

Pro Sports Club Dodgeball League Rules

Updated: May 10, 2011

- I. TEAM
 - A. Team Size
 - Teams must consist of 8-12 players
 - B. Captain
 - 1. Each team must designate a captain to the referee before the beginning of each round
 - 2. During game play or between games, only captains may address the referee for interpretation of rules
 - C. Player Descriptions
 - 1. Players must be 18 years of age or older
 - 2. Players must wear tennis shoes on court at all times
 - 3. Players may not wear jewelry of any kind or watches

- II. COURT
 - A. Court Dimensions
 - Basketball court sidelines, baselines, and half court lines will be used (Red lines)
 - B. Court Description
 - 1. Court must have clearly marked boundaries on all sides
 - 2. Court must have clearly marked center court dividing line

- III. EQUIPMENT
 - A. Balls
 - Rhino Skin (Foam) Division:
 - Champion Sport Rhino Skin (Foam) "Official" Dodgeballs
 - Six 8.5" balls and one 10" ball will be used for each match
 - Rubber Division:
 - Six 8.5" rubber "playground" style dodgeballs. 5 Blue, 1 Red.
 - One 6" yellow "stinger" ball will be used as well.
 - B. Cones
 - Cones will be used to designate an area where players are to line up after they get out, before reentering the game.

- IV. SET UP
 - A. All 7 balls are lined up at the center of the court, equal distance apart.
 - B. Teams begin with at least one hand or foot touching the back wall/line of their team's respective side.

- V. GAME PLAY
 - A. Players
 - 1. Teams must have a minimum of 4 of their own roster players to begin a game (a game victory will be awarded to the other team every 5 minutes a team is unable to man a full team).
 - 2. A maximum of 8 players can begin any one game.

3. If any team has more than 8 players present at the beginning of a game, those additional players must begin the game on the sideline.
 4. A maximum of 12 players can be on the court at any one time (after a game begins, extra players can join the game in any order when a team member catches a ball)
 5. Subs can only be picked up during a regular season match, and only if a team has less than 6 “roster” players showing up. Your referee and the other team’s captain must approve any subs. Subs cannot help your team gain an advantage in having more players than the other team. Subs can only play until your team has 6 roster players present at your game.
- B. Boundaries
1. All red boundary lines are OUT (a player is out if any part of a hand/foot/body touches any boundary line)
 2. Players may never touch or cross the center court dividing line, or they will be out.
 3. Players may only cross a side or back boundary line to retrieve a ball (they must return to play with the ball as quickly as possible, and cannot for any reason throw a ball while out of bounds)
 4. Players may not touch or cross a boundary line to catch a ball. If a player touches or crosses a boundary line while trying to catch a ball he/she will be out.
 5. Should a player get hit while retrieving a ball out of bounds, they will NOT be out.
 6. Should a player catch a ball while retrieving a ball out of bounds, the thrower will NOT be out and a team member will NOT return to play.
- C. Beginning and End of Game
1. Beginning of Game
 - a. When all players are ready, a whistle is blown or signal is made by the referee to begin the game.
 - b. Players may then run to retrieve a ball from the center of the court
 - c. Players may *not* make any physical contact with any player on the opposing team
 - d. If opposing players grab the same ball, whoever comes away with it keeps it
 - e. Each player may only pick up one ball from center court
 - f. All balls must return to the far back boundary line before they are thrown to the other side.
 2. End of Game
 - a. A game ends when one team’s players are eliminated
 - b. A game ends when the specified time for the round runs out (the team with the most players remaining on the court at the end of the round will be declared the winning team)
 - c. A game that runs out of time when both teams have the same number of players in game play must continue until one team gains the advantage in players (game play will NOT stop).
- D. Getting Out
1. When a player is out they must signal so by raising their hand in the air, and they must quickly exit the court (no player who is out may tamper with game play in any way).

2. A player is out if hit directly with a thrown ball from the opposing team (all parts of the body and clothing)
 3. A player is out if hit directly with a ball that ricochets off their teammate.
 4. A player is out if they drop a ball they are attempting to catch
 5. A player is out if their ball is caught by an opposing team's player (A player is only out if their ball is caught directly, or after a bobble, without ricochet off any object. A player will NOT be out if an opposing player uses a ball to block their thrown ball and then their ball is caught. That ball will be dead; see F2 below)
 6. A player is out if they drop a ball they were holding as a result of impact from a ball thrown by another player.
 7. A player is out if they intentionally throw at an opposing player's head (referee discretion)
 - 7b. A thrower who hits an opposing player in the head (unintentionally) will receive a warning by the referee. A second head shot during the same game by the same thrower to any opposing player will result in the thrower being called out by the referee. This rule will not apply and will not be enforced when opposing players knowingly move into the flight path of the ball.
 8. A player is out if they hold a ball for more than 7 seconds (stalling is not allowed)
 9. A player is out if they touch or cross the center court dividing line
 10. A player is out if they touch or cross a boundary line for any reason besides to retrieve a ball (a player who touches or crosses a boundary line to catch a ball is out, the catch does NOT count, and the thrower is NOT out)
 11. A player will be called out by the referee if they exhibit unsportsmanlike conduct such as foul language, taunting, harmful or dangerous activity, or any other action deemed inappropriate by the referee.
- E. Returning to Play
1. A player who is out (or begins the game on the sideline) can return to the court if one of their team members catches a thrown ball, including a ricochet off another teammate.
 2. The first player eliminated must be the first to return, and so on. A player must return to play after fellow teammates that did not begin the game.
- F. Additional Game Play Descriptions/Distinctions
1. Getting Out Distinctions
 - a. A player is NOT out if they are hit with a ball that has hit any other object (floor, wall, backboard, or another ball)
 - b. A player is NOT out if they are hit with a ball and a teammate catches that ball before it hits the ground.
 - c. A player is NOT out if they are hit with a ball thrown by their own player.
 - d. A player is NOT out if they are hit in the head intentionally (referee's decision)
 - e. A player is NOT out if they are hit with a ball kicked by any player.
 - f. A player is NOT out if their thrown ball is caught by an opposing player after it has ricocheted off of another opposing player.
 2. A ball is DEAD as soon as it makes contact with any object (floor, wall, or another ball)
 3. A ball is LIVE after hitting a player, until it is caught, or makes contact with any object (floor, wall, or another ball).

