



Pride Sports USA - Dodgeball Official Rules

PrideSportsUSA.com

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Pride Sports USA is an adult sports organization consisting of all genders, sexualities and races ranging from 20-80 years old. Dodgeball is a game consisting of two teams, Dodgeballs, sweatbands, tube socks and short shorts. Games are played with 10 players per game. 25 min games. For the enjoyment of the game, proper respect and sportsmanship is required of all participants toward one another. Fighting is not tolerated. There is a zero tolerance for discrimination towards race, gender, sexual orientation or anything for that matter. There is also a zero tolerance for unsportsmanlike behavior.

First Rule of Pride Sports USA - Dodgeball is to HAVE FUN!

1. The Court

The following are the official dimensions for a regulation, but depending on each venue this might vary.

- a. The court is divided into two 30' X 30' areas, with a center line located at center court separating the two sides, total court length of 60' from back line to back line, and a total width of 30' from sideline to sideline.
- b. Approximately 2'-3' should be allotted for an out of bounds area.

2. Equipment/Uniforms

- a. 6 regulation size balls should be used per court: 7inch foam no-sting balls.
- b. All players must have Pride Sports USA uniforms as their official team uniform in order to participate in the games. If a player does not have on their uniform the player can not play and no refunds for the games missed will be given. Only subs can play with out a uniform but must wear a solid black shirt or a matching color shirt flipped inside out so no logos are shown. Each team may be provided with an extra uniform, these uniforms will be used for the subs or players that forgot their uniform.

The only alterations that can be made to the uniform is cutting the sleeves (if no sponsors are printed on the sleeve). The Pride Sports USA Logo, and sponsors/ anything printed on the back must not be touched. Players can NOT print on or alter anything else on the uniform. If a player prints on their jersey they will have to pay \$25 to replace it.

3. Players/ Team Size

- a. Teams consist of as many players per team as the team would like.
- b. **10 max players on the court at the start of each match.** All players must be in the provided Pride Sports USA official uniforms. Subs must be in a black shirt with no logos.
- c. If a team has 7 or less players, the game will be reported as a 7-0 loss forfeit. All teams need 8 players in uniform for the match to be counted. The teams are encouraged to play and have a scrimmage in the case of this.
- d. Teams may consist of all genders, however many or few of any gender. All genders/ sexualities/skill levels/and ethnicities are welcome to join us!

Substitutions

Substitutes are players that are not registered league members. If a team is short on players they may ask friends that are not playing in the league already, to come help their team. The substitute must register online and pay a \$15 for that game at PrideSportsUSA.com/subs on the home page by clicking the ball that says "SUBS". If the substitutes play more than one week, they still need to register and pay EVERY WEEK.

Substitutes are allowed to play in the Playoffs/ Championship games if they have been a sub for the team they are subbing for **AT LEAST TWO WEEKS (4 games)** through out the current season.

If a team plays with a sub that is not registered as a sub for that weeks game, that team will forfeit that game. There will no be refunds given. Simply, have all your subs register before the game, make sure they have a black shirt with no logos and there will be no issues.

Match

A regulation season match consists of two teams playing within 25 mins of time. Playing the best of out 5 games. Each game will count as one point. At the end of 25 mins, the team with the most points wins. If the score is tied at 25 minutes (for a regular season game) the match ends in a tie and a new game does not start.

If the game is tied at the end of 25 mins and this is a **playoff or championship game**, the tie breaker game will be 3 vs 3, each player gets their own dodgeball, and they will start all their own back wall. The team with the last player standing wins.

Beginning Play

Play begins with all players positioned on their team's backline. Teams should have no more than 10 at the starting line. If a ball is caught by your team, no other players can come into play.

The Rush

The Rush occurs at the beginning of each game or reset.

Upon the whistle at the start, both teams rush to center court. To avoid colliding head on with the other team, each team will only be allowed to retrieve the 3 right most balls.

A team may rush with as many or as few players as they want, but at least one person from each team has to Rush.

One individual player may retrieve no more than 3 balls.

Players may not slide or dive head first into the center line.

Touching the center line will result in an "out."

