



Dodgeball Rules

1. Field

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

2. Teams

- a. Games are played with a maximum of eight players on each team.
- b. Teams have until 10 minutes after the scheduled start time to field a team of four players.
- c. Any ratio of men and women may participate.

3. Game Play

- a. The object of the game is to eliminate all opposing players by getting them "OUT". Players are "OUT" in the following situations;
 - i. Hit by a LIVE ball.
 - ii. Having a live ball caught by an opponent before touching the ground or wall.
 - iii. Crossing the centerline.
 - iv. Attempting to block a ball with a ball in your possession and losing possession of the ball for any

amount of time.

4. Opening Rush

- a. Each game begins with thirteen dodgeballs being placed along the centerline.
- b. Players must start with one hand on the back wall.
- c. Following a signal by the official, players will rush the centerline to retrieve the dodgeballs.
- d. Dodgeballs must be taken behind the attack line prior to being legally thrown.

5. Miscellaneous Rules

- a. All clothes are considered part of the player's body.
- b. If a defender attempts to catch a thrown ball but drops it, the defender is out.
- c. If a ball hits a defender but is caught by a teammate before the ball hits the ground, the thrower is out.
- d. 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.
- e. Players that leave the playing field will be called out.
- f. Players may not slide or dive to retrieve a ball during the opening rush.
- g. 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.
- h. 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)
- i. In the event that four or fewer players remain on the playing field, all players must remain in front of the attacking zone (Except when retrieving balls).
- j. If a ball is thrown and hits a defender and then hits a second defender before becoming a dead ball, both defenders are out, "Pinball effect".

6. Live Ball vs Dead Ball

- a. 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)
- b. Dead Ball - a ball that hits anything other than an active player.

7. Time

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

8. Sudden Death Play

- a. During Sudden Death Play, all remaining players must remain inside the "attack zone" unless there are no balls inside either team's "attack zone".
- b. If a player steps outside of the "attack zone" they will be called out. This includes dodging outside of the "attack zone" or illegally leaving the "attack zone" to retrieve a ball.
- c. The Sudden Death rule applies to an event in which there are four or fewer players left in play.

9. Winning a game/match

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

10. Sportsmanship

- a. All players are on an honor system and are responsible for fair and honest play.
- b. Dodgeball is primarily a self-refed game. The Field Marshal is there to check rosters, keep the time and settle any dispute.
- c. Any unsportsmanlike conduct are grounds for removal, suspension and banishment from both the league and Fredericksburg Field House.