

DODGEBALL RULES

Rules are based on the American National Amateur Association (N.A.D.A.) Official Rules and Regulations.

PLAYERS, FIELD & EQUIPMENT

Team

1. Teams will be made up of six (6) players. A minimum of four (4) players will compete on a side; others will be available as substitutions.
2. Substitutions may enter the game only during stoppages controlled by the umpires, or in the case of injury.

Field Dimensions and Markings

1. The game is played indoors using netball line markings on the courts.
2. The centre line separates the two sides with the 'Dead Zone' being behind the crease line or an imaginary line that runs across the top of the netball circle at the opposing end.
3. Only active players are allowed in the playing area, with players being eliminated waiting in the Dead Zone. Substitutes remain off the court until signalled to enter.

Boundaries

1. The nets are deemed as boundary lines, balls may bounce off them, but players falling into them either dodging a ball or otherwise will be deemed to be out, and will go to the Dead Zone.
2. Players may pass through their end line into the Dead Zone only to retrieve stray balls. Stray balls are ones which have not been picked up and lying on the ground.
3. When retrieving a ball the player must immediately re-enter the playing field. (Players not re-entering the playing field immediately will be declared out.)
4. Whilst retrieving a ball a player is declared safe and if hit by the opposition shall not be out.
5. Players in the Dead Zone are not permitted to retrieve balls.
6. A player shall not:
 - Have any part of their body in contact outside the playing surface.
 - Leave the playing field to avoid being hit by a ball.
 - Leave the playing field whilst trying to catch a ball.
 - Have any part of their body cross the centre line and contact the ground on their opponents' side of the court.
 - If these infringements occur the player shall be declared out. (Exception, During the opening rush players may cross the centre line without penalty).

Equipment

1. The standard number of balls for a six (6) player game is four (4).
2. Participants must wear shoes. Non-marking soles only. No black soled shoes allowed.
3. Participants must wear shirt and shorts/pants. NO DENIM, CARGO PANTS, JEWELLERY OR HATS.
4. Players may wear elbow, knee and wrist guards as an option. GAME PLAY

The Game

Matches will begin with the flip of a coin.

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1. The team winning the coin flip will have choice of sides to begin the match.
2. Teams will alternate sides after each half.
3. The object of the game is to eliminate all opposing players by getting them out.

An out is scored by:

- Hitting an opposing player with a live thrown ball below the shoulders before the ball has hit the ground. (If a player ducks, and this clearly is the cause for the player being hit above the shoulders, the player is out and the throw is deemed legal.)
- If a deflection off the net then hits a player they are deemed to be out.
- Catching a live ball thrown by your opponent, the thrower is then deemed out.
- Causing an opponent to drop a live ball as a result of contact by another thrown live ball. (Usually occurs when a ball is being used to block a thrown ball.)
- An opposing player stepping out of bounds or into the net with momentum carrying a caught ball. (Both thrower and catcher are out.)
- A player may block a ball with a ball being held, provided the held ball is not dropped as a result of the contact with the thrown ball. (A ball deflecting off a held ball then contacting a player is deemed to be a dead ball.)

Timing, Time-outs & Substitutions

1. Four (4) times six (6) minute quarters has been established for a game.
2. If a team is eliminated before the six (6) minutes is up, another game will start immediately but must finish at the original six (6) minute mark.
3. The game will commence and end with the central timing siren.
4. All balls in flight at the time of siren to end regulation six (6) minutes shall remain live, and may eliminate an opponent, until they become dead.

Beginning the Game

1. Prior to beginning the game, four (4) balls shall be placed on the centre line, two (2) balls on each side of the centre circle.
2. Players then take a position touching the back net.
3. Following a signal by the official – a whistle will blast after the siren, teams may approach the centre line to retrieve the balls. Teams may only retrieve balls placed to the right (as they face the centre line) of the centre circle. If balls remain on the centre line after a team has retrieved and moved their balls beyond the attack line, those balls may be retrieved by either team.

Opening Rush Rules

1. Each and every ball retrieved at the opening rush must first be taken beyond the attack line (red lines) and into the teams' backcourt before it may be legally thrown at the opponent.
2. Once a ball has been carried to the backcourt it may then be returned to the centre line to attack with.
3. Opponents retrieving ball at opening rush can not be hit until they have cleared the attacking lines

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Stalling and 5-second Violation

1. It is illegal for any member to control ALL the balls for more than five (5) seconds. If the leading team controls all of the balls 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 five (5) seconds, a five (5) second violation will be called. A team may avoid a five (5) second violation by throwing or rolling the ball over and through an opponents' end line.
2. First violation of this rule will result in the balls being divided evenly and play will resume once all balls are in hand.
3. Second violation will result in a free throw against the team committing the violation. (This throw will be unobstructed and can not be caught.)
4. Third violation will result in one player being ejected from the offending team.

Unsporting Conduct

It may include but is not limited to:

- Foul language.
- Continual hits above the shoulders.
- Unnecessary roughness.
- Arguing with officials, staff, participants or spectators.
- Abuse of the honour system.
- Continual net abuse.

1. First violation may result in the player being deemed out of play for that game.
2. Second violation may result in the player being shown a yellow card (Player will sit out rest of six minute quarter.)
3. Third violation may result in the player being shown a red card. (Player will be unable to participate in rest of match.)

Decisions are made at umpires discretion – once made those decisions are final.

Scoring

1. A point will be awarded for each player on court at the end of each game.
2. In a game that is not finished at the end of the quarter then a point will be awarded to each player left for each team.
3. At the end of the match, the team with the most points will be declared the winner.
4. The winning team shall receive four (4) points for a win.
5. In the result of a draw both teams will receive two (2) points.