

the SportZone

Good sportsmanship and courtesy is expected and will make for a pleasant experience for all involved

Dodgeball Rules:

PLAYERS

Teams will be made up of 6-10 players. Each game begins with no more than 6 players competing on a side; others will be available as substitutes.

If necessary, a team may begin with fewer than 6 players. *NOTE: Opponent's choice if they wish to start with fewer than 6 players.*

Co-Rec teams must start all games with no more than 4 male players and at least 1 female player.

Substitutes may enter the game only during time-outs or in the case of injury. Co-Rec may not substitute male for female.

FIELD

The **Attack Zone** is the area between both attack lines and bordered by the side lines.

A **ball retrieval area** will be located directly beyond each end line and bordered by extensions of the side lines.

BOUNDARIES

A player may not:

Have any part of their body contact the playing surface on or over a side line.

Exit or re-enter the field through their sideline.

Leave the playing field (side line or end line) to avoid being hit by, or attempt to catch, a ball. *NOTE: the attempt to catch a ball ends when balance has been achieved.*

Have any part of their body cross over the center line and contact the ground of their opponents side of the court. *NOTE: a player may, without penalty, step on the center line.*

BOUNDARY VIOLATION: the player will be declared out. **Exception-**during the opening "rush", many players will cross the center line. Players will not be declared out unless a definite advantage is gained by the action.

When only one player remains on each team, those players may advance over the center line up to their opponents Attack Line, opening the Attack Zone. *NOTE: any player initiating physical contact with an opponent will be ejected, forfeit the game and face possible suspension.*

RETRIEVAL OF BALLS AND ILLEGAL THROWS

During play, all players must remain within the boundary lines.

Players may pass through their end line only to retrieve stray balls (balls that have not been picked up and are laying on the ground).

When retrieving a ball, the player must immediately return to the playing field **only through their end line.** *NOTE: a player not immediately returning to the*

playing field may be declared out.

Balls leaving the playing area may be brought back into play (carried or passed) only through a team's end line.

Balls may not re-enter the playing area through a side line.

Exception-any ball able to be retrieved by a player still in bounds (ie. reaching over the side line) is considered legal without having to pass through the end line.

A ball entering the court illegally may not be legally thrown.

If a ball is brought in (passed, rolled or handed) through a side line, that ball must be taken back beyond the team's end line before it can be legally thrown. **NOTE:** *an illegally thrown ball cannot eliminate an opponent, but can be caught for an out.*

PLAYERS OUTSIDE THE PLAYING AREA

Players retrieving stray balls are still at risk of being eliminated if they are in the retrieval areas directly beyond the playing area.

A player retrieving a ball and located outside the retrieval area may not be eliminated by a thrown ball.

Any ball thrown from outside the playing area is considered an illegally thrown ball.

Players outside of the playing area may not legally catch a thrown ball. **NOTE:** *players outside the playing area must immediately return or risk being called out.*

EQUIPMENT

Six balls will be used in each game.

Participants must wear shoes, shirts and shorts/pants. **NOTE:** *shoes must be athletic style shoes to help ensure participants safety.*

All clothes/uniforms are considered part of the player's body.

Gloves or foreign substances (which can be transferred to the ball) designed to improve catching ability are not allowed on the hands or arms. One cotton wristband on each wrist is acceptable.

GAME PLAY

Games will begin with each team occupying opposite ends of the court.

Sides will be chosen by flipping a coin. The team winning the coin flip will have choice of sides to begin the match.

Teams will alternate sides following each game.

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. **NOTE:** *if a player alters his normal playing position or action, as interpreted by the official, in an effort to be hit above the shoulders, the player hit will be called out.*

Legally catching a live ball thrown by your opponent.

Causing an opponent to lose control of a held ball as a result of contact by a thrown live ball.

An opposing player stepping out of bounds. *see airborne in LEGAL CATHCES

LIVE BALL-a thrown ball that strikes or is caught by an opposing player without or before touching the ground, another player, a non-held ball, official or other object.

