

YMCA Dodgeball Rules

THE TEAM

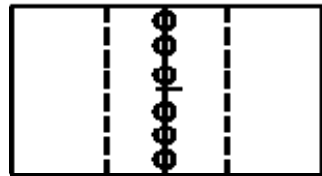
Teams will be made up of 6-10 players. Six players will compete on a side; others will be available as substitutes. Substitutes may enter the game only in the case of injury. A team must have at least four players on the court to begin a match.

There is a five-minute rule. If your team is not on the floor at the scheduled start time, you will receive a five-minute grace period. If your team is not present at the end of the grace period you will receive a forfeit. The win-loss records for those teams will be the best win-loss record from that day.

Players will not be allowed to wear any jewelry for their safety and the safety of others. If a player violates the jewelry rule after they or another player of their team has received a warning for jewelry previously during the same match, the player is ejected for the remainder of the match. The team may use a valid substitute if one is available, otherwise they play shorthanded.

THE FIELD

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 center-line and attack-lines 3m from, and parallel to the centerline.



IDEAL MEASUREMENTS: 60' x 30' – Identical to a volleyball court.

THE GAME

The object of the game is to eliminate all opposing players by getting them "OUT". 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.
**A caught ball also results in another player from your team being allowed back into the game.

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)

Each round has a time limit of 30 minutes.

Any shot striking the head of an opponent ruled by the referee to be intentional or flagrant will result in the thrower being out, and the violating team is forced to play shorthanded for the rest of the game.

Clothing counts as part of your body.

Kicking a dodgeball is illegal. All kicked balls will be ruled dead on the spot.

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.

You may not cross the half court line during play. If you cross the line you become out.

THE OPENING RUSH

Game begins by placing the dodgeballs along the center line – 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 behind the attack-line before it can be legally thrown.

****NEW RULE** TEAM REGENERATION**

Teams have the opportunity to regenerate all of the players who are currently out once per game. Regeneration can be done by knocking a tennis ball off a cone that will be placed at the end line of the other teams playing zone. The ball must be knocked off with a dodeball. A regeneration does not occur if a player of the opposing team knocks off the tennis ball by accident.

5-SECOND VIOLATION

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.

RULE ENFORCEMENT

During pool play or regular-season matches, rules will be enforced primarily by the "honor system"*. Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. All contests will be supervised by a court monitor*. The court monitor's responsibility will be to rule on any situation in which teams cannot agree. THE COURT MONITOR'S DECISION IS FINAL – NO EXCEPTIONS.

N.A.D.A. Code of Conduct

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of game officials and YMCA staff.
3. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
4. Be responsible for your actions and maintain self-control.
5. Do not taunt or bait opponents and refrain from using foul or abusive language.