RULES

General Rules

1. Teams line up opposite of each other with a dodgeball in the middle.

2. The object of the game is to get opposing players “OUT” by hitting the opposing

players with a dodgeball.

3. You may also catch an opposing player’s dodgeball before it hits the ground to

get them out.

4. A player can catch a dodgeball off their teammate to get the player throwing the

ball out.

5. If the ball hits anything else than a person in play, the ball is considered dead.

6. A player can catch a ball from the opposing team and one person that is out will

be able to rejoin the game.

7. Ball blocking will be allowed, but a player may only use one ball to block with, if a

players drops the ball while blocking that will be considered getting hit and they

will be out.

8. Players are not allowed to wear gloves during the game.

9. Players must wear non-marking shoes. If marks are made, player is responsible

for cleaning the floor.

10.The game is played until all players from one team are eliminated.

Officiating Games

1. Players from other teams will officiate the games.

Players/Team Rosters

1. Teams can have a maximum of five (5) players on the court at one time.

2. Teams are allowed to play with a minimum of four (4) players on the court.

3. Team rosters may be comprised of 5-12 players.

4. Players can be male or female.

5. Teams are encouraged to have matching color shirts/jerseys for their games.

Games

1. Teams will have one match per night. A match consists of 8 games. All 8 games

will be played regardless if your team wins or loses all 8 games. Regular

season standings will be based on your win/loss record. A forfeit by a team will

be considered as 8 loses.

2. There will be a maximum of a 2 minute break between games. If teams want to

shorten it, they may move on to the next game.

3. Games will have a time limit of 55 minutes. If the time limit is reached and all 10

games have not been played, the match will complete at the end of the game

occurring at the time limit.

4. All matches will be supervised by a court official. The court official’s decision

is final, no exceptions. Team captains are the only players who can approach

the officials but only in between games.

5. To start a game, one ball will be placed at mid-court, two other balls will be

tossed out by court officials, one ball to each team. All players must remain

behind the back line until the balls have been thrown out.

6. Players must throw the ball to get someone out (no kicking). Please throw the

ball within 5 seconds of gathering possession (possession will be determined by

the court officials and does not necessarily mean ball-in-hand). If possession of

the ball exceeds this time limit, the court official does have the right to demand a

throw.

7. If a catch is made prior to the ball touching the ground, the player who threw it is

out and a player from the catching team may come back in. Players returning to

the game are based on first out, first in.

8. Once a thrown ball touches an object other than a person in play, the ball is

considered dead.

9. If a thrown ball contacts a player, then contacts another player, only

the first player is out. The second player is still in the game.

10.The game balls will be rubber-coated foam balls. Please do not squeeze the ball

to alter the size/shape.

Boundaries

1. Players are not allowed to cross the center court line at any point during the

match. If they do, they will be out.

2. If a player crosses the line in the motion of, or after throwing a ball, they will be

called out. If the ball touches another player while doing so, that player will not be

eliminated.

3. Players are not allowed to go out of bounds to dodge a ball. If a player catches a

ball that’s out of bounds, that player will be eliminated