



RULES

Co-Ed 6X6 DODGEBALL

EQUIPMENT AND COURT

- Field: The playing field is a rectangle at least 50 feet long and at least 30 feet wide, divided into two (2) equal sections by a center-line and attack-lines 3 feet from, and parallel to the centerline.
- Dodgeballs: There will be a total of 6 balls (one 8.5" money ball, two 8.5" rubber balls and three "stinger" balls) placed at the middle of the court at the start of the game.
- Jerseys: Team must wear uniforms and/or matching shirt colors for all their games.

ROSTER

- Teams will consist of 6 players (minimum of 2 women) on the court at one time. Teams may play with a minimum of 4 players, as long as there is 1 woman
- Roster Limit is 15 players
- *Players must have signed official roster waiver and played 1 regular season match to be eligible for the playoffs.*

RULE ENFORCEMENT & PLAYER CONDUCT

- All dodgeball matches will be self-governed with the players (not a referee) calling all fouls. This format is most similar to that of a tennis match.
- Upon hitting an opponent with a dodgeball, players are asked to exit the court immediately. The player who threw the ball is encouraged to yell "you're out" to ensure the player is aware they were hit.
- We ask that ALL players are honest and respectful of this rule.
- **If a circumstance arises in which a team feels their opponent is not respecting the rules, the captain will have the opportunity to call over the League Supervisor. The League Supervisor will then oversee the remaining games of the match.**
 - Any team who has the League Supervisor called to oversee more than 1 of their matches will receive the following penalty in the playoffs:
 - 2 games – Team will forfeit 2 games
 - 3 games – Team will forfeit 3 games
 - 4 games – Team will not be eligible to participate in the playoffs

LEAGUE SUPERVISOR

- The League Supervisor will be present for all matches and responsible for the following:
 - Court & Equipment Setup
 - Match/Game Scoreboard
 - Awarding MVP Coupons
 - Rule Enforcement for specific matches (*if applicable*)

MATCH BASICS

- Teams will play 1 Match each week (*consisting of a 9 games series*)
- Each game will have a 4 minute time limit (*matches will have a 45 minute time limit*)
- If teams have an equal number of players at the end of the game, there will be a 1-minute playoff.
- The team with the most players left at the end of the game will win.
- Substitutions will only be allowed in-between games

GAME PLAY

Start of the Game

- Teams will stand with both feet BEHIND the starting line and await the buzzer
- At the start of play, all players race to the center line to retrieve the balls
- Once the balls are retrieved, the players cannot “attack” the other team until they have taken the ball behind the designated line

Center Line Rules

- Players may reach over the center line to grab a ball
- Players may slide over the line (as long as a portion of their body is still on their side) to grab a ball
- **A player will only be called OUT, if he/she crosses the center line and his/her entire body is on the opponent's side.**

Holding the Ball

- Players can only hold a ball for 10 seconds or less
- Teams are NOT allowed to collect balls
- No “pinch grip/gorilla grip” allowed
- If all women on your team are out (and your opponent still has women in play), you are required to kick/throw all stinger balls to your opponent within 10 seconds or less.

Throws

- Only females can throw “stinger balls.”
 - If only men on the OPPONENT'S team, “stinger balls” can be used by ALL members of your team. However, if a woman comes back into the game the female only “stinger ball” rule becomes valid again.
- **HEAD SHOTS:** No throw should be made above the shoulders of a player on the opposing team. If a player ducks or leans into the throw and gets hit he/she will not be out.
 - Repeated head shot are considered unsportsmanlike (*in such cases, the opposing team is encouraged to call over the League Supervisor*).

- If a player is laying on the ground, a head shot is no longer illegal as the player is in a defensive position

Elimination of Players

- Any player hit by the opposing teams' ball, on the fly, will be eliminated. Eliminated players must stand out of bounds, in a designated area, in the order that they were eliminated. They may throw out of bounds balls back to their teammates, but not at the opposing team.
- **If a thrown ball is caught by an opposing player, the player throwing the ball will be eliminated. Additionally, the team that caught the ball will be allowed to bring back a player in the order they were eliminated (starting with the first person removed).**
- Deflections off of teammates are considered live balls. Balls off of the walls/ceiling, however, are dead.
- Players may block the opposing player's throw with their ball. If the ball is knocked out of their hands while blocking it, that player will be eliminated.
- Teams may give their retrieved ball to another player to be thrown.

Boundaries

- Court boundaries apply. Players may go outside of the boundaries to retrieve balls, but must return within a reasonable time (no hiding) and remain inside the boundary.
- All players are eligible to be hit/eliminated when they're outside the boundary.
- Players must have one foot inside the boundary to be considered 'in bounds.'

MONEY BALL

- The money ball is red, white and blue.
- If a player catches the money ball...their ENTIRE team can reenter the game.
- If a player hits someone with the money ball...the next 2 players in line for their team can reenter the game.

FORFEITS

- Teams will forfeit 1 game for every 5 minutes they are past the designated start time.
- If a team does not have the minimum (4 men, 1 woman) by 10 minutes after the designated start time the entire match will be forfeited, 9-0.
- Exception: Teams with less than the legal number of players may still play a "legal" game but only with the opposing teams consent. All teams consenting to play a legal game with less than the allowed minimum waive their right to a forfeit win.

REMINDERS

- Team Captains are responsible for controlling the behavior of their teams
- All Teams will make the playoffs. The Regular Season will determine the Playoff Seeds.