

## **The Field**

The field is divided into two 30 feet by 40 ft areas divided by a center line.

Each team has a bench located behind its own end-line which is used as a "jail" for when a player has become out.

## **Equipment**

Seven rhinoskin balls are used. Prior to starting the game, the balls will be arranged along the center line.

## **Teams**

Teams will field 7 starting players with a maximum team size of 10. Coed teams must have at least two players of each gender at the start of each game. If a team is short a gender, they may play a player down for the game. You must have at least 4 players to avoid a forfeit.

## **Substitutions**

Substitutions must be made prior to the start of the game. No substitutions can be made during a game, except in cases of injury.

## **Matches**

A regulation match consists of two 20 minute halves with a brief halftime. As many games that can be played during this time will constitute the match. If a game is still going on when the 20 min half starts the game will resume at the start of the second half. Games are played until time has run out. The game being played at the end of full time is not counted towards either teams points. Winning a game counts as one point. The winner of the match is the team with the most points and the winning team awarded 3 points towards league play. If teams have won the same amount of games in the match, the match is a tie and both teams will be awarded 1 point towards league play. The losing team receives no points towards league play.

## **Game play**

Play begins with all players positioned on their team's end-line. Each player must have one foot on the end-line prior to start. A game is played until all opponents are eliminated on one side. If time expires for either the first half or the full game (20 minutes per half), the ongoing game will be completed. A team wins when all opponents are eliminated.

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

Upon the official's signal, both teams countdown "3,2,1 Dodgeball" after which the teams rush to center court and attempt to retrieve as many balls as possible. A team may rush with as many or as few players as it wants. There is no limit to how many balls an individual player may retrieve.

A false start occurs when a player leaves their end-line before the referee's signal. One false start will result in a warning, a second false start will result in that player starting the game in the "out" position.

Players may not slide or dive or they will be called out.

Crossing over the center line will result in an "out."

Players may not physically grab and pull another player across the neutral zone or prevent them from returning to their side of the court. However, if two players are grabbing the same ball and either player crosses the center line, that player will be out.

You may not kick balls in the rush.

### **Putting a ball in play**

All balls retrieved during a rush must be taken to each team's own end-line prior to becoming live.

There are several ways to put a ball into play following a Rush:

- A player carries the ball to the end-line, one foot must be placed on the end-line while in complete possession of the ball.
- A player passes the ball to a teammate who is at the end-line.

### **Time Outs**

Each team has one 30 second time out per game.

### **Outs**

A player shall be deemed "out":

- When a live ball hits any part of the player's body, clothing or protective equipment.
- If a player is hit by a live ball rebounding off another player (in this instance, **ALL PLAYERS HIT BY THE BALL ARE OUT**).
- If the ball thrown is caught by a defending player.
- If a defending player catches a deflected ball.
- **NOTE:** If a ball is deflected off of a player and then caught by a player on the same team, the thrower is OUT and the player that was hit with the ball is NOT OUT.

Players are responsible for calling themselves out. If an official judge notices that a player is not calling themselves out Yellow and Red Cards may be given for infractions of this rule.

## **CATCH**

A catch is when a player retains full control of a ball released by an opponent. If a player catches a ball thrown by an opponent, the thrower is out and one player returns to the catcher's side in the order of first out, first in. In order to be eligible to return to the game, the player who is out must be seated on the bench before a teammate makes a catch to bring him back in. Players who were hit "out" but have yet to be seated on the bench are not eligible to return to play following a catch.

**Attempted catches:** If a player attempts to catch a live ball thrown by the opposing team, but drops it or allows it to touch any surface or object, other than himself, before gaining full control, he is out. If while trying to complete the catch, the player becomes out, the catch is void.

**Catches after blocks:** It is considered a catch if an opponent's ball hits a blocking ball and is then caught by the blocker or teammate.

In the case where a catch is made and no player walks off (e.g. the player didn't see his ball get caught):

If the catch is observed by referees but the thrower cannot be determined, the referees should pause the game and request for one of the throwers to come off of the court. Referees can assist by indicating the side that the ball might have come from. If no thrower is volunteered by the throwing team, referees must come to a decision using all available on-court information.

If a catch is missed by all referees entirely, the thrower is not determined, and no one leaves the court, there is no dispute and play continues.

## **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 and is unable to regain possession before the ball becomes dead is deemed "out." Dead is defined as contacting any out of play area.

Any blocked ball rebounding off another ball is considered LIVE. Any player hit by the rebounding ball is deemed "out." If a legally thrown ball ricochets off a blocking ball and hits the player holding that ball, that player is out.

When holding a ball and blocking, the hand is part of the ball.

## **Delay of Game**

If a referee determines that a team is delaying the game, the referee will warn the player or team. If the delay continues, at the referee's discretion, a 10 second countdown will be enforced and if countdown reaches "0", one player will be deemed out from the team committing the infraction. If a lone player is refusing to return the ball, they will be called out. Players must be actively playing the game.

If both teams are delaying a reset will occur with the remaining players.

## **Hit etiquette**

If a player is hit, he should drop all held balls, raise his arm to signal that he is out, and leave the court immediately and minimize gameplay disruption. (Once on the sidelines, knocked-out players are not allowed to kick or pass balls to their teammates. This is illegal and will result in the ball being turned over to the opposing team).

## **Headshots**

To simplify the game, all headshots count. However, we do not condone intentional headshots. (See Dangerous Throw).

## **Dangerous Throw**

A dangerous throw is considered a ball thrown high and hard near an opposing player's head. It is the officials discretion to determine if a throw is deemed "dangerous." After one dangerous throw the official will give a yellow card to the player. If a second dangerous throw occurs, the official will give a red card and the player will be out the remainder of the game.

## **Uniforms**

Uniforms and protective equipment are considered part of the player. Any player hit on any part of their uniform or protective equipment will be considered "out".

Each team may wear uniforms / costumes as desired but not required. Pennies are provided if needed.

Shoes of some type must be worn. Cleats or turf shoes are allowed.

## **Overtime (Playoffs Only)**

At the end of regulation time, if the score is tied a 3 minute overtime game may be played. Overtime is won in a regular fashion (eliminating all opposing player) or is the team with the most active players at the end of the game.

## **Yellow and Red Cards**

Any participant that does not conduct themselves in a sportsmanlike manner may be shown either a yellow or a red card at the discretion of the official. Two yellow cards for any infraction result in dismissal from the game. One red card results in dismissal from the game.

Yellow and Red cards may be given for the following:

- Arguing with an official or with other players.
- Abusive or insulting language to a player or official.
- Throwing the ball at another player in an unsportsmanlike or dangerous manner.

- Abuse of the “honor system” either for hits, catches or return to play.

### **Fighting**

Fighting is never tolerated and will result in a player’s permanent suspension from participation at Champions Sports Center.