

Dodgeball Rules

- Teams will consist of five players. Three men and two women must start each game. Maximum roster is eight players.
- Subs may enter between games but not during a game.
- The match will consist of best 3 out of 5 games. Games will be 5 minutes long.

The Game will be over when:

1. All the players on one team are eliminated from the court. Team with players remaining on floor is declared the winner.
2. 5 minutes has run out – the team with the most players on the floor is declared the winner.
3. If tied at end of 5 minutes, there will be a 2-minute sudden death. Players left on the floor will remain on the floor. When the first player is eliminated the game is over and the team with the most players remaining is declared the winner. The game will begin with 4 balls on the center line. After the ref signals start, players will retrieve balls and must step inside their own 3-point arc before the ball becomes "live".

Players are eliminated from the game by:

1. Hit by an opposing team's ball from the shoulders down.
2. If your thrown ball is caught by the opposing team.
3. If you drop the ball you are holding trying to deflect an incoming ball.
4. If you step out of bounds trying to avoid an incoming ball.
5. If ball is deflected and then caught, thrower is out.
6. If ball hits two people before hitting the ground, both players are out.
7. If you are eliminated, you must exit immediately.

A thrown ball is dead when:

1. Ball hits the floor, wall, or backboard.
2. Ball comes in contact with another thrown ball from opposing team.
3. If ball is deflected or thrown into balcony, defense is awarded ball.

Boundaries will be the regulation basketball court lines. Each team will play on their own half court and may not leave that half under any circumstances. You may leave sidelines only to retrieve a ball but not to avoid an incoming ball.

All players must stay above the baseline during play, unless retrieving a ball.

A player may not stand behind the basketball goals, unless retrieving a ball.

No stalling. Stalling will be based on a 5-second count or the referee's discretion.

Once players are eliminated, they cannot touch any ball.

Players may hit the "hot spot" once a game. If a team hits the "hot spot", all of their players may return to the game. The "hot spot" is defined as the rim and the square on the opposing team's backboard.

All decisions by officials are final. Arguing decisions will result in a warning, followed by a technical foul. If a player receives a technical foul, they must sit out the remainder of the game and all of the next game. If a player receives a second technical foul, they will be ejected from the match.