4. Stalling

- a. Stalling is not allowed for any reason
- b. The “7 second” rule is intended to keep game play moving at a quick pace.
- c. Once a ball is picked up, it must be thrown to the other side or passed to a team member before 7 seconds elapses. A ball CANNOT be dribbled, or placed on the ground and then picked up again to gain a new 7 seconds.
- d. When one team has all the balls on their side, a minimum of one ball must be given to the other team before 7 seconds elapses. Failure to do this will result in stalling, and the referee may call any one player he chooses out.
- e. All Dodgeballs should cross the center line in a timely manner. If a dodgeball does not cross the center line at least every 30 seconds, players may be called out.

G. Red Ball Special

-If an opposing player is hit with the red ball, not only will that player be out, but TWO team members from the thrower’s team may return to game play (if two players are hit with the red ball as a result of a live ricochet, 4 team members from the thrower’s team may return to game play, etc.).

H. Stinger

- If a player catches the yellow stinger ball, not only will the player who threw the ball be out, but TWO team members of the player who caught the ball may also enter the game. When a player is hit by the stinger ball, they are simply out, with no additional players entering the game.

I. Green Area Rule – Added in May of 2005

1. When the rule takes effect.
 - a. When either team has 3 or less players remaining on the court.
 - b. During the final minute of every round of game play; including the last minute of a 2 minute overtime period.
2. Specifics of the rule.
 - a. When the above situations occur, causing the rule to take effect, all players remaining on the court from BOTH teams should immediately move forward into, or in front of, the green area on the court. Players remaining in the area behind the green may be called out by the official.
 - b. Players may still move behind the green area in the event that they are retrieving a ball. However, they must quickly move forward again after getting a ball.
 - Players are still considered “in play” when they are in the area between the green area and the back red line. **If hit by a ball, they will be called out.**
 - c. Once the rule comes into play in a particular game, it will remain in effect until the conclusion of that game.

VI. TIME AND SCORING

A. Time Outs

1. No player can call a timeout during game play
2. In the case of an injury the captain may ask for an injury timeout. The referee will signal the injury timeout. The injured player will be helped from the court and the

referee will signal the resumption of play. (When the referee signals timeout, all balls must be placed on the ground where the player was when the timeout was called. At the end of the timeout, players must return to the spot where they were when the timeout was called (and may pick up their ball). If a ball is thrown after timeout has been called, it is left where it lies, but a player will not be out if hit by a ball thrown after a timeout is called.

B. Time Keeping *(Subject to change, determined by the # of teams registered)

1. Each team will play two 20 minute rounds each week, with a 3 minute halftime
2. Both rounds of play will be between the same two teams
3. Teams will play as many games as possible within each 20 minute round, alternating sides of play each game
4. No game may begin with less than one minute remaining in the round

C. Scoring

1. The team with the highest number of games won after each round will receive a point for the round.
2. In the case of a tie in games won at the end of a round, one additional 2 minute game will be played. If this game does not end by the end of 2 minutes, the team with the most players on the court at the end will be declared the winner. If there is a tie in players remaining at the end of this 2 minute game, sudden death game play must continue until one team gains the advantage in players (game play will NOT stop).

D. Playoffs

- After 6 weeks of head-to-head competition, each team will be seeded based on their total number of points (wins). A playoff competition will determine a champion during the final 2-3 weeks.

VII. SPIRIT OF THE GAME

- The Spirit of the Game is to play fairly, have fun, and encourage one another (including the opposing team).
- Players are to know the rules and abide by them. Veteran players should help rookie players learn the rules in a positive manner.
- Dodgeball is meant to be aggressive and played at a high pace; therefore stalling for any reason is against the Spirit of the Game.
- Continually yelling at or for opposing players to go out who are not calling themselves out, and have not been called out by the referee is not in accordance with the Spirit of the Game.
- Foul language, taunting, finger pointing and harmful or dangerous activity are not in the Spirit of the Game.
- Violation of the Spirit of the Game is reason enough to be called out by the referee, and/or ejected from any game, round, or match.

VIII. REFEREE

- A. A referee will be provided by the PRO Club and will be completely unbiased.
- B. The referee will begin each game and give time warnings of 2 minutes and 1 minute remaining in each round

- C. It is *not* the referee's job to indicate to a player whether they are out or not (each player must be familiar with the rules and play fairly and honestly in accordance with them and the Spirit of the Game) the referee should make calls that they clearly see.
 - D. The referee will settle disputes that may arise, and will have the final say in any decision
 - E. The referee may direct a player out if they do not leave the court after getting out
 - F. If the referee sees inappropriate behavior or cheating, that player may be warned, put out, or simply removed from that game, round, or match.
- IX. Jerseys/T-Shirts
- A. Each player will be given a t-shirt every other season, but players are not required to wear the shirts for their game.
 - B. Teams may provide their own jerseys/ t-shirts to wear each week for the matches if they would like to.
 - C. The championship team will receive t-shirts for winning the league.