

General Dodgeball Rules

A match consists of 7 games which will be 4 minutes long. Each game counts separately in the standings and is independent of the other games. Ties will count during the regular season and playoffs. If series is tied during the playoffs, an extra 4 minute game will take place until one team wins.

Each team should start the game with 8 players; minimum of 2 must be women. A minimum of 1 woman is needed to avoid forfeit. If a team is short one woman they can only play with 7 people on the court (ex. 6 men and 1 woman).

A maximum of 6 male players are allowed on the court at one time.

The Game

There are 6 balls, split into 2 even groups near the ends of the centerline. During the opening rush (when the game starts), you may only grab the balls to your right. Opening rush starts with each team behind their end lines.

When the whistle is blown, players may retrieve the balls from the center line, but no ball may be thrown until it has been brought back behind the free throw line.

You are out if: 1) you step on or over a sideline or centerline; 2) a thrown live ball hits your body; and 3) you throw a live ball and it is caught by an opponent.

A thrown live ball can only hit out 1 player. Thrown balls that hit the ground, the wall, other balls, or other objects before hitting the opponent are considered dead balls, and are ineligible to hit players out.

You may block a thrown ball with a held ball. However, if you drop the blocking ball during the act of blocking, or if you fail to make a clean block (as in the thrown ball still ends up hitting or grazing your body afterwards), you are out.

You can only hold a ball for 10 seconds, afterwards, it will be considered dead. Dead balls need to be rolled over immediately to the other team. The referee does not have to provide the 5 second warning in order call players out.

If you are out, line up on the side in the order you got out (think of it as being in a "resurrection" line). If your teammate catches a ball, the player at the start of your team's "resurrection" line comes back into play. If a team has subs, then the line would start after the last sub.

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 basketball court area.

Players may intentionally leave the playing area on their own side of the playing floor to retrieve a ball. If a player goes out of bounds to avoid getting out, they will be called out.

If a player unintentionally or intentionally throws a ball and the ball hits an opposing player in the head the player who threw the ball is out. If a player ducks or is on the ground and is hit in the head, the player hit will be called out. Balls must be thrown below the shoulders.

Once a player is out, they must immediately leave the floor, raise their hand to show that they are out, and go to jail. Players who have been called out cannot retrieve stray balls for their teammates, or that ball will be given to the other team.