



GOkickball's Official Rules of Dodgeball

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1. The Team / Players

- 1.1 A full team consists of a minimum of 8 players, including a minimum of 1 woman player.
- 1.2 A game (within a match) will start with each team having either 6 players including 2 women at a minimum **OR** 5 players including 1 woman at a minimum. If a team has less than 5 total players including 1 woman player, it is at the opponent's discretion as to whether the match is a forfeit or if the team may start with a lower number of players. It is also at the opponent's discretion on whether to allow a team to have substitutes/additional players added to a team for their respective game.
- 1.3 Each game (within a match) may have different starting players as long as 1 woman starts each game at a minimum. Additional team players will enter in each game as players exit and enter the court during a game (see Playing Rules below).
- 1.4 Each player will receive a team t-shirt as their uniform and must wear that team t-shirt to play in a match.

2. The Match, Games & Standings

2.1 THE MATCH

- 2.1.1 A match consists of a series of 11 games within a 45 minute timeframe between two teams.
- 2.1.2 The team winning at least 6 of the 11 games wins the match.

2.2 THE GAMES

- 2.2.1 Each game will start with 6 balls on the mid-court line, including 2 large-sized balls, 2 medium-sized balls and 2 small balls. The 2 small balls may only be retrieved and thrown by the women players. Men players may catch the small balls if thrown at them, but must hand to a woman player to be thrown. If a man throws a small ball he is out of that game.
- 2.2.2 Each game has 2 opponent teams lining up at their respective baselines with either 6 players including a minimum of 2 women **OR** 5 players including a minimum of 1 woman. Additional team players will lineup on the team bench in the order that they



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- will enter the game when a ball is caught during play. The next player entering the court for each team must stand on the X on each team bench.
- 2.2.3 Each game will end either by all players for one team being eliminated or 4 minutes in length. For games that reach 4 minutes in length, the team with the most players still on the court wins the game. If both teams have the same number of players standing, then a sudden death game of 3-on-3 (2 men, 1 woman) begins with 2 medium balls and 2 small balls and the first team to have a player eliminated loses the game.

2.3 THE STANDINGS

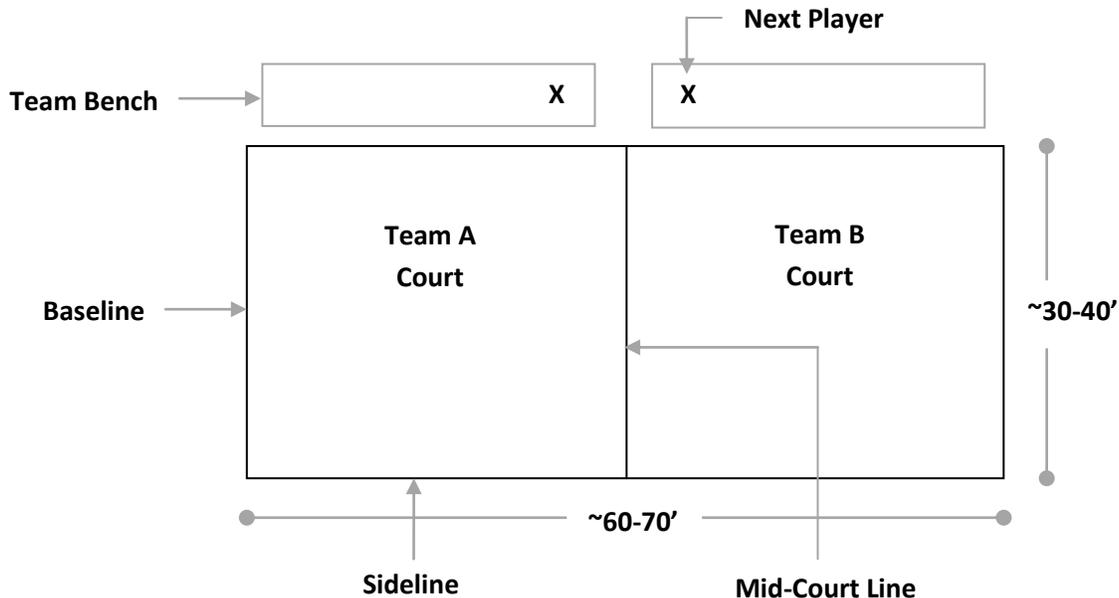
- 2.3.1 League Standings are based upon the match record of all teams within your respective league (and division if applicable).
- 2.3.2 The match score will be the number of games won for each team (i.e. if Team A wins 7 games and Team B wins 4 games within a match, the match score will be a 7-4 victory for Team A). All 11 games will be played for each match as the game differential will be the final tie-breaker for league standings.
- 2.3.3 Tie-Breakers include (in order of priority):
- 1- Overall match record
 - 2- Head-to-head
 - 3- Overall power ratings
 - 4- Conference match record
 - 5- Conference power ratings
 - 6- Game score differential.
- 2.3.4 The season consists of 7 regular season matches and the 8th week tournament matches.

