



GO Kickball's Official Rules of Dodgeball

The Team / Players

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1. The Team / Players

- 1.1 A team consists of a minimum of 8 players, including a minimum of 1 female player.
- 1.2 A game (within a match) will start with each team having either 6 players including 2 females at a minimum OR 5 players including 1 female at a minimum. If a team has less than 5 total players including 1 female player, it is at the opponent's discretion as to whether the match is a forfeit or if the team may start with a lower number of players. It is also at the opponent's discretion on whether to allow a team to have substitutes/additional players added to a team for their respective game.
- 1.3 Each game (within a match) may have different starting players as long as 1 female starts each game at a minimum. Additional team players will enter in each game as players exit and enter the court during a game (see Playing Rules below).
- 1.4 Each player will receive a team t-shirt as their uniform and must wear that team t-shirt to play in a match.

2. The Match, Games & Standings

2.1 THE MATCH

- 2.1.1 A match consists of a series of 11 games within a 45 minute timeframe between two teams.
- 2.1.2 The team winning at least 6 of the 11 games wins the match.

2.2 THE GAMES

- 2.2.1 Each game will start with 6 balls on the mid-court line, including 2 large-sized balls, 2 medium-sized balls and 2 small balls. **Note:** for Foam Dodgeball, there will be 4 medium sized balls and 2 small balls. The 2 small balls may only be retrieved and thrown by the female players. Male players may catch the small balls if thrown at them, but must hand to a female player to be thrown. If a male throws a small ball he is out of that game.
- 2.2.2 Each game will have 2 opposing teams line up at their respective baselines with either 6 players including a minimum of 2 females OR 5 players including a minimum of 1 female. Additional team players will line up on the team bench in the order that they will enter the game when a ball is caught during play. The next player entering the court for each team must stand on the X on each team bench.
- 2.2.3 Each game will end either by all players from one team being eliminated or 3 minutes in length. For games that reach 3 minutes in length, the team with the



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most players remaining on the court wins the game. If both teams have the same number of players standing, then a sudden death game of 3-on-3 (minimum 1 female) begins with 2 medium balls and 2 small balls. the first team to have a player eliminated loses the game.

2.2.4 If a team does not have the required minimum number of players, then the result will be a forfeit and recorded as 11-0 for the non-forfeiting team.

2.3 THE STANDINGS

2.3.1 League Standings are based upon the match record of all teams within your respective league (and division if applicable).

2.3.2 The match score will be the number of games won for each team (i.e. if Team A wins 7 games and Team B wins 4 games within a match, the match score will be a 7-4 victory for Team A). All 11 games will be played for each match as the game differential will be the final tie-breaker for league standings.

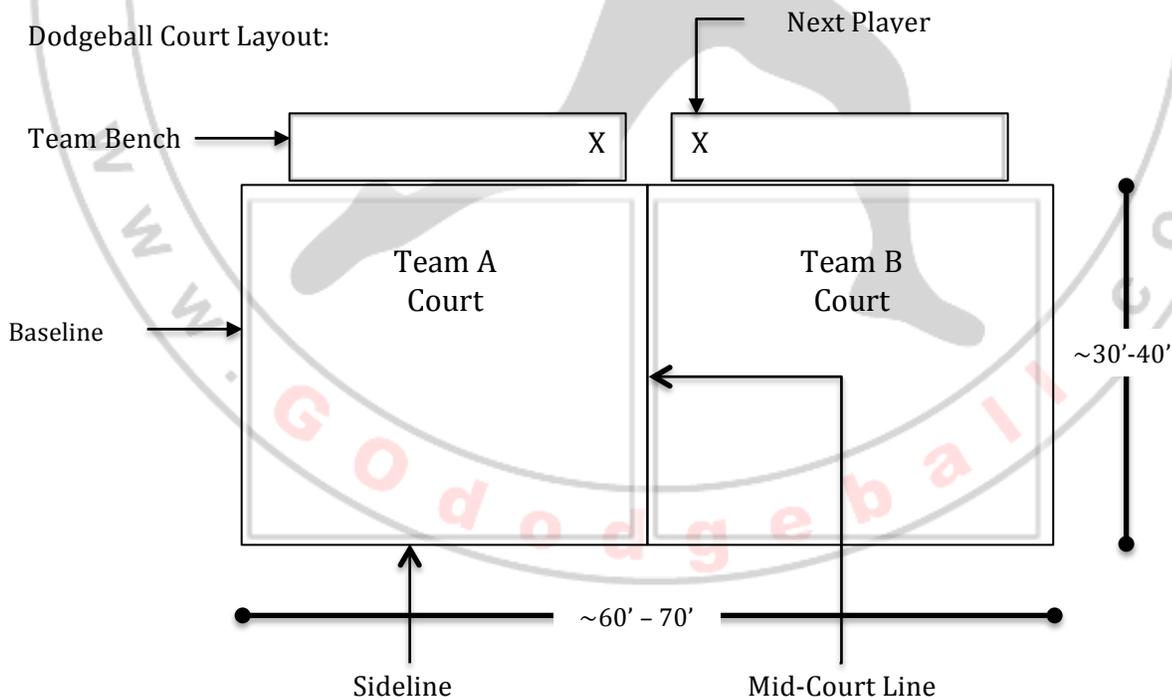
2.3.3 Tie-Breakers include (in order of priority):

