

Dodgeball Rules

Rule 1 Players, Field & Equipment

Section 1: Team

1. Teams will be made up of six (6) players. A minimum of four (4) players will compete on a side; others will be available as substitutions.
2. 3 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 waiting in the Dead Zone. Substitutes remain off the court until signalled 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 go to the Dead Zone.
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.
3. When retrieving a ball, the player must have also immediately re-enter the playing field only through their end line. Note: A player not immediately re-entering the playing area may be declared out.
4. A player may be handed a ball, provided the player receiving the ball remains completely within their team's field boundaries. Players may be handed a ball while standing out of bounds.
5. A player shall not:
 - Have any part of their body in contact outside the playing surface or over sideline.
 - Leave the playing field to avoid being hit by attempt to catch a ball
 - Have any part of their body cross the centre line and contact ground on their opponents' side of court.
 - Note: A player may, without penalty, step on the centre-line.
 - Penalty: Player will be declared out. Exception: During the opening rush many players cross the centre-line. Officials should refrain from calling players at this unless a definite advantage is gained by the action.

Section 4: Equipment

1. The standard number of balls for a Six player game is four (4).
2. Participants must wear shoes. Non-marking soles only. No Black soled shoes allowed.
3. Participants must wear shirt and shorts/pants

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.)

- 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: Beginning the Game

1. Prior to beginning a game, an equal number of dodgeball's are placed along the centre line on each side of the centre circle. A standard game consists of 4 balls, 2 on each side of the centre 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 centre lines to retrieve the balls. Teams may only retrieve balls placed to the right (as they face the centre line) of the centre circle. If balls remain on the centre line after a team has retrieved and moved their balls beyond the attack line, those balls may be retrieved by either team.

Section 3: Opening Rush Rule

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.

Example: Following the opening whistle, a player rushes and is the first to secure a ball from the centre line. That player must then carry or pass the ball into their 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 centre line again to attack with.

Section 4: Stalling and 5-second violation

It is illegal for any member to control ALL the balls for more than 5 seconds.

If the leading 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 over and through an opponent's end line.

Note: Only a court monitor or official may call a 5 sec violation. Penalty for 5 sec Violation:

First Violation: Stoppage of play and the balls will be divided evenly between the teams. Play will continue with "Balls in hand"

Second Violation: Free throw for the opposing team - a penalty in which one player is allowed an obstructed throw at their opponents without risk of elimination. This is possible because a caught free throw does not result in an out for the thrower.

Third violation: Ejection of one player from the offending team.

Section 5: 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.
5. Abuse of the honour system
6. Continual Net Abuse

Decisions are made at the umpires discretion and once made, decisions are final.

Section 7: Scoring

1. A point will be awarded for each player on court at the end of each game
2. In a game that is not finished at the end of a quarter, then a point will be awarded to each player left for each team
3. At the end of the match, the team with the most points will be declared the winner.

Win = 4 points

Loss = 2 points

Draw = 3 points

Bonus= 1 point for each quarter won.