



DODGEBALL RULES & REGULATIONS FOR 2022

Dodgeball

The main objective in dodgeball is to eliminate all members of the opposing team by throwing the ball at them. Players must dodge the ball to remain in the game and the team who manages to eliminate all their opponent's first are deemed the winners.

Scoring

While there is no real point scoring in dodgeball, the aim of the game is to eliminate players of the opposing team, which can be done in a number of ways. The most obvious way is hitting an opponent with a ball, if a player is hit and the ball is not caught before becoming dead, that player is eliminated. However, if a player throws a ball that is caught by an opponent, the throwing player is eliminated from the game.

Some variations of the game allow for a reinstatement of players if their team catches the ball. This can ensure the game lasts for a longer time-period and provides an incentive for catching the ball, as opposed to just dodging the ball.

A player will eliminate themselves if they run out of the court of play.

Winning the Game

The game is over when all of the players on one team are eliminated, resulting in the other team winning the game. If both teams still have members at the end of an allotted amount of time, the winning team will be the one with most players. If this still results in deadlock, overtime can be played.

Rules of Dodgeball

- The number of players, number of balls, size of court and length of game can be determined by the organisers.
- Players must always remain within the court, unless collecting dead balls.
- Players are allowed to leave the court to collect balls, but they are not allowed to throw the ball until they are back within the court. If a

player leaves the court for any other purpose or they throw a ball from outside the court, they are eliminated.

- The rules regarding headshots can be decided upon personal preference or by order of an official body. Some games will see the throwing player eliminated if an opponent is struck on the head, some games will see the player struck on the head eliminated.
- Players struck with a ball that is then caught before it becomes dead are eliminated.
- When a player catches a ball, the throwing player will be eliminated.
- A player must go out of the court when he is hit by the ball of his opponent, when the ball that he throws to his opponent is caught by the opponent, or when he commits any mistake that is subjected to a penalty.

Team Composition

In Dodgeball, two teams compete against each other. Each team has 8 players. However, only 6 players are permitted to participate in the match, and the remaining 2 players must sit outside as substitutes. As per the rules of the game, each team must include 2 female players on their side. It means each team has four male players and 2 female players.

The substitute can enter the court only if any of the teammates get injured or feels sick.

Starting of Match

The game of Dodgeball starts with the referee's count of three or his whistle. 6 players from each team stand on their respective sides of the court, near the end line, and wait for the referee's signal.

As soon as the referee finishes counting, the players from both teams rush to pick up their balls that are placed on the center line.

The players must pick their own balls. They cannot pick the balls of the opposing team.

Scoring System in Dodgeball

There is no concept of scoring points in Dodgeball. Conversely, this game depends on an elimination pattern.

Therefore, to win a match, you don't need to grab points and outscore your opponents, but you must outnumber them by means of elimination.

How would you do it?

You simply outnumber your opponents by not increasing your number but rather reducing your opponents' quantity in a number of following ways:

- Hitting your opponents by throwing balls at them.
- Catching your opponents' balls that they throw at you.
- Making them go out of the bounds of the court.
- Tempting them to cross the center line.
- Confusing them to pick dead balls.
- Saving yourselves from being touched by opponents' balls.

Note: Important Points

- If a team is not able to eliminate the players of the opponent team (duration of the match), the team with more remaining players on the court wins the match.
- In case both the teams have equal players on the court when the time completes, sudden death will be played to finalize the winner.
- This round starts in the same way as a regular match.
- After the start of the match, the first team to eliminate one opponent wins the match.

Rules For Substitution and Revival

A) Substitutions Rules

Each team has 2 substitutes waiting outside for their entry into the match. Each team can substitute players during a 1-minute time-out.

Substitution is made when a player gets injured or falls sick.

B) Revival of Players

Players are revived in the same sequence as they are eliminated.

When your team manages to eliminate one of your opponents, one out player of your team is revived.

One elimination results in one revival. This elimination and revival must be made in sequence.

The player who is eliminated before all others get revived before others. Thus, the latest eliminated player comes in the end if revived.

When a player is to enter the court after his revival, he must tap or touch the wall of the court before actually making an entry in the court.

Fouls and Penalty

A) Crossing Boundaries

A player should remain inside the playing areas as long as the match continues. If you go out, it is a foul.

You cannot go out of the playing area in any situation; not take the balls either. If you attempt to cross the boundaries, you are eliminated.

Your body parts should not touch the outer areas of the court, be it a wall, surface, or any out-sitting players.

If your body part comes in contact with anything present out of the court, you will be sent out.

A player should not cross the center line after the first rush. To cross the center line is a foul.

B) Stalling

A player from any team can hold three balls at once, usually when he remains alone on the court. However, he cannot stall those balls for more than 30 seconds.

If he holds three balls for more than 30 seconds, he is at fault. As per rule, a player cannot take a ball in his position for more than 10 seconds.

So, three balls will take 30 seconds, and the player must throw them as soon as possible.

CONVENOR: JITESH MALDE

PENALTIES:

- No-Show Penalty Per Individual Per Sport.
- No-Show Penalty Per Team Per Sport.

An Event with Less than three (3) communities shall be cancelled. Subject to change without notice. Age As at 6th OF NOVEMBER 2022. For more information Contact your community representative.