3. The Court



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Dodgeball Court Layout:



- 3.1 Court boundaries are defined by lines and depicted on the court diagram above. For gyms/rec centers that do not have the exact lines for a Dodgeball court, lines may be defined by black or blue tape to complete the court boundaries.
- 3.2 Games are played on half of a basketball court with the Dodgeball court rotated 90 degrees and in a rectangular shape. Two dodgeball courts will be played on one basketball court.
- 3.3 Length of mid-court line, baseline and sideline boundaries vary depending on the gym/basketball court size. Court boundaries will be defined and lined for each gym/rec center before the start of the matches.
- 3.4 Court boundaries are generally 60-70' in length (sidelines) by 30-40' in width (baselines and mid-court line).
- 3.5 Each team's court boundaries are approximately 30-35' in length by 30-40' in width.
- 3.6 The mid-court line divides the full court in half and is neutral.
- 3.7 During play, all players in the game must remain inside the boundary lines.
- 3.8 No players may step over the mid-court line, but they may step on the line.
- 3.9 Players may exit through their baseline to retrieve stray balls and must immediately re-enter the court through their baseline after retrieving balls.
- 3.10 Teammates off the court must stand in a line off the sideline starting with the next player to enter standing on the X. They must stand in the order that they will enter the court if a ball is caught by a teammate. When a player is eliminated that player goes to the end of the teammate line.
- 3.11 A player in the court shall NOT:



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- 3.11.1 Have any part of their body contact the surface outside their court, including the sidelines, mid-court line and baseline. They can touch the lines and only exit and enter through the baseline for stray balls.
- 3.11.2 Enter or re-enter the court through their sidelines.
- 3.11.3 Leave the court to avoid being hit by or catching a ball.

4. The Equipment

4.1 GAME BALLS

- 4.1.1 Game balls will include 3 different size balls, including a large 10" rubber ball for all players, a medium 8.5" rubber ball for all players and a 6" foam ball only for women.
- 4.1.2 There will be 6 game balls in-play, including 2 large, 2 medium and 2 small balls.

4.2 PLAYER GEAR

- 4.2.1 Players must wear gym shoes at all times. Bare-feet, socks and cleats are NOT allowed.
- 4.2.2 Players must wear their official team t-shirt during play and shorts/pants.
- 4.2.3 Players may wear additional apparel such as headbands, wristbands, elbow/knee pads.

- 4.3 Clothing on a player is considered a part of that player thus if a piece of clothing is hit by a live thrown ball then the player is out.

5. The Playing Rules

- 5.1 The playing rules reset at the beginning of each game within a match.
- 5.2 The object of the game is to eliminate all opposing players by knocking them out. If all opposing team players are eliminated the remaining team wins the game. The team who wins the majority of the games wins the match.

