

Dulles Dodgeball Official Rules

The Game: Dodgeball is played by two teams, each made up of six players. The purpose of each team is to eliminate opposing team members. This is done by striking opposing players with thrown balls, or catching balls thrown by opposing players; while preventing the opposition from doing the same. All play is subject to restrictions laid down in the following rules.

1. Rule 1 – Players, Field, and Equipment

a. Section 1: Team

- i. Teams will be made up of 6 players. Each team must include at least one female.

b. Section 2: Field Dimensions and markings

- i. The playing field shall be a rectangular surface free from obstructions at least 50 ft. long and at least 30 ft. wide.
- ii. The playing field will be marked with sidelines, end lines, a center line, and attack lines. Attack lines are parallel to and 9 ft. from the center line.

c. Section 3: Boundaries

- i. During play, all players must remain within boundary lines.
- ii. Players may pass through their end-line only to retrieve stay balls. A stray ball is one that has not been pick up and is lying on the ground.
- iii. When retrieving a ball, the player must also immediately re-enter the playing field only through their end line. A player not immediately re-entering may be declared OUT.
- iv. A player outside the playing area may not legally throw at an opponent, but may be eliminated by a live thrown ball.
- v. If a player does any of the following they may be declared OUT. A player shall not:
 1. have any part of their body contact the playing surface on or over a side line, exit or re-enter the field through their sideline,
 2. have any part of their body cross over the center line and contact the ground on their opponents' side of the court,
 3. leave the playing field to avoid being hit by or attempt to catch a ball.

d. Section 4: Equipment

- i. The official ball to be used in play will be an 8 1/4" rubber coated foam ball.
- ii. The number of balls in a regulation game is six (6).
- iii. Participants must wear shoes, shirts, and shorts/pants
- iv. All clothes and or uniforms are considered part of the player's body.

2. Rule 2 – Game Play

a. Section 1: The Game – matches will begin with a coin flip.

- i. The team winning the coin flip will have the choice of sides to begin the match.
- ii. Teams will alternate sides following each game.
- iii. The object of the game is to eliminate all opposing players by getting them OUT.

- iv. An OUT is scored by:
 - 1. Hitting an opposing player with a LIVE thrown ball below the shoulders. (*NOTE: If a player ducks or takes a position with their head below where their shoulders would normally be when standing, i.e. crouching, kneeling, sitting, diving, rolling, flipping, or laying, and this clearly is the cause for the player being hit above the shoulders, the player is out and the throw is considered legal.*)
 - 2. Catching a LIVE ball thrown by your opponent.
 - 3. Causing an opponent to lose control of a held ball as a result of contact by a thrown LIVE ball.
 - 4. An opposing player stepping out of bounds.
 - 5. A LIVE ball is one that strikes or is caught by an opposing player without/before contacting the ground, another player, a non-held ball, official, or other object.
- v. If a player catches a live ball thrown by their opponent, in addition to the thrower being declared OUT, a player from the catcher's team that had previously been eliminated can re-enter the game.
- vi. A player may block a thrown ball with a ball being held, provided the holder does not lose control of the held ball as a result of the contact with the thrown ball. The held ball does not need to strike the ground to cause the holder to be out, only be knocked loose of the holder's grip.
- vii. A live ball deflecting off a held ball and/or striking the holder remains live only to the holder. The thrown ball could be deflected into the air and caught by the holder (and not a teammate), and if so the thrower would be out.
- viii. A live ball deflecting off the body of Player "A" remains live only to Player "A." If "A" legally catches the deflected ball, the thrower is out. Teammates of "A" may not legally catch the ball.
- ix. Once a player is OUT, they must drop any balls in hand and exit the playing field at the nearest sideline, taking care not to intentionally interfere with game play or any live balls.

b. Section 2: Beginning the Game

- i. Prior to beginning a game, an equal number of dogeballs are placed along the center line on each side of the center hash mark. A standard game consists of 6 balls, 3 on each side of the hash mark.
- ii. Players then take a position behind the end line.
- iii. Following a signal by the official, teams may approach the center-line to retrieve the balls. Teams may only retrieve balls placed to the right as they face the center line. If balls remain on the center line after a team has retrieved and moved their balls beyond the attack line, those balls may be retrieved by either team.
- iv. A false start will be called if players cross their end line prior to the official's signal to start the game. The penalty is that one of the offending team's balls is placed on their opponent's side of the center line.

c. Section 3: The Opening Rush

- i. Each ball retrieved by a team during the opening rush must first be taken beyond the attack line and into the team's backcourt before it may be legally thrown at an opponent.
 - ii. Once a ball is moved beyond the attack line it may be thrown from anywhere on the court, short of center, including in front of the attack line.
- d. Section 4: Declaring a Winner**
 - i. The first team to legally eliminate all opposing players will be declared the winner.
 - ii. If neither team has been eliminated at the end of regulation, the team with the greater number of remaining players will be declared the winner.
 - iii. If an equal number of players remain after regulation play, 1 minute of overtime will be played.
- e. Section 5: Stalling and 5 Second Violation**
 - i. A team trailing during a game must be given the opportunity to eliminate an opposing player. This requires a ball to be at the disposal of the trailing team.
 - ii. It is illegal for the leading team to control all the balls for more than five (5) seconds. If the leading team controls all the balls (all the balls are located on their side of the center line), they must make a legitimate effort to get at least one ball across the attack line and into the opponents' backcourt. If this is not done within 5 seconds, a "5-second violation" will be called. At this time, the trailing team will be supplied with a ball, and play will resume "ball in hand."

3. Rule 3 – Tournament Format and Tie Breakers

a. Section 1: Match Play

- i. Matches will be decided using a "best of five" format in which the first team to win two (3) games will be declared the winner of the match. Even in the case of a shutout, all 5 games will be played.

b. Section 2: Scoring

- i. A score will be assigned to each game based on the number of team members left standing at the end of the game. This score will determine the standing for teams advancing in the tournament bracket.
- ii. If there are an odd number of teams in that bracket, the first seated team will be awarded a "bye" to the next round.
- iii. In the event of an exact tie in standings, a coin will be flipped to determine which team is awarded the bye.