

## Adult Dodge Ball Rules and Philosophy

### THE GAME

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**. Or
2. Catching a LIVE ball thrown by your opponent before it touches the ground.

*Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc)*

### THE TEAM

Teams will be made up of 6-10 players. Six (6) players will compete on a side; others will be substitutes who may enter the game only during timeouts or in the case of injury.

For Coed Teams must begin the game with an equal number of males and females on the court at the same time. (3 women & 3 men)

Players may only play on one dodgeball team.

### THE FIELD

The game may be played indoors or outdoors. The playing field shall be a rectangle at least 50 ft long and at least 30 ft wide, divided into two (2) equal sections by a center-line and attack-lines 3m from, and parallel to the centerline.

- Games will be played on a standard sized Basketball or Volleyball court.
- Teams and players are confined to the centerline, sidelines and end line of the volleyball court.
- Players **may** leave the playing area from the back line of the playing floor to retrieve a ball.

If a player goes out of bounds to avoid getting out, they **will be called out**.

IDEAL MEASUREMENTS: 60' x 30' – Identical to a volleyball court.

### BOUNDARIES

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

Players may leave the boundaries through their end-line only to retrieve stray balls.

If a player goes out of bounds to avoid getting out, they **will be called out**.

They must also return through their end-line.

### GAME AND MATCH

A game may last no longer than five (7) minutes or when all 6 players on a team have been eliminated.

A "**Match**" is first team to win 3 games of a possible 5 games.

The team that wins 3 games in the best of 5 games wins the "Match"

In Tournament play a match will be best 2 out of 3 games

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

A 7-minute time limit has been established for each contest.

If neither team has been eliminated at the end of the 7 minutes, the team with the greater number of players remaining will be declared the winner.

**Overtime:** Should both teams have an equal number of players at the end of the 7 minute time limit there will be a sudden victory overtime First team to get an opponent out will be the winner.

## STARTING EACH GAME THE OPENING RUSH

Game begins by placing the dodge balls along the center line – three (3) on one side of the center court and three (3) on the other.

Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest.

Teams may only retrieve the three (3) balls to their right of the center circle.

Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown.

### Men's

Only (6) six players may be on the court at one time.

Teams may start the game with 4 players, but may not add a player once the game begins.

Players may not be added once the game has started.

Once all the players on either team have been declared "Out" the game is over.

Or if the 7 minute time limit expires the team with the most players on the floor will be declared the winner

### Coed

Only (6) players may maybe on the court at one time (3 men and 3 women)

Games may begin with 4 players 2 men and 2 women

Players may not be added once the game has started

Ideally teams must start with equal number of men and women on the court

If a team is short a male or female player (3 men & 2 women) the game may begin but the missing team must play one player short for the game. Game will be a forfeit if there is only one woman available to start a game. If extra men or women arrive they must may not play until the game is over. They may p play in any of the following games.

### Hitting Opponents:

To be "OUT" a thrown balls must make contact at or below the opponent's shoulders

Players who throw a ball and hit an opposing player above the shoulders (for any reason) will be removed from that game.

Exception: When a player has ducked down or is on the floor

If a player ducks or is on the ground and is hit the player in the head, the hit player will be called out, but the throwing player will remain in

Players will be called out when a thrown ball, (not a kicked ball), hits them *on the fly* on or below the shoulders

### Caught balls:

Any player how throws a ball that is caught on the fly by a member of the other team will be called out

### Deflections

Thrown balls that bounce off the floor, wall, court dividers, rafters, bleachers, hoop, and official.

Player is not out if hit by a deflected ball.

### **Blocking or catching a thrown ball**

A Player may block a thrown ball with another ball in their possession. Neither player is declared out.

If the ball is dropped as a result of contact from a thrown ball, the player who drops the ball is out.

If a thrown ball is deflected by a ball in a player's possession and the deflected ball is caught by a teammate, the thrower is out.

**Once a player is out, they must immediately leave the floor and sit behind their own baseline**  
**Players who have been called out cannot retrieve stray balls for their teammates,**  
**Penalty: Dodgeball will be given to the other team.**

- Once the whistle is blown all action will stop and play will be reset.  
Teams will keep the same number of balls they had prior to the whistle being blown.
- **Ties and Overtime**  
In the event of a tie, There will be a 3-minute sudden death overtime involving only those players still active at the end of regulation will be allowed to play.  
The first team to eliminate **one** opponent from the opposing team will be the winner.

#### SUBSTITUTIONS

**Coed Teams:** Women may only be replaced by another woman. If a male player is injured the team may use either a male or female as a substitute.

#### STALLING DURING A GAME & 10-SECOND VIOLATION

In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 10 seconds the Official may  
Declare one player "OUT" and remove one player from the stalling team  
Penalize the team by awarding one or more of the dodgeball to the other team  
If a player is stalling, making no attempt to play or retrieve a ball the official may call the player out  
Players will be give 10 seconds to retrieve or throw a ball

#### RULE ENFORCEMENT

During league play and tournament the Department will schedule no less than one Official.  
Officials will rule on all legal hits, out-of-bounds and 10-second violations.

The court monitor's responsibility will be to rule on any situation in which teams cannot agree.

#### THE COURT MONITOR'S DECISION IS FINAL – NO EXCEPTIONS

Because of the speed of the games and the number of dodgeball that could be in the air at one time, players are expected leave the court when hit be a legally thrown ball and not wait for the official to declare them "OUT" of the game. All contests will be supervised by a court monitor/official...

- Each game will be played under the "Honor's system", this means if a player is hit or "OUT" the player must leave the court and not wait for the Official/Court Monitor to call them out.