

Rules (General)

1. Plays will be 6 on 6. A minimum of 5 is required to start the game.
2. Plays will be held inside the gyms.
3. No substitutions will be allowed once a game has started, **EXCEPT FOR INJURIES OR BACK TO BACK PLAYS.**
4. Ten (10) minute time limit. Team with the most wins in the 10 minutes will be deemed the winner.
5. All players must wear non-marking rubber-soled athletic shoes.
6. Game time is forfeit time, if your team is not there at your scheduled time you will forfeit.
7. It is the **TEAM'S RESPONSIBILITY** to know when they are about to play. If they are NOT lined up 2 minutes after the previous game has ended, ready to go into the court, it is an **AUTOMATIC FORFEIT.**

Objective

The objective of dodgeball is to eliminate all players of the opposing team by throwing one of four game balls and hitting the opposing player below the shoulders on the fly.

Rules (Game Time)

Starting a Game

- All balls are evenly spread on the center line at the beginning of each game.
- Player's back must be fully against their wall before play begins
- Game starts when the referees signals "Go" and "Dodge" after the five (5) second grace period after the initial rush.
- It is a sprint to the balls once the play begins. There is a five (5) second grace period after the initial rush before balls can be thrown.

Eliminating the Opposing Players

A player is out if:

- They throw a ball that is caught by the other team.
- They get hit by a ball thrown by the other team.
 - If the ball does bounce off an opposing player and is then caught, the thrower will then be out. This is true even if a different player from the opposing side catches the ball. However if the ball bounces off another ball, the ball is dead.

- Players may use the ball to block; however, if the ball is knocked out of their hand while blocking, they will be out.
- They hit another player above the shoulders. **(HOWEVER, THE REFEREE HAS FINAL WORD AND CAN OVERRULE THIS IF THEY DEEM FIT)**
- They cross the boundary lines
- If teams are tied, there will be a sudden death game to determine match winner.

A player is not out if:

- Their ball is caught off the wall or ceiling.
- They get hit above the shoulders.

Out of Bounds

A ball that hit any wall or ceiling is considered dead and is not back in play until someone has picked up the balls and throws it at an opponent within the boundaries.

Off-Sides

The center line is the off-sides line. If any part of your foot or body touches the center line, you will be declared out and thrown ball will be dead.

Stall Count

- No player can hold the ball for longer than 5 seconds. Penalty—roll the ball gently to the other team. The opposing team is responsible for calling the stall count. For example: Stall 1, Stall 2, Stall 3...Stall 5. Then at this point the player must roll the ball over or is out.

Court Procedures

- Players are expected to be honest and take themselves out when the time comes.
- Players that are out are required to wait beside the referee. They will line up on the tape markings and will be allowed back in if their teammates catch a ball thrown from the opposing team
- Players should not squat due to risk of being hit.
- Do not leave the racquetball court during game play unless an injury occurs.

What to bring

1. Water bottle - water will not be provided until lunch
2. Wear **PROPER** athletic clothing (running shoes, t-shirt, shorts)
3. Group Scarf
4. Towel
5. Snacks (Granola bars) - lunch may not be enough to fill you up

What not to bring

No valuables (We are not responsible for any lost or stolen items)