



DODGEBALL RULES

Rule 1 Players, Field & Equipment

Section 1: Team

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

Section 2: Field Dimensions and Markings

1. The game is played indoors using netball line markings on the courts.
2. The centre line separates the two sides with the 'Dead Zone' being behind the crease line or an imaginary line that runs across the top of the netball circle at the opposing end.
3. Only active players are allowed in the playing area, with players being eliminated leaving the court. Substitutes remain off the court until signaled to enter.

Section 3: Boundaries

1. The nets are deemed as boundary lines, balls may bounce off them, but players falling into them either dodging a ball or otherwise will be deemed to be OUT, and will be required to leave the court.
2. Players may pass through their end line into the Dead Zone only to retrieve stray balls. Stray balls are ones that have not been picked up and are lying on the ground. Note: A player not immediately re-entering the playing area will be declared OUT.
3. A player may be handed a ball, provided the player receiving the ball remains completely within their team's field boundaries. Players may not be handed a ball while standing in the Dead Zone.
-Note: A player may only have possession of one Dodgeball at any one time.
4. A player shall not:
 - Leave the playing field to avoid being hit or by an attempt to catch a ball.
 - Have any part of their body cross the center line and contact ground on their opponents' side of court.

PENALTY: Offending player is deemed to be OUT.

 - Note: A player may, without penalty, step on the center-line.
Exception: During the opening rush many players cross the center-line. Officials should refrain from calling players at this unless a definite advantage is gained by the action.

Section 4: Equipment/Uniforms

1. The standard number of balls for a Six player game is four (4).
-Note: To prevent damage, Dodgeballs may not be "scrunched" at any time, any individual doing this will be declared OUT.
2. Participants must wear shoes. Non-marking soles only. No Black soled shoes allowed.
3. Participants must wear shirt and shorts/pants.
4. Players may wear elbow, knee and wrist guards as an option.
5. All jewellery (watches etc) must be removed and fingernails cut short or taped to umpires satisfaction.
6. Uniforms penalties apply by round 4 (see attached)-Note: penalty will be 2 points for every wrong uniform to a max of 6 points.

Rule 2 Game Play

Section 1: The Game

Matches will begin with the flip of a coin.

1. The team winning the coin flip will have a choice of sides to begin the match.
2. Teams will alternate sides after each half.
3. The object of the game is to eliminate all opposing players by getting them OUT.

An OUT is scored by:

- Hitting an opposing player with a live thrown ball below the shoulders before the ball has hit the ground. Note: If a player ducks, and this clearly is the cause for the player being hit above the shoulders, the player is OUT and the throw is deemed legal.
- If a deflection off the net then hits a player they are deemed to be OUT.
- Catching a live ball thrown by your opponent, the thrower is then deemed OUT.
- 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.)
- An opposing player stepping out of bounds or into the net with momentum carrying a caught ball. Both thrower and catcher are OUT.
- 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.

Note: A ball deflecting off a held ball and striking the holder is no longer a live ball.

Section 2: Timing, Time-outs & Substitutions

1. 4 x 10 minute quarters has been established for a game.
2. If a team is eliminated before the 10 minutes another game will start immediately but must finish at the original 10 minute mark.
3. The game will commence and end with the central timing siren.
4. Exception: All live balls in flight at time of an official's signal (to end regulation time or begin a (time out) remain live, and may eliminate an opponent, until they become dead.

Section 3: Beginning the Game

1. Prior to beginning a game, an equal number of Dodgeballs are placed along the center line on each side of the center circle. A standard game consists of 4 balls, 2 on each side of the center circle.
2. Players then take a position touching the back net.
3. Following a signal by the official - a whistle will blast after the siren, teams may approach the center lines to retrieve the balls. Teams may only retrieve balls placed to the right (as they face the center line) of the center circle. If balls remain on the center line after a team has retrieved and moved their balls beyond the attack line, those balls may be retrieved by either team.

Section 4: Opening Rush Rule

1. Each and every ball retrieved at the opening rush must first be taken beyond the attack line (red third lines for Netball) and into the team's backcourt before it may be legally thrown at an opponent. Once the ball has gone into the back court it may be carried up to the center line again to attack with.

Section 5: Declaring a Winner

1. The first team to legally eliminate all opposing players will be declared the winner.
2. If neither team has been eliminated at the end of regulation, the team with the greater number of remaining players will be declared the winner.

Section 6: Stalling and 5-second violation

1. It is illegal for any team to control ALL the balls for more than 5 seconds. If any team controls all of the balls they must make a legitimate effort to get at least one ball across the attack line and into the opponent's backcourt. 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 backcourt

-Note: Only the referee may call a 5 sec violation.

Penalty for 5 sec Violation:

The opposition choose 1 player to be ejected from court.

Section 7: Unsportsmanlike conduct

It may include, but is not limited to:

1. Foul language.
2. Hits above the shoulders.
3. Unnecessary roughness.
4. Arguing with officials, staff, participants or fans.

PENALTY: Warning/Send-off at Umpire/Managements discretion.

Section 8: Scoring

1. 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 a 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.