



**CAIRNS  
INDOOR  
SPORTS**

## **Dodgeball Rules**

### **THE GAME**

A match will be made up of 4 ten minute quarters. Your team will receive 4 points for winning the game and 1 bonus point for winning each quarter.

The object of the game is to eliminate all opposing players. This may be done by:

1. Hitting an opposing player with a LIVE thrown ball below the shoulders.
2. Catching a LIVE ball thrown by your opponent before it touches the ground.

Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc)

### **THE TEAM**

Teams will be made up of 6 players. Substitutes may enter the game only during game changes or in the case of injury.

### **THE COURT**

Each court has a centre zone and 2 attack zones. Players are required to stay in their own attack zone for the duration of the game. The only time a player is allowed to enter the centre zone is to retrieve stray balls. Once a player has retrieved a ball from this area, they must make a legitimate attempt to return as quickly as possible to their attack zone. No player may be hit when they enter the centre zone. If a player is deemed to be loitering in the centre zone to avoid being tagged the referee has the right to first warn and then penalise a player.

### **THE EQUIPMENT**

The official ball used will be a 160mm rubber-coated foam ball.

## BOUNDARIES

During play, all players must remain inside their attack zone. The only exception is to retrieve a ball from the centre zone.

A ball that is thrown in front of the attack zone will be deemed dead and the player who threw it eliminated. Players that have been tagged by a ball must be seated on the side of the court immediately.

## THE OPENING RUSH

The game begins by placing the dodgeballs along the middle of the centre zone. Players then take a position against the net. Following a signal by the official, teams may approach the centreline to retrieve the 3 balls from the right hand side only. Once a ball is retrieved it must be taken into the attack zone before it can be legally thrown. An illegal throw will not count, the person who threw it will be eliminated and the ball is deemed dead.

## TIMING AND WINNING A GAME

The first team to legally eliminate all opposing players will be declared the winner of that round. The number of points they will receive will be determined by the number of "live" players they have left in that round. At the end of each quarter a bonus point will be given to each team for all "live" players remaining in the current game. The team with the greatest amount of points at the completion of the match is declared the winners.

## SUBSTITUTIONS

Substitutions may only be made at the end of a match during change of ends. Substitutions are also allowed for injured players.

## 5-SECOND VIOLATION

In order to reduce stalling, if a team is in control of all six balls on their side of the court for more than 5 seconds they will have one player eliminated.

## RULE ENFORCEMENT

Rules will be enforced primarily by the honour system

Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. The court referee will be responsible to rule on any situation in which teams cannot agree. THE REFEREE'S DECISION IS FINAL. NO EXCEPTIONS.



**Nominate today to join in the fun!**