



OFFICIAL RULE BOOK

DODGEBALL

Revised - January 2016

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1. EQUIPMENT / COURT

- I. PlayMore asks that all players participating wear their PlayMore issued shirt.
- II. PlayMore will provide dodgeballs.
- I. The size of the court will be dependent on the facility being used. (Standard: 60' x 30')
- II. Every court will be divided in half by a center line; having a neutral zone on each side of that center line. The neutral zone will be eight feet in length (four feet on each side).

2. PLAYER CONDUCT

- I. Cards are given out verbally.
- II. During a match: If a player receives two (2) yellow cards or (1) red card, that player will be ejected from the game currently going on; plus the following game.
- III. If a player receives another card (yellow or red) during that same match, that player will be ineligible to participate for the remainder of that match.
- IV. If a player is ejected from a match, that player is put on probation for the following two (2) matches.
- V. A player will be ejected from a match if he/she receive any card (yellow/red) while on probation.
- VI. If a player is ejected from a match for a second time during the same season, that player will be suspended. If either ejection was a result of that player being penalized for physical contact made, that player will serve a two (2) match suspension. If a player has been ejected from a two matches without having any penalty occur because of physical contact, that player will serve a one (1) match suspension.
- VII. Once a player serves his/her suspension, that player is allowed to continue playing but will be on probation for the remainder of that season (including playoffs). If a player is ejected from a third match during a season, that player will be suspended for the rest of that season.
- VIII. A punch thrown by any player, unless determined by PlayMore to have been thrown in self-defense, will result in a permanent ban from PlayMore.

3. GAME PLAY RULES

Players

- I. Teams consist of 6 players per game.
- II. Legal Line-Up: Minimum of 2 Players Per Gender on the Court (4M & 2F / 3M & 3F / 2M & 4F)
- III. If a team cannot produce a legal line-up (with two of each gender), that team will be allowed to play shorthanded but cannot replace a player of one gender with a player of another.
- IV. At least one player of each gender must play in order to avoid a forfeit.

Substitutions

- I. All substitutions must be made prior to the start of each game. No substitutions can be made during game play, unless an injury stops a player from continuing.
- II. An injured player must be replaced with one of the same gender.

Match

- I. There will be thirteen games played in a single match each night.
- II. The team who wins the most games will win the match and be declared 1-0 in the standings.
- III. (All 13 games will be played no matter the outcome of the game.)

Timing

- I. There is a time limit of four minutes per game.
 - a. If one team has more players than their opponent at the end of four minutes, that team wins.
 - b. If both teams have an equal number of (two or more) players on the court, it is sudden death.
 - c. If both teams have one player on that court, each team will add one player (whoever has been out the longest) to the court and proceed to play the sudden death format.

Rush

- I. Each game will start with all players' hands on the end wall or foot behind the end line (depending on the facility).
- II. When the referee sounds the whistle, each player can choose to run after one or more of the six balls in the center of the court.
- III. A team is not required to have a player rush.
- IV. Significantly crossing over the center line will result in a player being called out.
- V. A player cannot grab or use force to make an opposing player cross the line.
- VI. If a player enters the neutral zone on the initial rush, he/she must retreat fully (both feet back behind their own neutral zone line).

Throwing

- I. Male players may not cross (must remain behind) the mid-line/rush-line.
- II. Female players may not cross (must remain behind) the opponents neutral zone line.
- III. A ball is live until it hits the floor/ceiling/wall or a ball thrown by an opposing player.
- IV. A ball on the floor is considered the floor.

Outs

- I. A player will be deemed out when:

- a. they are hit with a live ball. (Clothing is considered part of the body.)
- b. they are struck by a ball that bounces off of a teammate or a ball a teammate possesses.
- c. they are hit by a ball deflected by a ball being held by an opposing player.
- d. they throw a ball and it is caught before it hits the floor, the wall or the ceiling.
- e. a defending player catches a ball, the player who threw the ball will be deemed out.

Also, one player from the catcher's team will be allowed to re-enter.

The re-entry point will be marked with a orange cone.

The order of the re-entry player is determined by the order they were knocked out. 1st out, 1st to re-enter.

Note: If a ball is thrown, and the thrower is hit after the ball leaves his hand, the ball is considered a live ball and an opposing player can be hit by it.

A ball is live when it crosses back over the midline after being deflected by a ball an opponent is holding.

A ball isn't live when it crosses back over the midline after hitting an opponent's body.

Blocking

- I. Players can defend themselves from a ball in flight by blocking it with another ball. No part of the throw ball can hit any part of the player's body, it must only hit the ball. Also the player must remain in control of the blocking ball. A player that drops the ball as a result of being hit, will be deemed out.
- II. (Players anticipating a ball being thrown at them, may drop any ball(s) they are holding to catch the ball. However, if the throw ball makes contact with the ball before they drop it the player will be deemed out.)
- III. Any blocked ball rebounding off another ball is considered live. If a player is struck by that ball, they will be deemed out.
- IV. Any blocked ball that is caught before it hits the floor, ceiling or wall will result in the thrower being deemed out.

Pinching

- I. Pinching the ball is when a player squeezes the ball to take any air out of it to gain leverage when throwing it. "Pinching" is not legal and when spotted by referee, the pincher will be deemed out.

Stalling

- I. Stalling is when a team/player is deliberately trying to delay the game.
- II. If a referee rules a team/player is stalling, a five second countdown will begin. By the end of this countdown, the team who holds the advantage must throw enough dodgeballs to give 'advantage' to the opposing team. { Advantage (in order): # of Dodgeballs, # of Players }.

If both teams have the same amount of players on the court and are holding the same amount of dodgeballs, both teams are required to throw a ball by the end of the five second countdown.

- III. If by the end of the five second count down, a team/player failed to follow these rules, a player will be deemed out and removed from the court. The team who commits the violation gets to decide which player they are sending off of the court; however, it must be one of the players that was holding a dodgeball during the time of the violation.
- IV. In this situation, a throw is only legal if the ball crosses over mid-court in the air.
- V. If a team only has one player left and that player fails to successfully exchange 'advantage', that player is deemed to be out.

Out of Bounds

- I. Any part of a player's body that touches beyond the sidelines, end lines or center line will be deemed out.
- II. Only bench players or players that have been knocked out can retrieve balls.
No active players will be permitted to leave the playing surface to retrieve a ball.
- III. Players in bounds may retrieve a ball out of bounds as long as they do so without having a part of their body make contact with anything (besides the ball) that is out of bounds.
- IV. Players who are out of bounds may never touch a ball that is in bounds (not even if they'd be able to do so without touching the playing surface in bounds).

Headshots

- I. A head shot is when a player is hit "directly and intentionally" in the head by a dodgeball that is thrown high.
- II. When an intentional (determined by the referee) headshot occurs, the player who gets hit remains in the game, while the player who threw the ball (committed the headshot) is out.
- III. When an unintentional (determined by the referee) headshot occurs, the player who gets hit is deemed out.
Unintentional Headshots: player who gets hit ducked/moved from their initial position, ball bounces off another player or ball then hits someone in the head, referee doesn't feel that the thrower intentionally aimed for the head of his/her opponent.

FORFEIT POLICY: The score will be recorded as 13-0 for the winning team.