A player may block a thrown ball with a ball being held, provided the holder does not lose control of the held ball as a result of the contact with the thrown ball. **The held ball does not need to touch the ground to cause the holder to be out, only be knocked loose of the holder's grip. Even if the holder regains control of the held ball, they are still out. Any actions by the holder after the initial loss of control are ignored.** *NOTE: a player may drop the ball they have used to block in order to catch a deflected ball. The court monitor will determine the difference between a loose ball and an intentionally dropped ball. A loose or dropped ball contacting a live ball causes the live ball to become dead.*

A live ball deflecting off a held ball and/or striking the holder remains live only to the holder. If, after the deflection and/or striking of the holder, the holder legally catches the live ball, the thrower is out. After the deflection and/or striking of the holder the live ball becomes dead by contacting the ground, another player, a non-held ball or a ball held by another player, official or other object.

A live ball deflecting off the body of player "A" remains live only to player "A". If "A" legally catches the deflected ball, the thrower is out.

Once a player is out, they must drop any balls in hand and exit the playing field at the nearest side line. If an out player intentionally contacts a live ball or interferes in any way with play before exiting the playing field, opponents will be awarded a free throw.

LEGAL CATCHES

A player demonstrates control of a live thrown ball (by an opponent) with at least one foot inbounds (inside of or touching but not over a boundary line).

An inbound, airborne player demonstrates control of a live thrown ball (by opponent) and lands inbounds.

If the ball is controlled by an airborne catcher before going out of bounds.

A player that contacts (is hit with) a live thrown ball inbounds and in an attempt to catch it leaves the playing surface, the player must control the ball with one foot inbounds.

INBOUNDS-a player with at least one foot inbounds, on the playing surface, and no other part of the player out of bounds.

AIRBORNE CATCHER-a player that leaves the playing surface from inbounds prior to contacting the ball, in an attempt to catch a thrown ball. If an airborne catcher lands out of bounds they are immediately out. *NOTE: if control is demonstrated before landing out of bounds both the thrower and catcher are out, in that order.*

TIMING, TIME-OUTS AND SUBSTITUTION

Each game will be limited to 3 minutes.

Each team will be allowed one 30 second time-out per game. The game clock will stop for time-outs only with 1 minute or less remaining. If a time-out is called with under 90 seconds remaining in a game, the clock will stop if/or when it reaches 1 minute.

Time-outs may be called only by active players on the playing surface.

Only the official's signal starts and stops the clock.

All players are in jeopardy until the court monitor/official recognizes and signals the beginning of a time-out or end of regulation time. **Exception: all live balls in flight at the time of an official's signal (to end regulation time or begin a time-out) remain live and may eliminate an opponent until it becomes dead.**

Teams may substitute players during time-outs. Substitutes may be players who did not start the game or players who wish to re-enter after having been declared out.

Following the time-out, play will resume with the same number of players and balls on each side as when the time-out was granted.

NOTE: Co-Rec may not substitute male for female.

BEGINNING THE GAME

Three dodgeballs will be placed on either side of the center of the center line.

Players must start from behind their end line.

Upon a signal by the official, teams may approach the center line to retrieve the balls.

Teams will retrieve the balls placed to the right of the center of the center line. If balls remain on the center line after a team has retrieved and moved their balls behind their attack line, those balls may be retrieved by either team.

A false start will be called if players cross their end line prior to the official's signal to start the game. Play will be stopped and 1 ball from the offending team's side will be moved to the opponent's side of the center line. This will repeat for each infraction.

OPENING RUSH RULE

Every ball retrieved at the opening rush must first cross the retrieving team's attack line before it may be legally thrown at an opponent.

Once a ball crosses the attack line it may be thrown from anywhere on the court, short of center, including in front of the attack line.

Attack line restrictions end when all balls have crossed the attack lines following the opening rush.

