

Dodgeball Rules

Players:

Games are played between 2 teams of 6 players each, 2 players on each team must be female. Both teams are allowed up to 2 substitutes that stand in the queue area. Substitutes may enter the game only during a timeout or to replace an injured player.

Gameplay Format:

A team will be scheduled for 2 matches on a given night. Each match will consist of a best of 3 game series meaning that the first team to win 2 games will be deemed the winner of the match. Each game will be played with a 10 minute time limit. If a full team is not eliminated within the given time, the team with the most remaining players will be deemed the winner of the game. Any remaining time following the completion of 2 matches can be used for scrimmage play (unofficial matches that will not affect league standings).

The Playing Area:

The playing area will be divided into two equal sections. The attack line will indicate the area you are allowed to throw from. Players are allowed to jump over the attack line and throw a ball before hitting the ground. A ball is considered "dead" if it hits the wall, ceiling, or ground.

Playing The Game:

The object of the game is to eliminate all opposing players by getting them out. This is done by:

- Hitting an opposing player's body or clothing below the head.
 - If a player is hit in the head they will not be eliminated.
 - The official can eliminate a player if they are purposely trying to get hit in the head or vice versa (head hunting).
- Catching a ball thrown by your opponent before it hits the ground.
 - Catching a ball thrown by your opponent will also result in the return of an eliminated teammate to the game (the teammate who has been eliminated for the longest amount of time).

Boundaries:

During the game, all players must remain inside the boundary lines. Players can leave the boundaries only to retrieve stray balls, but can never cross the center line.

Open Rush:

The game begins by placing the 6 dodgeballs evenly along the Center Line. Players then take a position behind their End Line. Upon the official's signal "3, 2, 1, Dodgeball", 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. There is no limit to how many balls an individual player may retrieve.

Putting Ball Into Play:

Once a ball is retrieved it must be taken behind the Attack Line before it can be legally thrown. There are several ways to put a ball into play following a Rush.

- A player carries the ball across the attack line.
- A player passes the ball to a teammate who is behind the Attack Line on their side.

Blocking:

Players can defend themselves by blocking the ball in the flight with another ball but must retain control over the ball they are blocking with.

A player dropping or losing possession of the blocking ball is deemed "out".

Any blocked ball rebounding off another ball is considered live.

Any player hit by a rebounding ball is deemed "out".

Officials will make appropriate calls on who is out; however, players are to play by the honor system. If in doubt, players should call themselves out.

Pinching:

The act of squeezing the ball in order to alter the thrown or blocked ball is not allowed.

Stalling:

Stalling is the act of intentionally delaying the game. If a referee determines that a player or team is stalling, the Official will warn the player or team. If the stalling continues, at the Official's discretion, the player or team will lose possession of all balls on their side.

Timeouts:

Each Team will be allowed one 30 second timeout per game. At this time a team may substitute players into the game if needed.

Winning:

The first team to successfully eliminate all opposing players will be declared the winner

OR

The team with the most remaining players at the end of 10 minutes of play will be declared the winner.



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