



DODGEBALL RULES

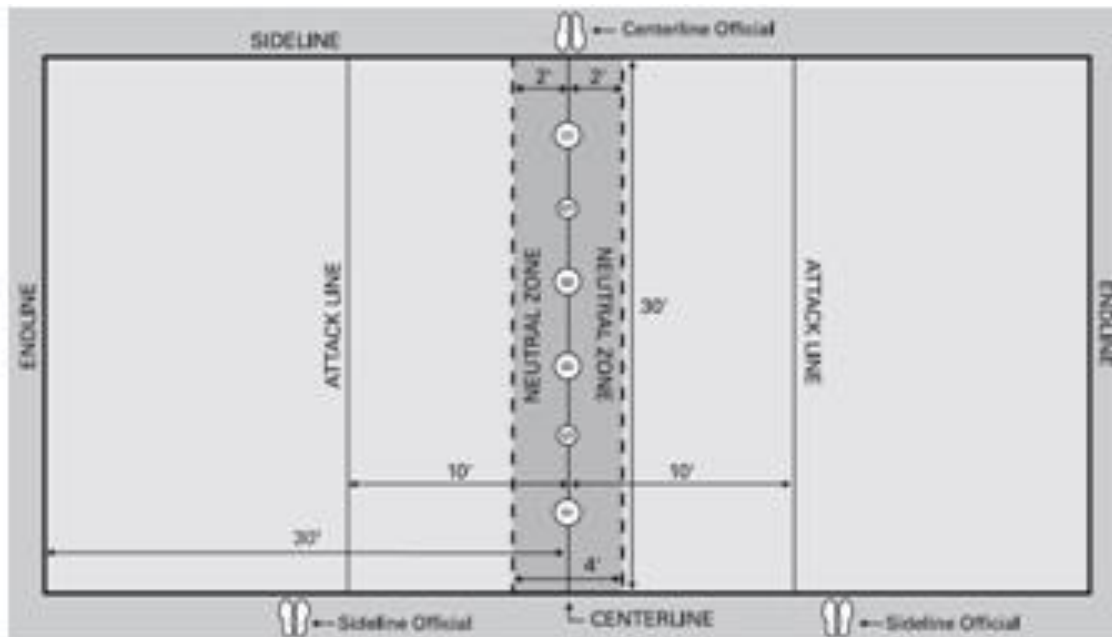
FREDERICKSBURG
FIELD HOUSE

Introduction:

The purpose of the Dodgeball Rules is to help players and spectators become familiar with the rules of Indoor Dodgeball to safely enjoy the game.

Field

- Dodgeball will be played on Small Field #1
- The field will be divided into two halves by the center line
- Attack lines are located parallel and 10' from the center line



Teams

- Teams will consist of at least 6 players, and no more than 8.
- Teams may start a game with no less than four (4) players to prevent a forfeit.
- Teams may only substitute during a game in the case of an injury
- Any ratio of men and women may participate

Game Play

The object of the game is to eliminate all opposing player by getting them "OUT" by one of the following...

- Hitting an opposing player with a LIVE thrown ball
- Catching a LIVE ball thrown by your opponent before it touches the ground or wall
- Opposing players that cross the centerline will be OUT

Opening Rush

- Each game begins with thirteen (13) dodgeballs placed along the centerline (spaced evenly)
- Players must have a hand on the back wall
- Following a signal by the official, players will "rush" the centerline to retrieve the dodgeballs
- Dodgeballs must be taken behind the attack line prior to being legally thrown

Additional Rules

- All clothes/uniforms are considered part of the body
- If a defender attempts to catch a thrown ball but drops it, the defender is OUT
- If a ball hits a defender but is caught by a teammate before the ball hits the ground, the thrower is OUT
- Defenders may block a LIVE ball with a held ball. If the defender loses possession of the held ball while blocking a LIVE ball, the defender is OUT
- Players that leave the playing field will be called OUT
- Players may not slide or dive to retrieve a ball during the opening rush
- Once a player is ruled OUT, they must immediately drop any held balls and leave the field. If a player is called OUT and continues to throw, that team will automatically forfeit that game. For safety purposes, when a player is ruled OUT, they must immediately retreat to the back of the field with their hand raised and follow the wall to leave the field.
- If a player catches a LIVE ball, a teammate is allowed to return to the field of play (The returning player must be established in the field of play before being thrown at)
- In the event that four (4) or fewer players remain on the playing field, all players must remain in front of the attacking zone (except when retrieving balls)*
- Players that attempt to dodge a LIVE thrown ball outside of the attack zone will be called OUT
- All calls/decisions made by the referee are final.

LIVE BALL vs DEAD BALL

- LIVE BALL - a ball that is thrown that hasn't touched anything (including the floor/ground, walls/netting, another thrown ball, officials, or any object outside of the playing field)
- DEAD BALL - a ball that hits anything other than an active player

Timing

- Each match will have a 35-minute time limit
- Each game will have a 6-minute time limit***
- *** If a game reaches the 6-minute time limit, the remainder of the game will be played in sudden death. ***

Sudden Death Play*

- During Sudden Death Play, all remaining players must remain inside the “attack zone” unless...
 - There are no (0) balls anywhere inside of either team’s “attack zone”
- If a player steps outside of the “attack zone”, they will be called out. This includes...
 - Dodging outside of the “attack zone”
 - Illegally leaving the “attack zone” to retrieve a ball
- The Sudden Death rule applies to an event in which there are four (4) or fewer players left in play.

Winning a Game/Match

- A game is over once a team has eliminated all the opposing players
- Matches are played as best 3 out of 5 games

Personal Conduct Policy

- All players are on an honor system and are responsible for fair and honest play.
- Any unsportsmanlike conduct (taunting, cursing, obscene gestures, etc.) are grounds for removal, suspension, and banishment from both the league and the Field House.

For questions, comments, or concerns, contact:

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