



The Rules

THE GAME

The objective of dodgeball is to win the most sets in a match. To win a set you must eliminate ALL opposing players by getting them “OUT.”

This may be done by:

- Hitting an opposing player with a LIVE thrown ball below the shoulders (**no headshots**).
- Catching a LIVE ball thrown by your opponent before it touches the ground or net.

LIVE definition: A ball that has been thrown and has not touched anything including the floor or nets (roof included).

CATCHING ON THE FULL

If you catch your opponents ball on the full, **the thrower is out and one player on your team may return to the game (maximum 6 players on the court)**. Players must return in the order in which they were eliminated – first off is first back on. You need to make the thrower aware you caught their ball, as it may not always be obvious to them or the ref.

THE TEAM

Six (6) players will compete per side: (3 males, 3 females) others will be available as substitutes. Teams may have different 6 players for the start of each set. Substitutes may enter on a rolling bases.

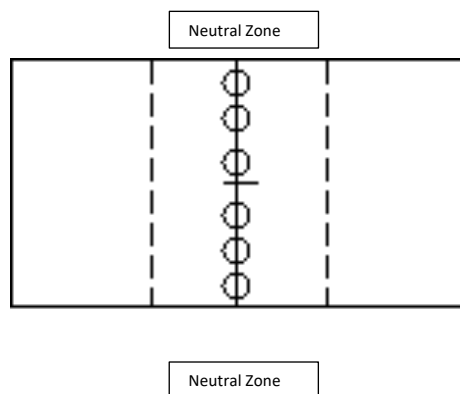


THE COURT & BOUNDARIES

The marked black netball court is your boundaries (3rds).

The court is divided into two (2) equal sections by the white centre line, with attack-lines each side 3m parallel to the centre line. Between the two attacking lines is the neutral zone where players from either side are allowed – meaning players from each side are allowed to use 2/3 of the court.

- Stepping ON the line – **ball thrown does not count**. Stepping OVER the line (Half a foot or more) – thrower is **OUT**.



START OF PLAY

There are 6 balls, 3 balls are placed on each end of the centreline. When all players are ready the referee blows the whistle. During the opening rush (when the game starts), you may only grab the three balls on the right. **Balls must be taken back behind the attack-line before it can be legally thrown.** An illegal throw is considered a no throw.



TIMING

Teams will swap ends at the end of each quarter. Each quarter runs for 9 minutes with a 1 minute break after the 1st & 3rd quarter and 2 minute break at half time.

SCORING AND WINNING THE GAME

The first team to legally eliminate all opposing players will receive 1 point. Teams then return to the back of court to start again. The team with the greatest number of set won after 40 minutes is declared the winner.

Duty

Teams are required to umpire on alternating weeks. Duty teams are required to have a minimum of at least 2 people/duty.

SQUEEZING THE BALL

Players are NOT allowed to squeeze the balls so that they impact the shape of the balls.

RULE ENFORCEMENT

Rules will be enforced primarily by the “honestly system.” Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. All contests will be supervised by a court referee. The court referee’s responsibility is to rule on any situation in which teams cannot agree. THE COURTS REFEREE’S DECISION IS FINAL – NO EXCEPTIONS.



Grey area questions

- What if I block a ball and my ball is knocked out of my hands – **OUT**
- What if I block/deflect a ball and it hits me? – **OUT**
- What if I deflect a ball and it nicked my finger - **OUT**
- What if the ball deflects off me and I catch it before it touches the ground? – **you're SAFE, thrower OUT.**
- What if the ball hits a teammate and I catch it? – **You & teammate are SAFE, thrower OUT** (one person on your team may come back in).
- What if a ball bounces off me, hits the net and then I catch it? **Everyone is safe! The ball is deactivated once it hits the nets or ground.**
- What if a thrown ball hits two players at the same time? **OUT & OUT.**
- Stepping **ON** the line – **ball thrown does not count.** Stepping **OVER** the line (Half a foot or more) - thrower is **OUT & ball thrown does not count.**
- **No Kamikaze.**
- **Headshots:** If a headshot occurs when a defenceless player is hit directly in the head/neck by a high thrown ball while not in the act of trying to dodge, deflect or catch – **SAFE.**
- **IF** the defender actively tries to block/dodge or deflect the ball and gets hit in the head - **OUT.**

Example: if a player drops body, ducks, puts hands up to catch or is rolling on the floor and gets hit in the head - **OUT.**