

## 2020 Dodgeball Rules

### Rule 1: Eligibility

- A. Must be in grades 5 through 8.
- B. Participants can only play on **ONE** team for the duration of the tournament.

### Rule 2: Equipment

- A. All players must wear **CLEAN** athletic shoes.
- B. Participants must remove all jewelry before playing.
- C. Heartland Lutheran will provide the dodge balls.
- D. Teams must use provided equipment.
- E. Hats and bandanas cannot be worn.

### Rule 3: Field

- A. The court will be a rectangle. (*Volleyball Court*)
- B. The court shall be marked with sidelines, end lines, attack lines, and a centerline.
- C. The boundaries.
  - 1. During play, all players must remain in the boundary lines.
  - 2. Leave the playing field to avoid being hit by, or attempting to catch a ball.
  - 3. Have any part of their body cross over the centerline and contact the ground on their opponent's side of the court.
    - a. **Penalty:** The player will be declared out.
- D. ***Behind both sides of the court shall be empty of anyone who is not part of the current playing team. These individuals may roll balls into the playing area; but they CANNOT lob them across to the opposing team.*** (change after 2016 tournament)
  - 1. ***This enables judges to better see who is OUT of the game and who is simply retrieving a ball.***
  - 2. ***Prevents entrapment of the team playing on either side.***

### Rule 4: Players

- A. A team will consist of 6 players.
- B. A team must start with a minimum of 4 players.
- C. No substitutions or timeouts are allowed during the game.

### Rule 5: Play

- A. The Game
  - 1. The match will be best of 3 games.
  - 2. Each game will have a **4-minute** time limit.
  - 3. A coin flip will start the match. The winning team will have a choice of sides to begin the match.
  - 4. Teams will alternate sides following each game.
  - 5. The object of the game is to eliminate all opposing players by getting them out.
  - 6. The first team to legally eliminate all opposing players will be declared the winner.
  - 7. 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.

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8. If each team has an equal number of remaining players, an overtime period will be played.

9. An out is scored by:

- a. Hitting an opposing player with a LIVE thrown ball below the shoulders.  
**NOTE:** If the player ducks and this is clearly the cause for the player being hit above the shoulders, they are out.
- b. Catching a LIVE thrown ball thrown by your opponent.
- c. Causing an opponent to drop a held ball as a result of contact by a LIVE thrown ball.
- d. An opposing player stepping out of bounds, unless when retrieving a ball.
- e. ***A player who is out must remain against the bleachers behind their team. One warning will be given. If another incident occurs, a player remaining will be called out.***

10. A player may block a thrown ball with a ball being held, provided the held ball is not dropped as a result of the contact with the thrown ball. **NOTE:** A ball deflecting off a held ball and striking the holder is no longer a LIVE ball.

11. LIVE (def): A thrown ball that strikes or is caught by an opposing player without/before contacting the ground, another player, or ball.

### B. Beginning the Game

1. Prior to beginning the game, 6 dodge balls are placed along the centerline equally spaced.

2. Players will take position behind their end line and at the supervisor's signal may approach the centerline to retrieve the balls. Players may cross the centerline **ONLY** on the opening rush.

### C. Opening Rush Rule

1. Each/ every ball retrieved at the opening rush must first be taken beyond the attack line before it may legally be thrown at an opponent.

2. It is illegal for the leading team to control all the balls for more than 5 seconds. If the leading team controls all the balls, they must make a legitimate effort to get at least one ball across the attack line and into the opponent's backcourt. This **DOES NOT** include throwing a ball over and through the opponent's end line.

3. If this is not done within 5 seconds, a 5 second violation is called.

4. **FIRST VIOLATION:** Stoppage of play and balls will be divided evenly between the teams. Play will continue with "balls in hand."

5. **SECOND VIOLATION:** FREE THROW for the opposing team, a penalty in which one player is allowed an unobstructed throw at their opponent(s) without risk of elimination. This is possible because a caught free throw does not result in an out for the thrower.

6. **THIRD VIOLATION:** Ejection of one player from offending team.

**NOTE:** The stalling procedure does not apply to overtime.

### D. OVERTIME

## **2020 Dodgeball Rules**

1. Overtime will be a 3-minute sudden death period.
2. All overtime periods will begin with an equal number of “balls in hand” behind a team’s end line. The first team to eliminate any ONE opposing player will be declared the winner.