catch must be made in the court of play.
  4. If a player drops a held ball as result of a thrown ball hitting the held ball is considered OUT.
  5. A player leaving the court to avoid being hit or to "hide" is OUT.
    - i. EXCEPTION: A player may leave the court to retrieve stray balls from their own side of the court.
  6. A player touching any part of the center line with any part of the foot or any other part of the body is OUT.
- B. Once a player is OUT, they must immediately drop any balls in hand and exit the playing field. Players that are OUT may retrieve balls from their team's half of the court only and hand them to their players still in the game.
- C. Once a ball touches the floor, sidewall, curtain, or anything besides another held ball, an OUT cannot be scored, nor can the ball be caught for an OUT.

VII. **Retrieving Balls**

- A. The only reason for a player to be out of bounds is to be chasing after a loose ball. Upon obtaining a loose ball, that player must immediately return inbounds. The player must be considered legally inbounds by an official to throw a ball at an opponent or be gotten OUT due to a ball thrown by an opponent. If a player out of bounds is hit by a ball, he/she is not out.
- B. A player may only retrieve balls from their half of the court (both inbounds and out of bounds).
- C. A player may only be handed a ball from out of bounds, by a teammate who is out of the game. The ball may not be thrown to the player.

VIII. **Five-Second Violation**

- A. In order to reduce stalling, a violation will be called if a team controls all six (6) balls on their side of the court for more than 5-seconds.
- B. If a violation is called, the team must then roll one of the balls to their opponents beyond the opponent's free throw line. This rule should not be used to give the winning team (team with more players) an advantage.