

# **DODGEBALLSPORT** **OFFICIAL RULES**

Official Rules and Regulations have been derived from the rules and regulations of NADA (National Amateur Dodgeball Association). These rules have been altered to meet this organizers method of game play. The rules listed below have been altered to suite DodgeballSport.com's game needs.

## ***Rule 1 Players, Field, & Equipment***

### **Section 1: Team**

1. Each team must have a team name.
2. Teams will be made up of 6 -10 (8-12) players. A minimum of 6 players will compete on each side; others will be available as substitutions.
3. All teams must be co-ed. Teams must have at least two people of the opposite sex.  
Two of which must be on the court at the start of each game. Teams do not have to keep the same ratio of male to female players that they started with. But must maintain the two sex minimum.
4. Substitutes may enter the game only during timeouts, or in the case of injury. Players must substitute male for male and female for female.
5. In order for a player to play in the League playoffs, That player must have played at least one match during the course of the regular season.  
In order for a player to play in Tournament finals that player must have played at least one game in regular Tournament play.

**DODGBALLSPORT (.com)**

Was established in December 2005 by Mike Worden

If you have questions or concerns regarding the rules stated in this booklet.

Please email:

[Mike@DodgeballSport.com](mailto:Mike@DodgeballSport.com)

Or call

519-672-6369 (Optimum Performance)

**Section 2: Field Dimensions and Markings**

1. The game may be played indoors or outdoors.
2. The playing field shall be rectangular volleyball court dimensions.  
(50' long by 30' wide)
3. The playing court shall be marked with sidelines, end lines, attack lines, and a center line. There shall be at least 3 feet (preferably 10ft) of unobstructed space outside of boundaries. Attack Line is parallel to and 3 m from the centerline.

### **Section 3: Boundaries**

1. During play, all players must remain within the specified boundaries.
2. 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.
3. When retrieving a ball, the player must 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 and both players are in play.  
Players may not be handed a ball while standing out of bounds or are out of play.
5. A player will be declared out if they:
  - A. Have any part of their body in contact outside the playing surface.
  - B. Enter or re-enter the field through their sideline.
  - C. Leave the playing field to avoid being hit or attempting to catch a ball.
  - D. Have any part of their body cross the center line and contact ground on their opponent's side of the court.

Note: A player may, without penalty, step on the center-line.

Exception to 1,3,5D: During the opening rush many players cross the center-line. Officials should refrain from calling players on this unless a definite advantage is gained or the distance crossed is considered extreme by the action.

### **Section 3 Tie Breakers Situations**

In the case of teams finishing pool play with identical win loss match records, the following tie breaker procedures will be used matching records between tied teams:

- Step 1: Matches win/loss record between tied teams  
Step 2: Games win/loss record between tied teams.  
Step 3: One game playoff or coin toss based on each individual situation.

### **Code of Conduct**

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

### **GAME ON!!!**

## **Rule 4 Match Format and Tie Breakers**

1. Matches are made up of multiple games conducted in a:  
17 minute period (League),  
17 minute period (Tournament).  
Whichever format is to be used will be announced prior to event.
2. All games are played until a winner is declared (Rule 2 Section 5).
3. The format used to determine a champion in a particular division will be decided by Tournament/League officials, based on the number of teams registered.

### **Section 2 Scoring**

A win or loss will be assigned to each match based on the number of games won in that match. If a game is ended due to the time limit a score will be assigned to each team based on the number of team members left standing at the end of the game. If team A has 3 players and team B has 2 players, team A will be given a win.

Players performing kamikaze like actions across the centre line to obtain a hit will be called out and their hit will not be considered legal.

### **Section 4: Equipment**

1. The official ball used in tournament and league play will be an 8 inch rubber coated foam ball.
2. The standard number of balls for a six player game is three on each side.
3. Participants must wear shoes with light coloured non marking soles. No metal cleats, sandals, bare feet or heavy boots will be allowed. (rules apply to indoor play)
4. Participants must wear a shirt and shorts/pants.

## ***Rule 2 Game Play***

### **Section 1: The Game**

Matches may/may not 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 at the timed half way mark of the match. No players shall leave or enter the playing court during this time. Players on the court will simply stop game play (on Officials whistle) and position themselves at the opposite end of the court. Balls will be divided (3 per side). Match will commence on Officials whistle, no opening rush will be conducted for this process.
3. The object of the game is to eliminate all opposing players by getting them out.

An out is scored by:

- A. Hitting an opposing player with a live thrown ball below the shoulders. **Head shots are not allowed.**

Note: If a player ducks or jumps, and this clearly is the cause for the player being hit above the shoulders, the player is out and the throw is legal.

- B. Catching a live ball thrown by your opponent.

The thrower is out. The player who catches the thrown ball will also bring in an additional player on the playing court. If 6 players are on the court no player is allowed on. The gender of the player must meet starting game requirements. If there is 0 or 1 player of a gender then that gender must enter the court. Examples as follows:

- 1 guy on court, 1 girl enters
- 2 guys on court, 1 girl enters
- 2 guys, 1 girl on court, 1 girl enters

### **Section 2 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. Misuse of equipment on the court  
(kicking or throwing of a ball or pylon in frustration)  
This also includes mutilation of the balls  
(ie. squeezing the air out of the balls)
6. Inappropriate conduct towards players or Officials
7. Abuse of the honor system

### **Section 3 protests**

Protests will only be accepted in cases involving use of an ineligible player. Protests of judgment calls will not be accepted.