- 1- Overall match record
- 2- Head-to-head
- 3- Overall power ratings
- 4- Conference match record (if applicable)
- 5- Conference power ratings (if applicable)
- 6- Game score differential

2.3.4 The season consists of 7 regular season matches and the 8th week tournament.

3. The Court

Dodgeball Court Layout:





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- 3.1 Court boundaries are defined by lines and depicted on the court diagram above. For gyms/rec centers that do not have the exact lines for a Dodgeball court, lines may be defined by floor tape to complete the court boundaries.
- 3.2 Games are played on half of a basketball court with the Dodgeball court rotated 90 degrees and in a rectangular shape. Two dodgeball courts can be played on one basketball court.
- 3.3 Length of mid-court line, baseline and sideline boundaries vary depending on the gym/basketball court size. Court boundaries will be defined and lined for each gym/rec center before the start of the matches.
- 3.4 Court boundaries are generally 60-70' in length (sidelines) by 30-40' in width (baselines and mid-court line).
- 3.5 Each team's court boundaries are approximately 30-35' in length by 30-40' in width.
- 3.6 The mid-court line divides the full court in half and is neutral.
- 3.7 During play, all players in the game must remain inside the boundary lines.
- 3.8 No players may step over the mid-court line (except during the opening rush), but they may step on the line.
- 3.9 Players may exit through their baseline to retrieve stray balls and must immediately re-enter the court through their baseline after retrieving balls.
- 3.10 Teammates off the court must stand in a line off the sideline starting with the next player to enter standing on the X. They must stand in the order that they will enter the court if a ball is caught by a teammate. When a player is eliminated that player goes to the end of the teammate line.
- 3.11 A player within the court shall NOT:
 - 3.11.1 Have any part of their body contact the surface outside their court. They can touch the lines, but only exit and enter through the baseline to retrieve balls.
 - 3.11.2 Enter or re-enter the court through their sidelines.
 - 3.11.3 Leave the court to avoid being hit by a ball or to catch a ball.

4. The Equipment

4.1 GAME BALLS

- 4.1.1 Game balls will include 3 different size balls, including a large 10" rubber ball for all players, a medium 8.5" rubber ball for all players and a 6" foam ball only for female players. **Note:** for Foam Dodgeball, there will be 2 different sized balls, including an 8.3" foam ball for all players and a 6" foam ball only for female players.
- 4.1.2 There will be 6 game balls in-play, including 2 large, 2 medium and 2 small balls. **Note:** for Foam Dodgeball, there will be 4 medium sized balls and 2 small balls.

4.2 PLAYER GEAR

- 4.2.1 Players must wear gym shoes at all times. Bare-feet, socks and cleats are NOT allowed.
- 4.2.2 Players must wear their official team t-shirt during play.
- 4.2.3 Players may wear additional apparel such as headbands, wristbands, elbow or knee pads. Gloves may not be worn.
- 4.2.4 Clothing on a player is considered a part of that player, thus if a piece of clothing is hit by a live thrown ball then the player is out.



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5. The Playing Rules

5.1 OBJECTIVE

5.1.1 The object of the game is to eliminate all opposing players by knocking them out. If all opposing team players are eliminated, the team remaining wins the game.

