



PRESENTED BY



## Rules

### 5 D's of Dodgeball: Dodge, Duck, Dip, Dive and Donate

- 1) You are allowed 15 team members on your roster. Only 10 may be on the bench each game.
- 2) There must be 6 players on the court at the start of a game, 3 males, 3 females.
- 3) Games are 15 minutes long. Two 7 minute halves with a 1 minute break in between.
- 4) At the start of the game all players line up on the back lines of their side of the court. The ref will countdown the beginning of the game by saying "3, 2, 1 Dodgeball!"
- 5) There are 6 balls split into 2 even groups around the center circle of the court. During the opening rush (when the game starts) you can only grab the balls on your side of the center circle.
- 6) You are out if: 1) you step on or over a sideline or centerline; 2) a thrown live ball hits your body; and 3) you throw a live ball and it is caught by an opponent.
- 7) A thrown live ball can only hit out one player. Thrown balls that hit the ground, the wall, other balls, or other objects before hitting the opponent are considered dead balls, and are ineligible to hit players out.
- 8) Throw responsibly, no headshots.
- 9) You may block a thrown ball with a held ball. However, if you drop the blocking ball during the act of blocking, or if you fail to make a clean block (as in the thrown ball still ends up hitting or grazing your body afterwards), you are out.
- 10) If you are out, go sit on your bench in the order in which you got out. If your teammate catches a ball, the player at the start of your team's line comes back into play.
- 11) Each time a team clears the opposition players from the court they receive 1 point. At the end of 15 minutes the team with the most points wins.
- 12) If there is a tie and the time expires with players still on the court, the team with the most players left on the court gets the point and the win. If that number is the same then you will play until one player from either side is out. That team will take the loss. In the playoffs (semi-finals and finals) if at the end of the game (15 minutes) both teams have the same amount of set wins, the current set will continue and the winner of that set will win the game.
- 13) Respect the referee, they are volunteering for the event, and their decisions are final.
- 14) Do not throw excessively hard — this is a fun tournament to raise funds for healthcare! Keep it light 😊
- 15) DO NOT SQUEEZE THE BALLS. This gives an unfair advantage to the thrower.
- 16) Do not stockpile balls — if all the balls have collected on your side of the court, it's good sportsmanship to send up to three to the other team.
- 17) Be respectful of the facilities — don't wear marking shoes, and clean up after yourself.
- 18) Have fun!