

# Dodgeball

## Rules:

### **RULE II      PLAYING PROCEDURES**

1. Play will be 5 on 5.
2. Play will be held inside the courts.
3. Five (5) minute running clock time limit. Team with the most players on the court after 5 minutes will be deemed the winner. If teams are tied, there will be a sudden death overtime to determine match winner.
4. All players must wear non-marking rubber-soled athletic shoes.
5. Game time is forfeit time, if your team is not there at your scheduled time you will forfeit.

### **RULE II      THE GAME**

#### **SEC. 1 Objective**

The objective of dodgeball is to eliminate all players of the opposing team by throwing one of five game balls and hitting the opposing player below the shoulders on the fly.

#### **SEC. 2 Starting a Game**

There are FIVE (5) balls evenly spread on the center line at the beginning of each game. Each team member must start with one hand on their back wall. It is a sprint to the FIVE (5) balls once the play begins. Once a ball is picked up by a player, the player must get the ball to the back wall and touch the back wall before it can be thrown at an opponent.

#### **SEC. 3 Eliminating the Opposing Players**

A player is out if:

- They throw a ball that is caught by the other team.
- They get hit by a ball thrown by the other team. (If the ball does bounce off an opposing player and is then caught the thrower will then be out. This is true even if a different player catches the ball. However if the ball bounces off another ball, the ball is dead. ). Players may use the ball to block; however, if the ball is knocked out of their hand while blocking, they will be out.
- They hit another player above the shoulders.
- They cross the center line.

A player is not out if:

- Their ball is caught off the wall or ceiling.
- They get hit above the shoulders.

#### **SEC. 4 Hit Above the Shoulders**

“Hit Above the Shoulders” is defined as being hit with the ball above the shoulders while in an athletic position or standing up right. Players hit above the shoulders while ducking or picking up a ball will not be considered “hit above the shoulders”.

### **SEC. 5 Out of Bounds**

A ball that hit any wall or ceiling is considered dead and is not back in play until someone has picked up the balls and throws it at an opponent.

### **SEC. 6 Off-Sides**

The center line is the off-sides line. If any part of your foot or body touches the center line, you will be declared out and thrown ball will be dead.

### **SEC. 7 Overtime**

If both teams have the same number of players on the court after five (5) minutes, there will be a one (1) minute sudden death period. Overtime starts in the same manner as a regular game with FIVE (5) balls evenly spread on the center line. The off-sides rule is removed for overtime so there is no center line. First team to eliminate one (1) player is the winner.

### **SEC. 8 Stall Count**

No player can hold the ball for longer than 5 seconds. Penalty- roll the ball gently to the other team. The opposing team is responsible for calling the stall count. For example: Stall 1, Stall 2, Stall 3...Stall 5. Then at this point the player must roll the ball over or is out.

### **SEC. 9 Court Procedures**

Players are expected to be honest and take themselves out when the time comes. Once a player is out, they must stand with their back against the team's designated side wall. Players should not squat due to risk of being hit. Do not leave the court during game play unless an injury occurs.