



DODGEBALL RULES & REGULATIONS FOR 2024

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.

The Basics of Dodgeball Court Size: 18m x 9m or a Volleyball Court.

1. The game starts with 6 balls, on the centre line. Players start behind the end line and at the opening rush, each team retrieves the balls to their right on the centre line. The ball must be taken behind the attack line before it can be thrown.
2. The object of the game is to eliminate the opposing players by getting them OUT. You are out if: The ball hits you below the shoulders. You step over the sideline or the centreline. You throw a live ball, and it is caught by your opponent.
3. You can block a thrown ball with a held ball but if you drop the blocking ball or the thrown ball still ends up hitting your body, you are out.
4. A ball is dead and cannot get you out if: It hits the ground, wall or has already hit another player first. It is held for longer than 10 seconds. Dead balls are rolled over immediately to the other team.
5. When you get out, stand on the sideline in the order you got out. If a teammate catches a ball, you can return to the court from the backline.
6. If the game comes down to 1 player on each team, they have 10 seconds to hit each other out. After this time, the neutral zone is dissolved, and the players may move about freely on the court. The last player to get their opponent out wins.

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 centre 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 centre 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 result 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 outsidings 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 centre line after the first rush. To cross the centre 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

An Event with Less than three (3) communities shall be cancelled. Subject to change without notice. Age As at 5th OF NOVEMBER 2024. For more information Contact your community representative.