

## **Dodge Ball Rules**

**All rules will be governed by Official NADA Rules with the following modifications listed below. All rules are subject to change at the discretion of the LU IMS Administrative Staff.**

### **I. General**

- Teams will be made up of 6-10 players.
- Six (6) players will compete on a side; others will be available as substitutes.
- Substitutes may enter the game only during timeouts or in the case of injury.
- The playing field shall be a rectangle at least 50 ft. long and at least 30 ft. wide, divided into two (2) equal sections by a centerline and attack lines 3m from, and parallel to the centerline.
- The official ball used in tournament and league play will be an 8" foam ball.

### **II. The Game**

- The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:
  - Hitting an opposing player with a LIVE thrown ball below the shoulders
  - Catching a LIVE ball thrown by your opponent before it touches the ground.
- Definition of LIVE: A ball that has been thrown and not touched anything (including the floor/ground, another ball, another player, official or other item outside of the playing field etc. wall, ceiling, etc.)

### **III. Boundaries**

- During play, all players must remain within the boundary lines. Players may leave the boundaries through their end line only to retrieve stray balls. They must also return through their end line.
- Players, who are not in the game, may not touch any ball at any time.

### **IV. The Opening Rush**

- Game begins by placing the dodge balls along the centerline – three (3) on one side of the center hash and three (3) on the other.
- Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls.
- This signal officially starts the contest. Teams may only retrieve the three (3) balls to their right of the center hash.
- Once a ball is retrieved, it must be taken back behind the attack line before it can be legally thrown.

### **V. Timing and Winning a Game**

- The first team to eliminate all opposing players will be declared the winner.
- A 10-minute time limit has been established for each contest.
- If neither team has been eliminated at the end of 10 minutes, the team with the greater number of players remaining will be declared the winner.
- In the case of an equal number of players remaining after regulation, a sudden death overtime period will be played. All OT periods will be three (3) minutes.
- Each team will be allowed one (1) 30 second timeout per game. At this time, a team may substitute players into the game.
- In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds. Two balls will be given to the other team.