DECLARING A WINNER

The first team to legally eliminate all opposing players will be declared the winner.

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.

If an equal number of players remain after regulation, overtime will be played.

OVERTIME

The first overtime period of any game will begin with a minimum of 3 players from each team.

If less than three players were standing at the end of regulation, players must be added.

The players starting the first overtime may be any rostered players.

Overtime will consist of one (or series of) "shoot-out(s)" in which one team will be on offense and the other on defense.

The winner of a coin flip will determine who starts on offense. **NOTE: a coin flip is**

taken for each overtime period.

The offensive team will begin with 2 balls and may take a position anywhere within their playing area. Likewise, the defensive team may take a position anywhere within their playing area.

After a signal by the official, the team on offense has 5 seconds in which to throw **only** 1 of the balls. If a defensive player is legally hit or no one is hit, the second ball is played by the offensive team. After both balls are thrown, the offensive team then goes on defense.

If, during a round, only 1 team eliminates an opponent, that team will be declared the winner.

Exception: *if at any time during overtime a team legally catches a live ball thrown by their opponent, the team catching the ball is declared the winner.*

At the end of each round, if a winner has not been determined, 1 additional player will be placed on defense for each additional round. The maximum number of players is 6.

Overtime ends when a ball is caught or when only 1 team eliminates 1 opponent during a round.

STALLING AND 5-SECOND VIOLATION

The following procedure will be used to prevent “stalling”.

Teams trailing or tied during a regulation game must be given the opportunity to eliminate an opposing player. This requires a ball to be at the disposal of the trailing or tied teams.

It is illegal for the leading team or tied teams to control all of the balls for more than 5 seconds. The “in control” team must make a legitimate effort to get at least 1 ball across the attack line and into the opponent’s backcourt. This does not include throwing a ball over and through an opponents end line.

PENALTY:

1st violation-stoppage of play and balls will be divide equally between the teams. Play will resume with “balls in hands”.

2nd violation-free throw for the offending team’s opponent. One player is allowed an unobstructed throw at their opponent(s) without risk of elimination. A caught ball is not an out for the thrower.

3rd violation-ejection of 1 player from the offending team.

NOTE: *stalling does not apply to overtime periods.*

The 5 second count will cease, when in the opinion of the official, a ball is at the disposal of the trailing team.

A ball may be considered at a team’s disposal without being secure if, in the opinion of the official, players of the trailing team are not making a legitimate effort to secure it.

NOTE: *leading or tied teams may legally eliminate players during a 5 second count.*

ALTERING OF THE DODGEBALL

Players may not misshape (squeeze, smash, flatten, deflate) the ball during play.

If the official feels that a ball has been misshaped to gain an advantage prior to being thrown, the throw will not be legal, but may be caught for an out by the opponent.

Repeated misshaping of a dodgeball by a team or individual may result in a technical foul(s)

TECHNICAL FOUL-a warning about misconduct or breaking of the rules.

UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct may include but is not limited to:

Foul language

Hits above the shoulders or with intent to harm

Unnecessary roughness

Arguing with an official, player or observer.

Abuse of the honor system

REGULATION GAMES

Matches will be decided using a “best of three” format in which the first team to win 2 out of 3 games will be declared the winner of the match.

OFFICIAL(S)

All contests will be supervised by an official

Rules will be enforced primarily by the “honor system”. Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated.

TECHNICAL FOULS

Any player receiving 2 technical fouls in a game will be ejected from the game and suspended a minimum of 1 game. Suspensions will begin with their team’s next game (whether in existing match or next scheduled match).

Severe infractions or multiple technical fouls may result in suspension from matches or tournaments.

***NOTE:** the official is not required to warn a player before calling a technical foul.*

Any team receiving 3 technical fouls in 1 game will forfeit that game.

PROTESTS

Protests will be accepted only in cases involving use of an ineligible player(s). Protests of judgments by the official will not be accepted.