

# campus sport

## Dodgeball Rules

### 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 or interchange between Chukkas. Substitutes may enter the game only during timeouts or in the case of injury. At least 2 members of each sex must be on the court at any time.

A minimum of 5 per team is required to start a game.

### THE FIELD

The game will be played indoors. It will be played on a volleyball court, divided into two (2) equal sections by a center-line and attack-lines approx 3m from, and parallel to the centerline.



### THE EQUIPMENT

The official ball used in tournament and league play will be an 8" 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 ball below the shoulders.

A player hit by a ball above the shoulders is not OUT. Officials will warn, and may call a player OUT if they consistently throw dangerous balls above the shoulder.

2. Catching a LIVE ball thrown by your opponent before it touches the ground.

The player who threw the ball that was caught is OUT. The player who caught the ball may also recall the first of their teammates who was eliminated back to the gaem. They should enter through the end line.

*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 endeavor to 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. Players are allowed up to the centre line, but not over. A ball thrown from over the centre line is not LIVE.

At this stage we will not eliminate players for leaving the bounds of the court, but the official will warn, then call OUT on players who consistently leave the boundaries.

## **THE OPENING RUSH**

Game begins with the dodgeballs evenly along the center line –Players then take a position behind their end line. Following a signal (whistle) by the official, teams rush the centerline to retrieve the balls. This signal officially starts the chukka. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown. After each ball has been thrown once, players may then approach the centre line for a throw.

## **TIMING AND WINNING A GAME**

Each Dodgeball match will be 25min in duration. A match will be separated into a number of 'Chukkas'. A Chukka will end either when:

1. All members of one team are legally eliminated.
2. A chukka lasts 5 minutes.

If a chukka lasts for 5 minutes, the team with the most players on the court will be awarded the Chukka.

If both teams have an equal number of players still on the court. 1 min, extra time periods will be played, until a winner is decided.

Each Chukka is worth 1 point.

At the end of the 25 minute match, the team with the most chukkas will win. If scores a Tied, the points for that match will be shared.

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### **TIME-OUTS & SUBSTITUTIONS**

Each team will be allowed one (1) 30 second timeout per chukka. 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. More details can be found in the NADA Rule Book

### **Competition Points**

Three points will be awarded for a win, one point for a loss and two points for a draw.