

# **Dodgeball Rules**

## **Teams**

This is a Co-Ed league. Teams will consist of either 4 men/2 women or 3 men/3 women. No substitutes will be allowed during the game. An alternate may be allowed to take the place of one of the contestants. The alternate may be subject to pay a fee to participate. A minimum of 4 people are needed to start the match and each team will need to have at least one woman. No more than 6 players on the court at one time. Athletic or gym shoes are required to play. No uniforms are required.

## **Field of Play**

The Dodgeball will be the same size as a volleyball court. The lines will be marked on the court. The "Jail" will be at the bleachers in the court.

## **Boundaries**

All players must maintain one point of contact within the boundary lines of the court. Players are allowed to leave the field of play to retrieve balls but have to exit and enter through the back line. A player can not be knocked out of play when retrieving balls, and they cannot throw a ball to get someone out if they don't have at least one point of contact they will be deemed out if they throw it at an opposing player when outside the field of play. Players can't stall when retrieving balls, they must immediately try to get back inbounds. A player cannot enter or exit the court through the sidelines, including dodging to not get hit or catching a ball if they don't maintain one point of contact. The player will be deemed out if this occurs or if they step over the centerline.

## **Jail**

"Jail" is the term used to determine players that are eliminated from the playing field. The jail will be the bleachers in the gym all players in jail must be seated and be in the order they got out. To get out of jail a player on the team of the person in jail must catch a dodgeball. If a ball rolls toward the bench a player may roll it back into play but they can't leave the bench. Players in jail are not allowed to retrieve balls for their team. Players must exit the court through the back line and enter the court when released through the backline. Players that are out are not allowed to protect their teammates from getting out. If a player tries to protect their teammates they will be warned, and a second offense will result in a penalty to the team. A "Jailbreak" occurs when there is one player on a team left, and the player makes a basket. In this event all of the players in jail are released and allowed to join the game.

## **Beginning of the Game**

The game begins with 5 balls at the center, and each team lined across the backline.

The game starts when the ref signals or uses a whistle to start the game.

Each team can then proceed to the center line to retrieve balls

Balls can't be thrown when inside the attack line at the start. Once two feet are outside the attack line players can throw balls at the opposing team.

No Pushing. Any player that pushes another at the center will be out automatically for the game.

## **Object of the Game**

The object of the game is to eliminate the other team by getting them out. Players can get out by:

- Hitting a player below the shoulders (NO HEADSHOTS)
- Catching a LIVE ball that hasn't hit the ground, wall, basket or anything out of bounds
- Exiting or entering through any line that's not the back line
- You CAN'T get out by a ball that has been kicked
- More scenarios are listed in the "In's and Out's" category

## **"In's and Out's"**

This section will outline some more of the scenarios that may come up:

- Stalling- not making legitimate throws. Referee will deem stalling a warning will be given first. If a team is stalling the balls will go to the other team.
- Any body part or piece of clothing that is touched by a LIVE ball is an out.
- If a defender attempts to catch a LIVE ball and drops it, that player is out.
- You CAN block a LIVE ball with a ball in hand, however, you can't drop the ball that blocks the LIVE ball until it becomes dead (hits the ground, wall, or another area) or that will result in an out.
- If a player is hit with a ball, the ball is still LIVE until it hits the ground, wall, or out of bounds. A player may attempt to catch it, resulting in the thrower and player hit by the ball to be out.
- Intentional headshots result in an out for the throwing player
- A player that ducks or dodges into a headshot is out
- You can not leave the court to dodge a ball or the player will be out.
- A ball that hits the ceiling or wall is a dead ball and can't be caught to get the thrower out, and it can't get a player out.
- Unsportsmanlike conduct (arguing, badgering the referee, etc) will result in an ejection from the game
- One point of contact must be established in bounds to be deemed a catch.
- Can throw a ball mid air

## **Gladiator**

Gladiator will take place if after the time limit is up and there is still players standing. At the expiration of time. The ref will call gladiator which allows the center line to disappear. Players on both sides will be allowed to cross the center line and the last player standing will win the match for their team.

## **Match Play**

Matches will be 5 minutes long. Teams will play a best of 3 series. Winner of the series will get a points which goes towards the tournament seeding.

## **Tournament**

After the 5-week round robin league play, a postseason tournament will take place. Seeds will be made after the final results from the league play. The Tournament will be a Single elimination tournament with a best of 5 series for the finals.

## **Prizes**

Prizes will be awarded to the first and second place team. The winning team will get t-shirts and gift cards. The second place team will get a gift card