

Dodgeball Rules

1. Games will be played 6 on 6
 - a. No more than 4 males on the court during each match for each team
2. 6 balls will be used on the court during each match
3. Best out of 3 matches
 - a. But no more than 20 minutes – if 2nd and 3rd matches are still in play when the buzzer goes off, the team with the most players on the court at that time wins the match
4. Players must start each match behind the end line and wait until the ref signals it is time to start
5. Players cannot cross the half court line – if they do it will result in an out
6. Once a player is out, they must sit on their team's bench and wait to go back in
 - a. Players must return back into the game the order that they got out
7. During the game, players must remain inside the basketball court AT ALL TIMES.
 - a. Players cannot leave the court to get a ball. Teammates that are out are allowed to retrieve balls for the players still in the game
8. Head shots result in the player who threw the ball getting out
 - a. Headshots will be determined by the refs
9. If a player catches a ball
 - a. The thrower is out
 - b. A teammate from the catcher's team can enter back into the game
10. Players can deflect an incoming ball with a ball already in their hands
 - a. If the ball is knocked out of their hands while blocking, they will be out
11. Players cannot hold the ball for more than 10 seconds
 - a. Ball must be rolled to the other team if held for more than 10 seconds
12. No substitutions will be allowed once a match has started, except for injuries
 - a. Substitutions can be made between matches
13. If the game comes down to 1 player per side, they have 10 seconds to hit each other out; if not, "Showdown" comes into effect. The game is paused, each player gets two balls, two balls are lined up at the ends of the centerline, and the centerline is dissolved. The first player to get the other player out wins
14. Players are expected to be honest and take themselves out if they have been hit
15. HAVE FUN!!