

DODGEBALL RULES – effective January 2011

Match/Game Play

1. Each team will start the match with 5 players lined up along the back edge of the playing zone on their side of the court. There must be a minimum of 2 female players on the court when the match starts. If a team has only 1 female then they must start down by 2 points and play with 3 males and 1 female on the court (i.e. they must play one person short).
2. Each match is a maximum 5 minutes, although many games end much quicker.
3. The game begins with either the event coordinator blowing the whistle or yelling “DODGEBALL!”
4. Once the game has begun teams run to retrieve one of the 3 balls on their side of the center line and begin to throw them at the opposing team. **Players cannot reach across the center line to grab the other teams 3 balls while they are still on the cones.** Once all the balls are in play then players may without violating the center line grab balls on the other side. This means you can reach across center but if your foot touches the line you are out
5. Players are **NOT** allowed to squeeze the balls so that they impact the shape of the balls. Players that squeeze the balls will be eliminated. Any players that constantly squeeze the balls could face suspension. This action significantly shortens the life of the balls and gives an unfair advantage as the balls tends to move very differently.
6. At the start of the game the balls are placed on cones on either side of the center line. These cones also designate a warning area commonly referred to as a dead zone. This dead zone should act as a guide that you are very close to the center line and should proceed with caution. Any violation of the center line means you are out.
7. All games are SELF OFFICIATED and we ask that Team Captains ensure that their teams are honest in calling their own and others eliminations and fouls.
8. The Event Coordinators job is not to officiate but if teams are not being honest or there is a safety issue (ie a player constantly crossing the center line without calling themselves out) the EC may step in and make necessary calls.
9. To eliminate a player they must be hit with a ball **BELOW THE SHOULDERS**. That ball must hit the player in the air. If the ball bounces before it hits the opposing player that player is NOT ELIMINATED.
10. A player is also eliminated if a member of the opposing team catches the ball thrown at them “in the air” before it hits the ground. The team that “catches” these balls also gets to have one of their eliminated players return to the court.
11. A player is eliminated if they drop a ball at any time.
12. A player may not pass a ball to another player on their own team.
13. A player may not have more than one dodgeball in their hand at one time.
14. Once a ball hits the ground, wall, or any apparatus in the gym the ball is considered dead and cannot either eliminate a player who is hit or be caught to eliminate a player from the other team.
15. If a person is hit in the head, the person is not eliminated. However the person who threw the ball, whether intentional or not is eliminated. 2 Head shots result in a warning and 3 results is a suspension for 1 week. – DO NOT THROW AT ANYONE’S HEAD.
16. IF A PLAYER IS HIT IN THE HEAD AS A RESULT OF DUCKING – THAT PERSON IS ELIMINATED AND THE THROWER RECEIVES NO PENALTY
17. Players that are eliminated are able to return as a result of a caught ball. Players must return in the order in which they were eliminated – **first off is first back on**

18. 10 second rule – no player can hold a ball or balls for more than 10 seconds. If they do so then they are eliminated. All BALLS MUST BE THROWN FORWARD
19. Players must throw the ball forward; if the player passes the ball to another member of the team they are eliminated.
20. If a player has possession of the ball and drops the ball to catch another ball being thrown at them they are eliminated; the ball must be thrown with a forward motion and must cross center.
21. If any part of a player crosses the center line that player is eliminated.
22. You may not play the ball with your feet, this includes but is not limited to, keeping the ball from rolling to the other side or kicking a ball to a teammate.
23. When one player is left standing on either side, there will be a 1 minute time limit activated to complete the game. The EC will call out 1 minute.
24. When there is 1 player remaining on both sides players may cross over the center line to attack. There is no opting out of this rule.
25. When there is 1 player remaining vs a team with 2 or more players that one person can cross over the center line to attack. In order to avoid the potential for people colliding the 1 player cannot pick up any balls that are on the other teams side. If they choose to cross over and attack they must then retreat to their side to collect another ball. The only time they can collect a ball on the other teams side is if all the balls are on that side. The one minute rule is still activated and in effect. Players that initiate physical contact will be eliminated. No physical contact is allowed. Prior to the start of the game any team can opt out of this style of play but they must clarify prior to the start of the game with the coordinator and other team captain that they do not want to play this style.

THE EVENT COORDINATOR IS RESPONSIBLE FOR THE SAFE AND EFFICIENT RUNNING OF YOUR LEAGUE. ANY RULINGS BY THE COORDINATOR ARE TO BE RESPECTED.