



Dodgeball Rules and Regulations

The Court

The court is divided into two areas, with a neutral zone located at center court separating the two sides.

Equipment

- 6 regulation size balls will be used.
- Teams must provide their own matching jerseys

Players

- Teams consist of six court players with up to four substitutes. All players must be in uniform.
- All teams may consist of either gender, however at least two players of each gender must participate at the start of each game.

Substitutions

Substitutions must be made prior to the start of the game. No substitutions can be made during a game, except in cases of injury.

Retrievers

Balls may only be retrieved by players on the court who have not been eliminated. Players may only retrieve balls on their side of the court. Bench players are not allowed to retrieve balls or interfere with play.

Matches

A regulation match will be best of 7 games in pool play and best of 5 games in bracket/elimination play. There is a 5 minute time limit for each game. If neither team has been eliminated at the end of regulation time, the team with the greater number of players will be declared the winner. If an equal number of players remain after regulation, sudden death overtime will occur. Sudden Death Overtime – Will begin with an equal number of balls for each team in hand on the end line. Each team will have one player that will participate in overtime. First team to eliminate the opposing player will be the winner.

Tiebreakers (if needed for Pool Play)

1. Head to head
2. Total Games won
3. Coin flip

Beginning Play

Play begins with all players positioned behind their team's endline.

The Rush

- The Rush occurs at the beginning of each game or reset.
- Upon the official's signal, both teams rush to center court and attempt to retrieve as many balls as possible.
- A team may rush with as many or as few players as it wants, but at least one person from each team has to Rush.
- There is no limit to how many balls an individual player may retrieve.
- Players may not slide or dive head first into the neutral zone or they will be called out.
- Crossing over the center line will result in an "out."
- Players may not physically grab and pull another player across the neutral zone or prevent them from returning to their side of the court.

Putting a Ball in Play

The player and the ball must go completely behind the team's end line. During the Rush, any ball retrieved from the neutral zone must be returned behind the end line before it may be thrown at an opponent. A ball that hasn't crossed the end line is considered a dead ball, any hits or catches are voided plays. There are several ways to put a ball into play following a Rush.

- A player carries the ball across the end line.
- A player passes the ball to a teammate who is behind or carries it across the end line.

Time Outs

There are no team time outs

Outs

- Player shall be deemed "out" when a live ball hits any part of the player's body, clothing, or uniform.
- If a player is hit by a live ball rebounding off another player.
- A defending player catches a live ball thrown by an opposing player in the air.

Re-Entry

Re-Entry: When a team catches a ball, that team will be able to have a player re-enter the game. If a female catches the ball then the first female player that was knocked out will be able to resume playing. If a male catches the ball, the first male player that was knocked out will be able to resume playing. (Players will re-enter the game in the order they were knocked out according to their gender.) Players that are re-entering the game must do so from the back line.

Blocking

- Players can defend themselves by blocking the ball in flight with another ball but must retain control over the ball they are blocking with. A player dropping or losing possession of the blocking ball is deemed "out."
- Any blocked ball rebounding off another ball is considered live. Any player hit by the rebounding ball is deemed "out."

Pinching

The act of squeezing the ball in order to alter the thrown or blocked ball is not allowed.

Stalling

- The act of intentionally delaying the game.
- If a team has all six balls on their side of the court for more than five seconds, a violation will be called and a reset will occur.
- If both teams are stalling a reset will occur.

Out of Bounds Rule

- If any part of the player's body touches the endlines or center line, the player shall be deemed "out".
- Momentum may carry a player out of bounds while making a catch. Providing control of the ball was established prior going out of bounds.
- The only time a player is allowed to go out of bounds is to retrieve a ball. Players must re-enter the court through the endline.

Neutral Zone Rule

- The neutral zone is the area centered around the centerline.
- A player may safely step into the neutral zone but not across the center line to retrieve a ball.
- Balls may not be thrown in the neutral zone.
- Any player crossing over the center line is deemed "out."

Sacrifice Fly

An airborne attack, where an attacking player may legally cross the neutral zone to hit an opponent but the ball must leave the attacker's hand before any part of the attacker's body touches the neutral zone. If successful, the player hit is out and Attacking player remains in.

Headshots

- A headshot occurs when a player is hit directly in the head by a high thrown ball.
- Any thrower committing a headshot will be deemed "out."
- The only exception to this rule is when the "hit" player is crouching, ducking, bending over, or on the ground to pick up a ball. In these instances the "hit" player will be deemed "out."