



## Dodge Ball Official Game Rules

These rules are adopted from the Official Rules published by the National Amateur Dodgeball Association (NADA), as adapted for league and tournament play at this facility.

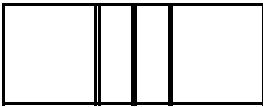
### The Team

- Teams will be made up of 6-10 players. Six (6) players will compete on a side; others will be available as substitutes.
- Coed teams shall start all games with a maximum of three (3) male players, and at least three (3) female players. Teams with less than 3 female players must play short and may not start a game without at least one female player on the field.
- Substitutes may enter the game at the start of each game, during timeouts, or in the case of injury. Coed teams may not substitute male for female.

### The Field

- A game may be played indoors on the turf or on the court.
- The playing field shall be a rectangle at least 50 feet long and at least 30 feet wide, divided into two (2) equal sections by a center line and two attack lines, each 3 meters from and parallel to the center line.
- The play field should be marked with sidelines, endlines, attack lines, and a center hash mark. There should be at least 3 feet (and preferably 10 feet) of unobstructed outside of the boundaries.

Ideal Measurements: 60' by 30" - Identical to a volleyball court



### The Equipment

- The official ball used in tournament and league play will be an 8" rubber coated foam ball. The standard number of balls for a 6-player game is three (3) per side.
- Players shall wear the same color shirt, athletic shoes suitable for turf (no metal cleats) or for court (flat, non-marking soles), and shorts/pants.

### Boundaries

- During play, all players must remain within the boundary lines.
- Players may pass through their end line only to retrieve stray balls. A stray ball is one that has not been picked up and is lying on the ground. Players must also return through their end line.
- A Player may be handed a ball by teammates standing out of bounds as long as that player remains completely within their team's field boundaries.



### The Game

- A match will consist of five (5) games. All games will be played. The team with the best win record out of five (5) games will be the winner.
- A match will begin with a coin toss. The team winning the flip will have the choice of sides for the first game. Teams will subsequently alternate sides.
- The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

(1) Hitting an opposing player with a live thrown ball below the shoulders. (If a player ducks, and this is the cause for the player being hit above the shoulders, the hit is legal and player is out.)

(2) Catching a live ball thrown by your opponent.

(3) Causing an opponent to drop a held ball as a result of contact by another thrown LIVE ball. (This will usually occur when a ball is being used to block a thrown ball.)\*\*

(4) Crossing or touching the center line after the opening rush.

(5) Stepping outside of the boundaries, by momentum or to avoid being hit.

- A Live Ball (defined): A thrown ball that strikes, or is caught by, an opposing player without first contacting the ground, another player or another ball.

\*\*Note: A player MAY block a thrown ball with a ball being held, provided that the 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 not a live ball.

### The Opening Rush

- Before the game begins, an equal number of balls are placed on the center line three (3) on one side of the center hash and three (3) on the other.
- Player take a position behind their end line. The official's signal starts the contest. At the signal, the teams approach the center line to retrieve the balls. Each team may only retrieve the three (3) balls to their right of the center hash.
- Once a ball is retrieved, it must be taken behind the attack line before it can be legally thrown. Balls may be carried by the retriever or may be passed to teammates behind the attack line.

### Timing and Winning the Game

- The first team to legally eliminate all opposing players will be declared the winner (of the game)
- A regulation game consists of one five (5) minute period. If neither team has eliminated at the end of regulation, the team with the greater number of players will be declared the winner.
- If an equal number of players remain at the end of regulation, a one-minute "sudden death" overtime will be played. The first team to legally eliminate any one opponent will be declared the winner.



### **Overtime Standards**

- To reduce time required to finish an overtime contest, the team captains may choose to add an equal number of (male or female) players prior to the start of the first overtime. Both captains must agree to add players and to the number of players added. If no agreement, overtime will begin with the number of players left standing at the end of regulation.
- All overtime periods will begin with an equal number of "balls in hand" behind a teams end line.
- The first team to legally eliminate any one opposing player will be declared the winner.
- No time outs are allowed during overtime. Substitutions or additions may only be made before the start of an overtime period.
- If no players have been eliminated at the end of overtime, an additional player from each team (to a maximum of 6) will be returned to play for the next period of overtime.
- Sudden death applies to all overtime periods.

### **Time Outs and Substitutions**

- Each team will be allowed (1) one 30-second timeout per game. At this time, a team may substitute players into the game.

### **Five-Second Violation**

- To reduce stalling, a violation will be called if the team in the lead controls all six (6) balls on their side of the court for more than five (5) seconds. (A team may avoid a violation by throwing or rolling a ball into the opponent's backcourt).
- Penalty for a 1st Violation: Stoppage of play and balls are divided evenly between the teams. Play continues with "Balls in Hand". Penalty for 2nd Violation: Stoppage of play and free throw for opposing team (One player is allowed a free throw at their opponents without risk of elimination). Penalty for 3rd Violation: Ejection of one player from the offending team.
- Only a court monitor or court official may call a 5 Second Violation

### **Court Monitors and Officials**

- During pool play or regular season, matches will be supervised by a court monitor.
- During pool play or regular season, rules will be enforced primarily by an honor system. Players are expected to rule on whether a hit was legal or whether they were legally eliminated.
- The court monitor will keep the official time and the official game records, will enforce the rules of the game, and will rule on any situation in which the teams cannot agree. THE MONITOR'S DECISION IS FINAL - NO EXCEPTIONS !!
- During playoffs or tournament play, all semi-final and finals matches will be officiated by at least three (3) court officials. These officials will perform all responsibilities of the court monitor, and will rule on all legal hits, all out of bounds balls, and all 5 second violations.

### **Technical Fouls**

- Court Monitors and Court Officials may warn players and may call technical fouls on players who display unsporting conduct.
- Any players receiving two technical fouls in a match will be ejected from the current match, and will be suspended for a minimum of one additional game. Additional suspensions may be imposed for severe infractions or for multiple technical fouls.

### **Unsporting Conduct**

Unsporting conduct includes but is not limited to:

- Foul or abusive language;
- Hits above the shoulders
- Unnecessary roughness
- Arguing with officials, staff, participants or fans
- Abuse of the honor system

### **Protests**

Protests may be submitted arising from use of illegal players. The judgment of a court monitor or official is final - no protest will be accepted.

### **League & Tournament Pool Play:**

- Matches will be decided using a best of five (5) format; the first team to win 3 games will be declared the winner of the match.
- In league or pool play, all games will be played regardless of the results of the first three games.

### **Scoring**

- A match score will consist of the number of games won less the number of games won (4-1 or 1-4)
- When points are awarded, the following system will be applied: Win = 3 Points (Regulation); Overtime Win = 2 Points; Overtime loss = 1 Point; Loss = 0 Points
- A differential rating (+/-) will also be given each team for a game based on the number of team members left standing at the end of the game. (Example: Team A eliminates Team B and still has three players left standing Team A receives a game win and +3 rating and Team B receives a game loss and a -3 rating.
- In Overtime, the winning team receives a +1 rating and the losing team receives a -1 rating.

### **Tiebreakers**

When two or more teams are tied in points, the following tiebreakers will be applied to determine seedings or which team(s) advances to the playoffs :

- Head to head match winners
- Game win loss record
- Total + and - Rating
- One Game Playoffs

### **Code of Conduct**

1. Understand, appreciate and abide by the rules of the game and honor system.
2. Respect the integrity and judgement of game officials.
3. Respect your opponent and congratulate them in a courteous manner following each match, regardless of victory or defeat.
4. Be responsible for your actions and maintain self control.
5. Do not taunt or bait opponents. Refrain from using foul