5.3 BEGINNING THE GAME

- 5.3.1 "Rock-Paper-Scissors" is played by each team captain and the winner selects the side of the court they will start. Thereafter teams reverse sides at the start of each game.
- 5.3.2 The 6 game balls will be placed proportionately across the mid-court line by the referee with the 2 small balls spaced proportionately in the middle, the 2 medium balls on each outside of the small balls and the 2 large balls on each outside of the medium balls.
- 5.3.3 Players for each team lineup BEHIND their respective baseline for the opening rush.

5.4 OPENING RUSH

- 5.4.1 Once the referee "blows the whistle" the players rush to the mid-court line to retrieve the balls. There are only 6 total balls being retrieved by 12 players. Better be fast!!
NOTE: The small balls can only be retrieved by women.
- 5.4.2 Each player can only retrieve one ball during the opening rush.
- 5.4.3 When 2 opposing players have grabbed the same ball and are competing for that ball, after 2 seconds if the 2 players are still competing for the ball then the ball is rewarded to the team in which the ball is favoring their side (i.e. if the ball is more on one side of the court and the opposing player is on the opposite side of the court they must let go).



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- 5.4.4 Once balls are retrieved from the mid-court line, all balls must travel back and touch the respective team's baseline (via a player carrying the ball back or throwing the ball back to a teammate) before a player can use that ball to attack an opponent.

NOTE: During the opening rush, players may incidentally cross the line scrambling for a ball. In this case the player may not be ruled out unless they purposely crossed the line as determined by the referee.

5.5 RETRIEVING STRAY BALLS

- 5.5.1 Players on the court may exit through their baseline to retrieve stray balls and must immediately re-enter the court through their baseline after retrieving balls.

NOTE: If a player does not immediately re-enter the court they will be declared out and eliminated from the game.

- 5.5.2 Players hit while retrieving balls are still out and eliminated from the game.
- 5.5.3 Players catching a thrown ball while outside the court retrieving a ball still eliminates the opponent throwing the ball and another teammate of the catching team may enter.
- 5.5.4 Players cannot throw a ball while they are outside the court retrieving balls.
- 5.5.5 Players CANNOT retrieve balls across the mid-court line regardless of whether the balls are inside or outside the court sidelines.
- 5.5.6 Teammates on the team bench (off the court) may hand a stray ball to players on the court, but they must always keep their entry order. Teammates on the team bench may retrieve balls that are outside the court on their side of the court, but they may not run around the back or other side of the court to retrieve balls

5.6 ACTIONS THAT ELIMINATE PLAYERS

- 5.6.1 Hitting an opposing player with a live thrown ball **BELOW** the neck (must hit shoulders or below) eliminates the opposing player. **NOTE:** If a player ducks then their entire body is fair game.
- 5.6.2 A live ball hitting an opposing player below the neck then deflecting and hitting another opposing player below the neck eliminates both opposing players.
- 5.6.3 Hitting an opposing player above the shoulders (when the player does not duck) knocks the thrower out regardless of whether the opposing player blocks their neck/head with their arms/hands.
- NOTE:** Please be respectful and only aim throws below your opponent's shoulders.
- 5.6.4 Catching a live thrown ball by an opponent knocks the thrower out.
- 5.6.5 A player that steps out of the court boundaries' is eliminated, except when exiting the court via the baseline to retrieve a ball. The player is still out if they are hit below the neck while retrieving a ball.

LIVE BALL (defined): A thrown ball that hits or is caught by an opposing player before the ball contacts the ground, another player, another ball or an external extremity (i.e. a ceiling, a basketball hoop, a hanging wire, etc...). Note that a ball that deflects off a blocking ball and hits the person holding the blocking ball, the ball is still a live ball and that player is out. If the ball hits a blocking ball and deflects into a teammate, the ball is dead before it hits the teammate.



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5.7 A player may block a live thrown ball with another ball being held.

NOTE: A live thrown ball deflecting off of a block (held) ball is no longer a live ball towards teammates and cannot eliminate a teammate if it hits them, but it will eliminate the player holding the blocking ball if it deflects off the ball and still hits that player.

