

Dodgeball Rules:

10 v 10 Basic Rules

If both teams have the same amount of extra players, total number of players on the court can be increased (at ref's discretion).

Referee has the ability to have more people play if both teams agree

10 v 10

6 males max.

Minimum 6 players, 2 females to play.

Boundaries are court specific.

Game variations played throughout the night.

At start of game, when retrieving balls you must go back and touch your start wall before throwing the ball.

Host can move balls if balls are all on one side or on the sideline.

No squishing balls before throwing.

Playoff seeding is based on TOTAL POINTS from the season

Game Play- Matches are 40 minutes.

Play as many games as possible – the team with the most wins will be declared winner.

Foam balls used – regular & small.

Small balls can ONLY be used by females.

Referee keeps track of score, time, variation of games played, and makes sure players go out when hit and following the rules.

NO head shots- Head shots will result in a dead ball and player will be safe UNLESS they are ducking or diving.

Then they will be considered out if ducking or diving while hit in the head.

A player is OUT if they cross the throwing line.

If a player is hit and the ball touches the ground – they are OUT.

A player may re-enter the game if their teammate catches a ball

If you get hit by the ball and catch it before it hits the ground, equipment, or floor, then it's a catch and you are safe – the thrower is out.

You cannot get multiple players out with one ball – considered a dead ball after first person is hit.

Player MUST raise hand when they are out.

NO Blocking (the ball is an extension of you) – stops people from holding balls, creates more action.

If opponent's ball hits off the ball in your hand – you are OUT.

Players can hold 2 balls (max) at a time and can ONLY hold balls for 5 SECONDS at most.

Players who fail to comply may be warned by the ref and called out if issue persists.

Game Variations

Greek- Re-entry: NO

Played like normal dodgeball EXCEPT:

When you are out, you go to the baseline of the OPPOSING team (you stay on the baseline until the game is over even if there is a catch).

Traditional (most common)- Re-entry: YES

Once you are hit, you are out and go to the sideline.

Player waits in the order for someone on their team to catch the ball so they can return to play.

Once everyone on your team is OUT, the game is finished.

4 Quadrant- Re-entry: NO

Follows same rules for OUTS as normal dodgeball.

Played on a court divided into 4 equal zones (quadrants) with 2 teams (both teams split in half – same team is diagonal from each other).

The object of the game is to eliminate EVERYBODY in another quadrant.

Once EVERYONE in a quadrant is eliminated, this quadrant becomes a FREE QUADRANT – ANY player from ANY team is allowed to go into this quadrant to gather/throw or get hit.

Pinball- Re-entry: YES

Played like normal dodgeball EXCEPT:

Each team has 3 plastic bowling pins at the back center of their side of the court (evenly spaced on the last line before the wall).

The game ends when all of a team's players are eliminated OR (more often) when all of a team's pins are knocked over.

The balls may be used to hit players or hit pins.

Prison Ball- Re-entry: YES (if you catch the ball in prison ONLY)

Played like normal dodgeball EXCEPT:

When a player is hit, they go to the baseline of the opposing team (prison) behind the opposing team.

To get OUT of prison, you must catch a ball thrown by your teammate (in the air – cannot hit anything or bounce before).

A player in prison (prisoner) may NOT eliminate anyone from the opposing team.

Prisoners remain behind the opposing team (in prison) until the game is over or ball is caught.

A neutral zone will be between prisoners and throwers (no one can catch a ball in that zone).

Doctor Dodge- Re-entry: YES (only by doctor)

Each team declares a leader (doctor) who tries to AVOID getting hit.

When players are hit, they sit on the ground and wait for their team's doctor to come and save them.

If hit you must wait 5 seconds before getting tagged in (raise one hand and count with your fingers).

Seated players may NOT intentionally interfere with game play.

Live players may NOT hide behind sitting players (or use them as a shield).

When the doctor saves the sitting players, they can get up and resume play.

No one can shield or intentionally stand in front of the doctor or they will be called permanently out of that game.

The game ends when one team is entirely eliminated OR when the doctor gets out (game is over if doctor is hit).

League wide policies:

Teams without the minimum number of players will forfeit after 10 minutes from their designated start time

Forfeit Rule: All teams make the playoffs at the end of the season, unless you forfeit twice within the regular season.