



Official Dodgeball Rules

Updated 5/5/2017

I. The Honor Rule -

1. **This rule is the most important. Everyone is here to have fun, meet new people, and play sports. Be respectful and conscious of your actions.**

II. Players -

1. **Each team must consist of no more than 6 players on the court.**
 - A minimum of 3 players is required to start a game.
 - You may not have more than 4 males or 4 females on the court at any one time.
2. **If your team is down players you may ask other players in the league to substitute,**
 - This rule is lifted on Finals night.
3. **Every player on Finals night must be on the original team roster. If you play with a player who has not signed a team waiver, your team will receive losses for the entire night. Second offenses may result in league expulsion.**
4. **If you want to add a player to your official team roster, the additional player must play on your team and all edits must be completed by the end of your 4th week of play.**
 - i.e. If you play Tuesday nights, rosters are locked at the end of games on Week 4 of the Tuesday night league.

III. Duration of Games -

1. **Games will last until all players on one team are “out”.**
 - In the event of a tie, there will be a one on one, 4-ball playoff until a winner is determined.
2. **There is no time limit, but games last for approximately 3 minutes.**

IV. Start of the Game-

1. Each team will start on their respective end lines until the referee blows the whistle to start the game.
2. The balls will be placed at the centerline.
3. When the game starts:
 - **Soft Court Dodgeball:** you may only send *three players* to get balls from the centerline and they must only grab the three balls on your team's right side of the court.
 - **Hard Court Dodgeball:** you may send all *six players* to get balls from the centerline
4. **Balls may not be thrown until the player has both feet down behind the Restraining Line.**
 - *Free Lunch Rule* - If, at the beginning of a game, you decide to throw a ball before BOTH feet are on the other side of the restraining line, and your throw is caught, you are out. Sorry, but next time wait until both feet are behind the line. You just gave the other team a free lunch.

V. Methods of Getting Out -

1. **A ball hits you that had been thrown by an opposing player, except when headshot rules apply (see below).**
 - When holding a ball, your hand becomes part of the ball.
 - If a thrown ball hits your hand while you are holding a ball, you are not out.
 - However, *your hand ends at your wrist*, so any ball that hits you in the wrist or other part of your arm, is out.
2. **An opposing player catches a ball that you have thrown.**
3. **If you attempt to deflect an opponent's throw and then lose control of your ball.**
 - The ball you were holding does not have to hit the ground.
 - Any loss of control of the ball you were holding is out.
 - *There is a difference between a loss of control and intentionally dropping a ball when making an effort to catch.*
4. **Delay of Game = If you or your team holds the balls for more than 10 seconds.**
 - a. Any person that has been holding a ball for more than 10 seconds must roll the ball to the opposing team and is considered OUT.
 - b. This is enforced at the discretion of the referee.

5. **If you try to block a ball and you deflect it into yourself, then you are OUT. If you deflect a ball into anything other than yourself, it is a “dead” ball.**
 - a. A “dead” ball is a ball that has hit any inanimate object or another teammate before it hits you. A ball can only get one player out at a time. A ball is an inanimate object.
6. ***Billy-West Rule* - If you have one or both knees on the ground, or you are squatting like a baseball catcher, you CANNOT use a ball to block.**
 - a. Any ball in your hand will be considered an extension of your body. **Headshots count when this rule is in effect.**
7. **If any part of your body touches the other side of the centerline.**
8. **You may NOT hide behind the cones, players that are already out, or anything other than a teammate that is currently in the game.**
 - a. You may go retrieve balls from behind any of those objects. If the referee feels that you are using one of these for cover, you will be called OUT.

VI. Headshots -

1. **If you are hit in the head, you are not out, unless you deflected that ball into your own head or you are subject to the *Headless Horseman Rule*.**
2. ***Headless Horseman Rule* - If you get hit in the head and the referee determines that if your head was removed, the ball would have hit your body, then you are OUT.**
 - e.g. You bent over to pick up a ball, you were diving to dodge a thrown ball, etc.
 - The only exception to these rules is when the Billy-West rule can be applied.

VII. Gameplay -

1. **If you are out, get off the court. The referee will not whistle every play.**
 - Here’s an easy way to remember: If you get hit, go sit!
2. **Once you are declared out, proceed immediately to the sideline near the Cone of Life.**
 - You may retrieve balls for your teammates that are “out of play” once you are out, but you may only do so on your side of the court.
 - You may not touch, or do anything else to balls in the “grey carpet area”.

3. **If a throw is caught by a teammate:**
 - **First out, First in.** This means that the first person that got out during that game for your team is the first person to re-enter the game on a catch.
 - **Soft Court Dodgeball =** then one player may re-enter the game on that team. To re-enter the game, a player that is out must get up from the sidelines and *touch the Cone of Life*.
 - Once you touch the Cone of Life, you are an eligible target.
 - The Cone of Life is **one** specific cone that will be on each team's sideline.
 - If you immediately start playing without touching the Cone, your throws will not be eligible to get anyone out
 - However if you get hit, or caught by an opponent, you will be called out by *the Free Lunch rule*.
 - **Hard Court Dodgeball =** then the first person in the Out Queue is the first person allowed back on the court

VIII. Facility Rules -

1. Drinking alcohol at the dodgeball facility is **NOT** allowed.
2. **Soft Court Dodgeball Only = Shoes/Sneakers/Other footwear are not allowed in the dodgeball area**
 - a. You **MUST** be wearing socks in the dodgeball area.
3. While you can bring any non-alcoholic beverages inside the gym, you may only bring water into the dodgeball area.
4. The unique space of Together in Motion:
 - a. You may only go on the tiles to retrieve a ball.
 - b. The ref will warn you to get back in the playing area if you are lagging back behind the cones.
 - c. The third time the referee has to tell you to get off the tiles you will be ruled out.
 - d. You cannot hide behind any object or people on the sidelines. You may only hide behind an active teammate or ball being used to block.

IX. Playoffs -

1. Every team makes the playoffs. Seeding is based off of how many wins your team acquires during the season.
 - For tiebreakers, see the SBS General Rules:
<http://resources.socialbostonsports.com/pdf/sbsgeneralrules.pdf>
2. Playoffs will be a double elimination, best 2-out-of-3 tournament.