



# DODGEBALL LEAGUE RULES

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## Court

- ★ The court varies by venue, but boundary lines will always be clearly marked.
- ★ Approximately 2'-3' should be allotted for an out-of-bounds area, allowing officials to move freely along the sidelines.
- ★ The Queue for each team is a 3' x 12' area and should be located 2'-3' from the sideline, leaving enough room for an official to move freely along the sideline. The Queue line is always on the left side of the court.
- ★ Every effort should be made to obtain the correct dimensions. However, court size may be adjusted to best suit the available space.
- ★ Please clean up after yourself. ALCOHOL is NOT allowed in the facility. If you are found with alcohol, you will be ejected.
- ★ The mid-line may be reached over but may not be crossed by your feet.

## Equipment

- ★ 6 balls spaced evenly along the center court line.

## Players

- ★ Teams consist of five (5) players on the court, with a minimum of one (1) female at all times. Teams may have up to four substitutes. A loss will be awarded to the team without a female for each game she is missing, regardless of the actual game result.
- ★ Substitutions must be made before the start of the game. No substitutions can be made during a game, except in cases of injury.

## Retrievers

- ★ Retrievers are individuals designated to retrieve balls that go out of play. Teams are responsible for providing retrievers. A maximum of 4 retrievers are allowed for all matches. Any additional team players/spectators are not allowed on the playing field. Some locations may not be suitable for using retrievers.
- ★ Retrievers may not enter the court at any time. Retrievers must be declared to the officials before the start of each match.
- ★ Retrievers are only allowed to field balls from their side of the court.
- ★ Players that get out may be used as additional retrievers. Players standing in the Queue line may put balls back in play only if the ball is near them and completely out of play.

- ★ A player reaching into play to get a ball will be moved to the end of the line, and the ball will be sent to the other side. A ball on a line is a live ball and considered in play.

## Matches

- ★ A regulation match consists of 7 games lasting up to 5 minutes in length. All games count toward a running total for the season and will be used for tiebreaker scenarios for playoff seeding.
- ★ Games are played until:
  - All opponents on one side have been eliminated. The first team to eliminate all its opponents is declared the winner.
  - The 5-minute game clock expires. A regular season game can end in a tie.
  - During the playoffs, games must have a winner. If tied, a 2-minute overtime will be played. Each side will put in 1 girl and 2 guys to start each overtime.

## Beginning of Play

- ★ Play begins with all players positioned with one hand/palm touching the back wall.
- ★ The Rush occurs at the beginning of each game or reset.
- ★ Upon the official's signal, both teams rush to center court and attempt to retrieve as many balls as possible.
- ★ A team may rush with as many or as few players as it wants, but at least one person from each team has to Rush. If no one rushes, then the captain is out.
- ★ There is no limit to how many balls an individual player may retrieve.
- ★ Players may not slide or dive head-first into the center line, or they will be called out. Crossing over/touching the center line with your feet will result in an out.
- ★ Players may not physically grab or touch another player across the center line or prevent them from returning to their side of the court. Both players fighting for control of a ball during a rush will be called out. Reaching over the line to grab or swat a ball is allowed, but stepping over the line results in an out.
- ★ A player throwing a ball before bringing it back after the rush will be called out.

## Putting a Ball in Play

- ★ Any ball retrieved from the center line must be returned behind the attack line before it may be thrown at an opponent. A ball that hasn't crossed the attack line is considered a dead ball, and any hits or catches will be voided. The player throwing it will be called out.

## Timeouts / Stoppage of Play

- ★ There are no team timeouts.
- ★ Only officials may stop play for:
  - Injury
  - Call clarification or reversal. If the match stops due to a player arguing a call, that player will be called out.

## Outs

- ★ A player is out if a live ball hits any part of their body, clothing, or uniform (except the hand holding a ball).
- ★ If a player is hit by a live ball rebounding off another player.
- ★ A player is out if they reach over or touch the center or sideline.

## Blocking

- ★ Players may block a ball with another ball but must maintain control. If they drop the blocking ball, they are out.
- ★ Male players may NOT use the small balls for blocking or throwing.

## Stalling

- ★ Players may only hold the ball for 7 seconds before throwing.
- ★ If a referee determines a player or team is stalling, the player(s) will be called out.

## Throwing

- ★ Male players cannot throw or block with small orange balls.
- ★ Female players may throw the small ball at male or female players.

## Out of Bounds Rule

- ★ If any part of a player's body touches the sideline or center line, they are out.
- ★ A ball resting on the line is in play and may be picked up.

## Headshots

- ★ A headshot occurs when a player is hit directly in the head/face by a high-thrown ball.
- ★ Any thrower committing a headshot is out and cannot return until the next game. Two headshots in one match = ejection.

## Uniforms

- ★ Gloves are NOT allowed during play.
- ★ Matching shirts with a number on the front and back are required.

## Rosters

- ★ All players must be on the team's online roster before playing.

## Scores

- ★ Teams must submit scores within 24 hours online at [www.syracusesportsassociation.com](http://www.syracusesportsassociation.com) or email [info@cusesports.com](mailto:info@cusesports.com).