## ***Rule 3 Officials and Their Duties***

### **Section 1 Game Officials**

1. All contests will be supervised by a Game Official(s).
2. Rules will be forced primarily by the honor system. Players will be expected to rule whether or not a hit was legal or they were legally eliminated.
3. The Court Official's responsibility will be to rule on any situation in which teams cannot agree. A team may appeal to the Game Official if they feel a player has violated any rule. **THE COURT OFFICIAL'S DECISION IS FINAL. NO EXCEPTIONS**
4. Game Officials may warn players and call technical fouls on those who display unsportsmanlike conduct. Any players receiving 2 technical fouls in a game will be ejected and suspended a minimum of one match or event dependant on the severity of the occurrence. Suspensions will begin with their current match. Severe infractions or multiple technicals may result in suspensions from multiple matches, Leagues or Tournaments.

Note: A Court Official is not required to warn a player before calling a technical foul. Players may be ejected with 2 technical fouls, based on the severity of the infraction.

Only players that are currently off the court can come on the court as a result of a catch (ie. player A gets hits, player B catches a ball. This does not entitle player A to stay on the court)

#### **Legal Catch**

In order for a catch to be considered legal, it must be a first person catch.

Player A gets hits, player A catches the ball, catch is legal.

Player A gets hit, player B catches the ball catch is now considered void and player A is out.

Player A gets hit, ball bounces off other player , Official, wall, floor or bleacher, ball is now considered a dead ball and cannot be consider for a catch.

- C. 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.
- D. An opposing player stepping out of bounds with momentum carrying a caught ball. Catcher is out.
- E. Crossing over any boundary lines. A player cannot touch any part of their opponents side of the court.

**Definition: LIVEBALL: A ball that has been thrown and has not made contact with the floor/ground, the ceiling, the back wall, the officials or other team member.**

- 4. A player may block a thrown 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.

- 5. Once a player is eliminated, they must raise one arm acknowledging that they have been hit and immediately leave the court.  
Players who have been called out cannot retrieve stray balls for their teammates while on the playing court.

Penalty for 5 sec. Violation:

If a player throws a ball after a 5 second count has been made by an Official and the throw results in a hit, the hit will not be counted as legal.

If a player throws a ball after a 5 second count has been made by an Official and the throw results in a catch, the thrower will be counted out.

## **Section 7: Stalling and 5-second violation**

The following procedure will be used to prevent a stale game.

1. Once a player has been identified by an Official as holding the ball for an extended period without initiating the act of throwing the ball. An Official will begin to count to 5. The count will be based on the ball not the player (ie. Player gets a 5 count and puts the ball down. The count will continue until the ball crosses over the centre line and opposing team's attack line). Balls passed off the sideline will not be counted and the player will be expected to roll the next available ball across the centre line and opposing team's attack line.
2. It is illegal for any team to control all the balls for more than 5 seconds. If a team controls all of the balls they must make a legitimate effort to get at least one ball across the center line and into the opponent's backcourt. If this is not done within 5 seconds, a 5 second violation will be called. A team may avoid a 5 sec violation by throwing or rolling a ball into the opponent's backcourt. This does not include throwing the ball over and through an opponent's end line.

Note: Only a Game Official may call a 5 second violation.

## **Section 2: Timing, Time-outs**

1. A 17 minute time limit has been established for each match.
2. Each team will be allowed one 30 second time out per match.
3. Only the court official's whistle starts and stops the clock.
4. All players are in jeopardy until the court official recognizes and signals, the beginning of a time out or end of regulation time.

Exception: All live balls in flight at time of an official's signal (to end regulation time or begin a time out) remain live, and may eliminate an opponent, until they become a dead ball.

5. During time outs, teams may substitute players. Substitutes may be players who did not start the game, or players who wish to re-enter after having been declared out.

Note: Substitutes must be male for male or female for female.

Only the team that called the time out can substitute. The other team may also substitute, but must announce their intentions. If the opposing team substitutes without announcing their intentions the player entering will be declared out.

6. Only players on the court may call a time out.

### **Section 3: Beginning the Game**

1. Prior to beginning a game, an equal number of dodgeballs are placed along the center line on each side of the center point mark. A standard game consists of 6 balls, 3 on each side of the center point mark.
2. Players then take a position behind their end line.
3. Following a signal by the official, teams may approach the center lines to retrieve the balls. Teams may only retrieve balls placed to the right (as they face the center line) of the center point mark. 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 4: Opening Rush Rule**

Each and every ball retrieved at the opening rush must first be taken beyond the attack line and into the team's backcourt before it may be legally thrown at an opponent. A thrower must have both feet behind the attack line to be considered legal play.

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. If a ball(s) has not been retrieved, but the opening rushers have crossed back over the attack line, then the remaining non-retrieved ball(s) are in play on the second rush and can be used by either team.

### **Section 5: Declaring a Winner**

1. The first team to legally eliminate all opposing players will be declared the winner.
2. If neither team has been eliminated at the end of regulation time, the team with the greater number of remaining players will be declared the winner.
3. In all overtime periods, the first team to legally win one game will be declared the winner.

### **Section 6: Overtime**

(Applies to finals only)

1. If an equal number of players remain after regulation play, a sudden death over time period will be played.
2. All overtime periods will begin the same as a standard match. The team to win the game will be declared the match winner.
3. No time outs allowed during over time.
4. Substitutions and/or additions may be made prior to the start of any overtime period.