5.8 A player that drops a ball they are using as a blocking ball as a result of another live thrown ball hitting the player or ball DOES NOT eliminate the opposing player.

5.9 If an opposing player catches a live thrown ball, the throwing player is out and the opposing team may re-enter 1 player in the order that the team is aligned and has exited the court earlier during the same game.

5.10 If a live thrown ball hits an opposing player, deflects off that player and is caught by another opposing player, the thrower is out and the both of the opposing players are not eliminated. In this case, the opposing team does not get to re-enter a player.

5.11 Balls leaving the court can be retrieved by players both on and off the court. Players on the court can only exit and re-enter to retrieve balls via the baseline of their respective court. They must return immediately to the court or else they will be declared out. Players off the court can retrieve balls only on their sideline of the court and hand them to their 'live' players across the baseline and sideline, but they must maintain their order of entry.

5.12 TIME AND STALLING

5.12.1 The referee is responsible for timing all games and breaks. Maintaining time during/in-between games is critical to ensuring all 11 games within a match are played.

5.12.2 Each game is 5 minutes in length.

5.12.3 There are 1 minute breaks between games.

5.12.4 There are no timeouts during a game.

5.12.5 The referee's whistle is the only whistle that starts, pauses and stops a game. If the referee's whistle is blown during the course of a play, the play continues until all live balls are dead. It is at the referee's discretion as to whether any balls are live at the time the whistle was blown.

5.12.6 Players are NOT allowed to intentionally stall time during a game if they are ahead and have a ball(s) on their side of the court. If a player/team stalls more than 10 seconds without throwing a ball, the player/team will receive a warning and has 5 seconds to throw the ball before they receive a time violation and are ruled out. If there is more than one player on the court for the leading team, they will receive a time violation every 5 seconds after the 1st violation for each additional player stalling the game.

5.12.7 If a woman player is still in the game on either team, then the small woman's ball must be thrown or rolled toward the opposing team every 10 seconds or a time violation will be called. If a team has both small balls and no women players in the game while the opposing team still has a woman player, then a small ball must be rolled to the opposing team within 10 seconds.

5.12.8 The referee is the only person allowed to call a time violation during a game.

5.12.9 If the delay is mutual on both teams, after 10 seconds the game will end and the team with the highest number of players standing wins. If it is still a tie, then a sudden death game will be played as defined under the rules section 2.2.3 THE GAMES.



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5.13 OFFICIALS

- 5.13.1 A referee will be provided for each match.
- 5.13.2 Rules will be enforced primarily through the HONOR SYSTEM and the referee will make all decisions on game discrepancies and time. Everyone is participating to enjoy the game and have fun so be respectful and honest to your team and your opponents during the games.
- 5.13.3 The referee is responsible for initiating, officiating and overseeing the games and match.
- 5.13.4 Referees are trained, certified, and are held accountable to conduct games in a professional manner.
- 5.13.5 The referee's decision is the FINAL decision in all matters related to a match.

6. The Sportsmanship & Code of Conduct

- 6.1 Players should understand, appreciate and abide by the official rules of the game and the honor system.
- 6.2 Players should respect the integrity and judgment of the referees and facility staff.
- 6.3 Players should respect their opponents and congratulate them in a courteous manner after each match, whether in victory or defeat.
- 6.4 Players are responsible for their actions, maintaining self control and will be held accountable for any poor sportsmanship and possible damage to facilities.
- 6.5 Players are not allowed to taunt or bait opponents.
- 6.6 Players should refrain from using foul and abusive language.
- 6.7 Referees are empowered at their discretion to give a warning and/or eject any player that instigates arguments, foul language and/or flagrant abuse towards the opposing team, referee, gym and recreational facilities and staff.
- 6.8 ENJOY THE GAMES, MEET NEW PEOPLE, BE RESPECTFUL AND USE COMMON SENSE. WE'RE ALL IN THIS TO HAVE FUN SO LETS DO JUST THAT!

NOTE: Rules are subject to change at any time at the discretion of GOkickball LLC.