

Rules from National Amateur Dodgeball Association – modified

THE TEAM

Teams will be made up of 6-10 players. Six (6) players will compete on a side; others will be available as substitutes. Substitutes may enter the game only during timeouts or in the case of injury.

THE EQUIPMENT

The official ball used in tournament and league play will be an 8.25" rubber-coated foam ball.

THE GAME

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

1. Hitting an opposing player with a LIVE thrown ball below the shoulders.
2. Catching a LIVE ball thrown by your opponent before it touches the ground.

Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc)

BOUNDARIES

During play, all players must remain within the boundary lines. Players may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end-line.

BALL OUTSIDE BOUNDARIES

Teammates may retrieve balls from outside boundaries and pass them to teammates.

Teammates may not hold onto a ball for more than 3 seconds or the ball will be sent to opposing team.

THE OPENING RUSH

Game begins by placing the dodgeballs along the center line – three (3) on one side of the center hash and three (3) on the other. Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Teams may only retrieve the three (3) balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown.

TIMING AND WINNING A GAME

The first team to legally eliminate all opposing players will be declared the winner. A 10 minute time limit has been established for each contest. If neither team has been eliminated at the end of the 10 minutes, the team with the greater number of players remaining will be declared the winner.

TIME-OUTS & SUBSTITUTIONS

Each team will be allowed one (1) 30 second timeout per game. At this time a team may substitute players into the game.

5-SECOND VIOLATION

In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds.

BALL ABOVE THE SHOULDERS

Any player hit in the head will result in the throwing player to be removed from the match regardless of who, what, where, when or why they were hit. Even if the ball bounces first, then sticks the head the throwing player will be out. NO EXCEPTIONS