

Dodgeball Rules

Teams and Substitutes

A team consists of 6 players on court and a maximum of 4 substitutes. For mixed Dodgeball, you must not have more than 3 males on the court at any time however there can be more than 3 females. A substitute may only come onto the court at the completion of each end (mini game) or at the completion of each third. c

To be substituted onto the court a player must call "sub" and the umpire will then allow the players to swap.

This process must not hold up the game. If the substitution takes too long, the offending team may be penalised at the discretion of the umpire. The only other time a play may be substituted is in the case of an injury, in which case a time out will be called.

The Field

The game is played on a fully enclosed court which is divided into 3 sections. The diagram below explains the layout and the measurements of each section. The width of the full court is approximately 11m.

Section 1 Length 3.7m	Section 2 Length 9m	Section 3 Length 1.5m	Section 3 Length 1.5m	Section 2 Length 9m	Section 1 Length 3.7m
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Section 1

This section is not part of the playing area. It is used for players who have been eliminated from the game whilst the (mini game) is in progress. Eliminated players within this area must not assist their team in any way.

If this occurs, the umpire will penalise the team. Substitutes are not permitted in this area, they must remain off the court until the completion of each end (mini game).

Section 2

This is the area of the court where all players involved in the game are onside and can participate in the end (mini game).

Section 3

This is the area classed as the dead zone. Players will begin the game by standing inside this zone on their respective sides. At no stage does any further game play occur within Section 3. The only time a player can move inside Section 3 is when they need to collect a ball that is no longer live providing it is on their side of the half way line of the court.

Players must only throw the ball inside Section 2. Should any player throw a ball from outside this zone, the throw will be invalid. Any person struck by the ball will not be eliminated and possession of the ball will be given to the opposing team. Continual or deliberate breach of this rule will result in the umpire (at their discretion) warning the player and/or removing them from the game.

Commencement of the Game

Prior to the commencement of the game, all players must be standing on the inside of section 3 facing towards their side of the playing field (section 1).

Three balls per side will be placed on the outside line of section 1.

The umpire will start the game by calling "Dodgeball" and a blast of the whistle. All players will then run to the balls. To commence a game of mixed Dodgeball, at least one female must be in possession of a ball for the first throw.

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The Game

The game is played using three (3); nine (9) minute thirds, with a 2 minute break between each third. Play during these thirds will consist of ends (mini games). An end is the duration of time it takes to eliminate all players from one side. At the completion of an end (mini game), each team will swap sides and play will recommence with all players back in the game.

The object of the game is to eliminate all opposing players and this can be done in two ways:

1. **Hitting the opposing players with a live ball below the shoulders.** Head height contact will not count. Any player consistently hitting at head height will result in the player being removed from the game at the umpire's discretion.
2. **Catching a live ball.** The person who throws the ball that is caught will be eliminated from the end (mini game). Catching a ball will also allow a player on your team who has been eliminated to return to the game.

Definition of Live Ball is a ball that has been thrown and has not been touched by any player, any of the court surrounds or the ground.

Equipment

The ball used for our Dodgeball matches is a rubber coated foam ball. This ball has been selected for its soft exterior, which helps to lessen the chance of impact injury. If players feel uncomfortable about being struck on the body or the face they are welcome to wear protective equipment like face guards, helmets or other body protection. We also recommend that players wear knee and elbow pads as the courts are hard and players may fall over during the game. ICA Sportzworx will not supply this equipment. Please also be aware that the exact make-up of the ball may vary according to supplier variances; we understand that this can affect your performance during games, and will endeavour to keep the type of ball used as consistent as possible.

Scoring

After each end (mini game) you score points for your team according to the amount of players left on the court. For example if your team has four players left when all players from the opposing team have been eliminated, your team will receive 4 points. This will continue for each mini game. At the completion of each third each player left on the court from each team will be granted 1 point for their respective team. The team with the most points at the end of the game is the winner.

The winning team will receive 5 ladder points plus 1 bonus ladder point per 10 points scored in each match. In the event of a draw both teams will receive 3 ladder points each plus their bonus points. In the result of a forfeit the losing team will have 5 ladder points taken away and the winning team will be granted 5 ladder points.

Court Boundaries

The boundaries of the court are clearly marked on the court as in the diagram on page 1. The nets are the boundary for the game. Deliberate jumping into the nets will result in the player being ejected from the game for the third. A second offence by the same player will result in the player being expelled from the game and given a minimum 2 game suspension. It is understood that at times contact with the net is unavoidable. However, deliberate use of the nets to avoid the ball will not be permitted.

By Laws

- If one team has possession of all balls on the court at any one time they have 5 seconds to dispose of the ball. Should a team fail to dispose of the balls in the designated time any offending players will be eliminated from the end (mini game). This will be at the umpire's discretion.
- Honour system - because there is only one umpire per game, we request that players play Dodgeball with the right team spirit and be honest during the game. As an example if you are struck by a live ball you will be expected to remove yourself from the game.
- Should a dispute arise the game will be stopped until the umpire has the information required to make a decision. Once the decision is made by the umpire it is final and no further correspondence will occur.
- If a player is deliberately not playing in a manner considered acceptable by the standards set, the player will be ejected from the remainder of the game.

Please note that with all sports conducted at ICA Sportzworx Stepney, you are reminded of the risks associated with playing sport and are under the obligation to realise that injuries can occur while playing sport. With this in mind, Dodgeball is played at your own risk. Dodgeball is a social sport and is provided for the entertainment of all participating players and spectators. If any players and spectators act in a manner which is deemed to be unacceptable they will be removed from the competition. Unacceptable behaviour is according to the level of behaviour set by general society, players, spectators and the teams.

Management's decision will be final on all issues that may arise. Management reserves the right to change any rules to improve the sport and all teams will be duly notified.