Players may not physically grab and pull another player across the center line.

Putting a Ball in Play

The ball must go completely behind the back line. During the Rush, any ball retrieved from the center line must be returned behind the back line or touched against the back wall before it becomes an active ball and can be thrown at an opponent. A ball that hasn't crossed the attack line or touched the back wall will be considered a dead ball, any hits or catches are voided plays.

The ways to put a ball into play following a Rush.

- A player carries the ball across the back line or touches the back wall.
- A player passes the ball to a teammate who is then touches the ball to the back wall.
- A player rebounds the ball off the back wall of the court.

Time Outs

There are no team time outs. If a player gets hurt we will pause the game to attend to the hurt player.

Outs

- Player shall be deemed "out" when a live ball hits any part of the player's body, clothing, hair or uniform. (see next section for what a live ball is)
- If a player is hit by a live ball rebounding off another player or ball lying on the court that player is out.
- A defending player catches a live ball they have thrown (Thrower is out).
- If a ball is thrown and hits more than one player before hitting the floor, walls, ceiling, basketball net/hoop etc, all the players that the ball hit are out.
- If a ball is thrown and hits off a player, then caught by another player before hitting the floor, walls, ceiling, basketball net/hoop etc, the player who threw the ball is out and the player(s) that the ball hit is/are also out and the player who caught the ball is safe.

Live Ball & Dead Ball

- A Live Ball: is a thrown ball during the time that it leaves the throwers hand to when it hits anything other than another player or ball.
- A Dead Ball: is a ball that hits anything other than a ball or player when thrown. Example (wall, floor, cone, basketball hoop) The result of the play will be called as whatever happened prior to being a dead ball. Example (If a ball hits a player and deflects into the wall and the player catches it off the wall. The player will be **out** because when the ball hit the wall it became a dead ball)

Blocking

- Players can defend themselves by blocking the ball in flight with another ball but must retain control over the ball they are blocking with. A player dropping or losing possession of the blocking ball is deemed "out."
- Any blocked ball rebounding off another ball is considered live. Any player hit by the rebounding ball is deemed "out."

Pinching

The act of squeezing the ball in order to alter the thrown or blocked ball is not allowed. These players will be warned but if they consistently continue to do this will be deemed out.

Holding The Ball

- The act of intentionally delaying the game is not allowed. Players can not hold onto a ball for more than 20 seconds. The officials will start counting at 10 and the player must throw the ball(s) they have possession of to the other side, before the official reaches 0. If a player still has possession of a ball when the official reaches 0, then the player will be deemed out.

Center Line

- Players are not allowed to touch the center. If a player touches the center line while making a throw, the throw does not count and the player that touched the line is out. If a player touches the center line after the throw makes contact with a player, the player is out (If they get hit and they do not catch it) and then the thrower (who touched the line after the ball made contact is out.)

- Below are visual examples.



Out of Bounds Rule

- If any part of the player's body touches the center line at any time during the game, that player shall be called "out".
- A player can reach over the line to pick up a ball but if any part of the player touches the line or the other side, that player is out.

Sacrifice Fly

- A sacrifice fly is when a player runs towards the center line to jump over it while making a throw to get a player out. If the player making the attempt does not touch the line and hits the player with the ball before they hit the ground, then that is a clean play and the player that got hit would be out. If the player making the sacrifice fly play misses the other player with the ball, then they are out once they land/touch other the side of the court.

Mercy Rules

- Pride Sports USA - Dodgeball rules state that teams play best of 5 games. If a team wins 5-0 in a short amount of time. Teams can mix it up and finish out the remaining time playing and having fun.

Headshots

- A headshot occurs when a player is hit directly in the head by a high thrown ball.
- Any player hit in the head will be out.

Kicking the ball

- Players are not allowed to kick the ball. If a player is seen kicking a ball that player will be out.

Uniforms

Pride Sports USA does not allow players to wear gloves.

Each player will wear the Official Pride Sports USA Players Uniform. If a player does not have on their uniform they CAN NOT play.

All subs are required to wear black or the color to match the team they are subbing for and pay \$15. Subs may purchase a uniform if available.