



**Official Dodgeball Tournament Rules**  
**The following is adapted from the rules printed in the**  
**Official NADA Rule Book.**

**THE TEAM**

Teams will be made up of 6-8 players. An equal number of players will begin each match. Teams may consist of all boys, all girls or mixed. 6 players per team on the court to start the game. All ages welcome.

**THE FIELD**

The game will be played indoors. The playing field shall be a rectangle divided into two (2) equal sections by a centerline and attack lines 3m from, and parallel to the centerline.

**THE GAME**

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

1. Hitting an opposing player with a LIVE thrown ball below the shoulders.
2. Catching a LIVE ball thrown by your opponent before it touches the ground. Definition: LIVE A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc.)

**BOUNDARIES**

During play, all players must remain within the boundary lines. Players may leave the boundaries through their end line only to retrieve stray balls. They must also return through their end line.

**THE OPENING RUSH**

Game begins by placing the dodgeballs along the center line – three (3) on one side of the center hash and three (3) on the other. Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Teams may only retrieve the three (3) balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attack line before it can be legally thrown.

**SHIELD BALL:** You can use a ball to block Live balls from hitting you. However, if Shield is knocked from your hand and not caught before hitting the floor, your Out. Shield ball can only be held 5 seconds.

**FACE SHOT:** Hitting anyone in the face is automatic Out.

**TIMING AND WINNING A GAME**

The first team to legally eliminate all opposing players will be declared the winner. An 5minute time limit has been established for each contest. If neither team has been eliminated at the end of the 5 minutes, the team with the greater number of players remaining will be declared the winner.

## **OVERTIME**

In case of a tie, a two (2) minute overtime will be played by only the remaining members of the team still in the game. At the end of that overtime period, if the game is still tied, there will be a coin flip to determine the winner. This rule applies to games in pool play. For tournament games there will be additional two (2) minute overtime periods until there is a winner. **5SECOND VIOLATION** In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds. This also applies to tied teams.

## **RULE ENFORCEMENT**

During pool play, rules will be enforced primarily by the "honor system"\*. Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. All contests will be supervised by a court monitor\*. The court monitor's responsibility will be to rule on any situation in which teams cannot agree. **THE COURT MONITOR'S DECISION IS FINAL – NO EXCEPTIONS.**

## **CODE OF CONDUCT**

- 1. Understand and abide by the rules of the game.**
- 2. Respect the integrity and judgment of game officials.**
- 3. Practice good sportsmanship. Congratulate your teammates and opponents in a courteous manner after each match, in victory or defeat.**
- 4. Be responsible for your actions and maintain self-control in the game and in the facility.**
- 5. Be positive. We will not tolerate taunting opponents or foul language.**