

# Connect Sports London

## Dodgeball Rules

---

### **The Court:**

The official dimensions for a regulation court are as follows:

- The court is 60' in length and 30' in width. It is divided into two 30' X 30' areas, with a 4' X 30' neutral zone located at center court separating the two sides, an attack line located parallel to, and 10' from the center line.
- There should be sufficient room surrounding the out of bound area that will enable officials to move freely along the sidelines.

### **Equipment:**

- 6 balls will be placed on the centre line dividing the two teams
- Balls will be (3) 8.3" foam dodgeballs & (3) 7 " foam dodgeballs

### **Teams:**

- Each team must field 6 players on the court, **with at least 2 males and 2 females at a time.**

### **Match Rules:**

- Each match will consist of as many games that can be played in 60 minutes of running time.
- The winner of each game is awarded one point.
- The team with the most points after the 60 minute period wins the match.
- If there is a game going at the 60 minute mark, the team who receives the first out losses.
- There will be a one minute break between each game.
- When Games are down to 1 v 1 (bounce rule is in effect) Normally a player is deemed out only when they are hit directly with a ball i.e no bounce off the ground. When games are down to 1 v 1 anytime a ball comes into contact with a player they are out. This can include bouncing & shots off the wall.

### **Game Rules:**

#### The Rush:

- The rush starts every new match and game.
- Players on each team will line up behind the back line of their court.
- At the referee's signal, teams may send as many or as few players as they wish to rush center court and retrieve as many balls as they can.
- Players may not slide, dive, or cross the center line, in an effort to retrieve balls
- There is no limit to how many balls a player can retrieve, however they may only possess one ball at a time
- Balls that are retrieved must be carried / passed across the teams attack line to be put in play.
- Once balls are put in play they can be thrown from any area on each teams half.

#### Outs:

- A player is deemed out when:
- They are hit by a live ball anywhere below the shoulders.
  - *A live ball is any ball thrown across the center line by an in-bounds opponent that is not bounced off the ground/ walls / or other balls.*

# Connect Sports London

## Dodgeball Rules

---

- *Any ball bouncing off a ball used for blocking is still deemed live*
- A ball rebounds off a teammate and hits them
- A ball they have thrown is caught by an opponent. The opposing team may then put any player in as long as the girl/guy ratio is sufficient.
- They go out of bounds or cross the neutral zone (with the exception of the opening rush)
- They hold the ball for longer than 20 seconds (players may hold multiple balls at 1 time)
- They use a ball to block and then drop it (if player is holding 2 balls and 1 drops out of their hands after a block, that player is deemed out)

### Head Shots:

- A player who strikes an opponent in the neck or shoulders is out unless the opponent moves their head into the ball's path after it was thrown.

### Suicides:

- ***Suicides are not allowed***
- Disciplinary/ Unsportsmanlike Conduct
- As a result of violent or unsportsmanlike like conduct the referee may issue a player out of a game or match based on their discretion.
  
- Players who are out must leave the court toward the nearest side line, and may not interfere with game play. In the event of interference a second player will be out on the offending team.

### **Uniforms:**

- Team uniforms are not mandatory although many teams choose to wear the same coloured shirt.