



Malaysia Midwest Games

Sports Rules

Dodgeball

1. Forfeits

- 1.1. Players are expected to be present at the court 10 minutes before their match start; failure to do so may result in a forfeit from the competition.

2. Equipment

- 2.1. Participants must wear athletic shoes, shirts, and shorts/pants.
- 2.2. Casts are illegal.
- 2.3. Clothing which has blood on it must be removed before the player may continue competition. A substitute player should enter the game to allow the player with blood to remove the soiled clothing.

3. The Game

- 3.1. Coin toss will determine which team chooses their side of playing field for the match.
- 3.2. Matches are best of 5 games.
 - 3.2.1. The first team to win three games shall be declared the winner of the match.
- 3.3. Each game will have a 7-minute time limit.
 - 3.3.1. If 7-minutes have elapsed and a game is in progress, the team with more players is declared the winner of that game.
 - 3.3.2. If 7-minutes have elapsed and a game is in progress, with equal number of players per team still on the court, “sudden death” overtime will be played. The next team to lose a player shall lose that game.
 - 3.3.3. In the regular season, the game is official at the conclusion of the sudden death period (after one more player is out). Each team will be credited with a win for any games not played.
 - 3.3.4. In the playoffs, a team must win three games to be declared the winner. If a game decided by sudden death does not result in the third win for a team additional 5-minute game(s) shall be played until a team wins three games.
- 3.4. There will be a 2-minute break in between each game, to allow the balls to be reset and lineups to be changed.
- 3.5. A game is won when one team has eliminated all players from the opposing team.

4. Teams

- 4.1. Teams consist of ten (10) players.
- 4.2. Three (6) players are needed to start and continue a match.
- 4.3. Substitutions cannot be made on the fly. A team may change its lineup in-between games of a match. A player not originally in the starting lineup may enter after a caught ball.
- 4.4. Any player not in the current game must be at least 5ft away from the court.

5. Court

- 5.1. The game will be played on a tennis court.

- 5.2. During play, all players must remain within boundary lines, except if retrieving a ball.
- 5.3. Touching any part of the current attack line with any part of the foot or any other part of their body is considered out of bounds.
- 5.4. Any part of a player's foot touching a sideline or end line means that that player is in play.
- 5.5. A player may only retrieve balls from their half of the court (both inbounds and out of bounds).

6. Opening Rush

- 6.1. Game begins with six balls on the attack line.
- 6.2. Players take a position behind their end line.
- 6.3. Following a signal by the official, teams may approach the attack line to retrieve balls.
- 6.4. Each team must send at least one player to retrieve a ball.

7. Outs

- 7.1. A player is out when:
 - 7.1.1. A live ball hits any part of the player's body, clothing, or uniform below the shoulders. If a player ducks or takes a position with their head below where their shoulders normally would be when standing (i.e. crouching, kneeling, sitting, diving, rolling) the player is out and the throw is considered legal.
 - 7.1.2. A player throws a ball that hits an opponent, who is standing upright, above the shoulders the player who threw the ball is OUT.
 - 7.1.3. A live thrown ball is caught by a defending player. The player who threw the ball is OUT.
 - 7.1.3.1. The team which caught the ball may return one player who was already out (standing out of bounds). The team shall choose which player returns.
 - 7.1.3.2. Should a catch be made after the ball has hit a player but not yet hit the ground, the catch is legal and only the thrower is OUT.
 - 7.1.3.3. A legal catch must be made in the court of play.
 - 7.1.4. A player drops a held ball as result of contact by a thrown ball is OUT.
 - 7.1.5. A player leaving the court to avoid being hit or to "hide" is OUT. Both of the player's feet must be completely outside the sideline and/or end line.
EXCEPTION: A player may leave the court to retrieve stray balls from their own side of the court.
 - 7.1.6. A player touching any part of the center line with any part of the foot or any other part of the body is OUT.

- 7.2. Once a player is OUT, they must immediately drop any balls in hand and exit the playing field. Players that are OUT may retrieve balls from their team's half of the court only and hand them to their players still in the game.
- 7.3. Once a ball touches the floor, sidewall, curtain, or anything else that is not a person, an OUT cannot be scored.

8. Retrieving Balls

- 8.1. The only reason for a player to be out of bounds is to be chasing after a loose ball. Upon obtaining a loose ball, that player must immediately return inbounds. The player must be considered legally inbounds to throw a ball at an opponent or be gotten OUT due to a ball thrown by an opponent. If a player out of bounds is hit by a ball, he/she is not out.
- 8.2. A player may only retrieve balls from their half of the court (both inbounds and out of bounds).
- 8.3. A player may be handed a ball from out of bounds, by a teammate who is out of the game.

9. Five-Second Violation

- 9.1. In order to reduce stalling, a violation will be called if a team controls all six (6) balls on their side of the court for more than 5-seconds.
- 9.2. If a violation is called, the team must then roll one of the balls to their opponents beyond the opponent's free throw line. This rule should not be used to give the winning team (team with more players) an advantage.

10. Yellow and Red Cards

- 10.1. Yellow Card – If a player argues a call excessively or displays other unsportsmanlike behavior, the official can give a yellow card
 - 10.1.1. A yellow card results in the following:
 - 10.1.1.1. If carded player is still in game, they are ruled OUT
 - 10.1.1.2. If carded player is not in game, a teammate is OUT (chosen by opposition)
 - 10.1.1.3. Carded player must sit out next game

11. Co-Rec Modifications

- 11.1. There will be six players per team. Acceptable combinations to begin each game are:
 - 11.1.1. 3 Males, 3 Females
 - 11.1.2. 3 Males, 2 Females
 - 11.1.3. 2 Males, 3 Females
 - 11.1.4. 2 Males, 2 Females
- 11.2. After the Opening Rush, any of the combinations of males and females, is acceptable based on outs made.
- 11.3. When a catch is made, the team which caught the ball may return one player who was standing out of bounds (already out). The team may choose

which player returns but must attempt to maintain an equal gender balance or difference of one. For example, at the time of the catch:

Males on Court	Females on Court	Player who may return
3	2	Female
3	1	Female
3	0	Female
2	1	Female
1	0	Female
2	3	Male
1	3	Male
0	3	Male
1	2	Male
0	1	Male
2	2	Female or Male
1	1	Female or Male