



Official Rules of DODGEBALL

The TEAM

1. All participants must sign a league roster/waiver form before they can play in any game.
2. The game will be played between two teams of six (6) players.
3. Teams must have a minimum of 5 players to start the game.
 - A. On coed teams, 4 men & 2 women will play the court. If playing with 5 players, teams must have at least 1 woman on the court.
 - B. No women are eligible to play within the men's league.

TIME LIMITS

1. Each week teams will play 1 warm-up game followed by 5 games for record. Matches will not be the best of 5 games, standings will be kept using games won.

The GAME

Definition of Live Ball: A ball thrown at an opposing player that has not touched the ground or a wall or any other out-of-bounds obstruction.

1. The game will be played in an elementary school gym.
2. The object of the game is to eliminate all opposing players by getting them "OUT". This is done by:
 - Hitting an opposing player(s) with a live ball at the shoulders or below (no head or neck).
 - Catching a live ball.
3. The game will begin by placing four (4) dodgeballs on the center line. Players will take position touching their respective back walls.
4. When the whistle is blown, each team will sprint to the center to retrieve the balls.
5. Once the balls are retrieved from the center, they (the balls) must touch the player's respective back wall before being thrown at an opposing player. This can be done by either throwing the ball at the back wall or running to the wall and touching it.
6. Players must remain in their respective areas – behind the center line on their side of the court.
7. Players may leave the court to retrieve a dead ball, but may not cross center court. A player may reach across center court, but may not step on or across the center line.
8. A player may defend himself by using another dodgeball. However, a player is out if, when defending with a ball, the live ball touches any part of that player or the ball is dropped.
9. Anytime a thrown ball hits any part of a player's head, the ball is dead and that player remains in the game.
10. If a player catches a live ball, the thrower is "out" and everyone hit by the thrown ball remains "in". Also, a player from the catcher's team may reenter the game. Players must reenter in the order they were put out.
 - For example, player A throws a ball and hits opposing player B. The ball bounces off player B and is caught by player C without touching the floor. Result; player A is out, and players B & C remain in. If applicable, the first player out, from that team, may reenter.
11. Rejuvenation Rule: Once a team is down to less than 3 players they may "rejuvenate" (all players back in) the whole team. This may be done twice per game by either hitting the opponent's backboard or by making a basket. Teams must make at least one basket to rejuvenate twice.

EQUIPMENT/SAFETY

1. The BVRC will provide the official game balls.
2. All exposed jewelry judged unsafe by the umpire should not be worn. Exception; medical alert bracelets and necklaces.

RULE ENFORCEMENT

1. The BVRC will provide an official. That official will have final authority on all calls and rule interpretation.
2. Teams will also be expected to use the "Honor System" when enforcing rules. Any player legally put out should leave the court, whether the umpire saw the play or not (if you're out, you're out).