5.1.2 The team that wins the majority of the games wins the match.

5.2 BEGINNING THE GAME

5.2.1 "Rock-Paper-Scissors" is played by each team captain and the winner selects the side of the court they will start on. Thereafter teams reverse sides at the start of each game.

5.2.2 The 6 game balls will be placed randomly across the mid-court line by the referee. Flat round cones may be used to place the balls upon so they don't roll away.

5.2.3 Each team lines up BEHIND their respective baseline for the opening rush.

5.3 OPENING RUSH

5.3.1 Once the referee blows the whistle, the players rush to the mid-court line to retrieve the balls. **Note:** During the opening rush, players may incidentally cross the line scrambling for a ball. In this case the player may not be ruled out unless they purposely crossed the line as determined by the referee.

5.3.2 The small balls can only be retrieved by female players.

5.3.3 Each player can only retrieve one ball during the opening rush.

5.3.4 Players may not slide on the opening rush, and can only use their hands to retrieve balls. **Note:** Violation of this rule eliminates the offending player(s)

5.3.5 When two opposing players have grabbed the same ball and are competing for it, after 3 seconds if there is no clear possession, then the ball is awarded to the team in which the ball is favoring their side (i.e. if the ball is more on one side of the court than the other).

5.3.6 Once balls are retrieved from the mid-court line, all balls must travel back to the respective team's baseline (via a player carrying the ball back or throwing the ball back to a teammate) before a player can use that ball to attack an opponent.

5.4 PLAYER ELIMINATION

5.4.1 Hitting an opposing player with a live thrown ball BELOW the neck (must hit shoulders or below) eliminates the opposing player. **Note:** If a player ducks then their entire body is fair game.

5.4.2 A live ball hitting an opposing player below the neck then deflecting and hitting another opposing player (or multiple players) eliminates each player.

5.4.3 Hitting an opposing player above the shoulders (when the player does not duck) eliminates the thrower regardless of whether the opposing player blocks their neck/head with their arms/hands. *Be respectful and only aim throws below your opponent's shoulders.*

5.4.4 Catching a live thrown ball by an opponent eliminates the thrower.

5.4.5 A player that steps out of the court boundaries during the course of play is eliminated, except when exiting the court via the baseline to retrieve a ball.

5.5 GENERAL GAMEPLAY

5.5.1 If a player catches a live thrown ball, the thrower is out and the team that made the catch may enter (or re-enter) 1 player in the order that the team is aligned and has exited the court during the same game. **Note:** the maximum number of players a team may have on the court at any time is 8.



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5.5.2 If a live thrown ball hits a player (or multiple players), deflects off and is caught by a teammate before the ball becomes dead, the thrower is out and no players on the catching team are eliminated. In this case, the team does not get to enter a player, since the catching action saved each teammate.

5.5.3 A player may block a live thrown ball with a ball being held. A thrown ball deflecting off of a held ball is no longer a live ball towards teammates, and cannot eliminate a teammate if it hits them. The player blocking must "complete the block" and will be eliminated if the thrown ball deflects off the held ball and still hits them.

5.5.4 A player that drops a ball they are using as a blocking ball as a result of a live thrown ball hitting it DOES NOT eliminate the player.

5.5.5 A player may not leave the court in the act of catching a ball or in order to catch a ball. A player must complete a catch in bounds and then stop their momentum in bounds for it to count.

5.5.6 A player may not jump over the mid-court line in the air in order to throw a ball at an opponent. If the player crosses the mid-court line in the air before the ball has been thrown, then the thrower is out. Any attempt to jump at an opponent over the mid-court line in order to distract them will result in the offending player being eliminated, and any balls thrown by teammates of the offending player will NOT be considered live.

5.6 RETRIEVING BALLS

5.6.1 Balls leaving the court can be retrieved by players both on and off the court. Players on the court can only exit and re-enter to retrieve balls via the baseline of their respective court. They must return immediately to the court or else they will be declared out. Players waiting in line off the court can retrieve balls that are outside the court only on their side of the court, but they may not run around the back or to the other side of the court to retrieve balls. They must then return to their position in line and maintain their order of entry.

5.6.2 Players hit while retrieving balls are still out and eliminated from the game.

5.6.3 Players catching a live thrown ball while outside the court retrieving a ball still eliminates the opponent throwing the ball and another teammate of the catching team may enter.

5.6.4 Players cannot throw a ball while they are outside the court retrieving balls.

5.7 OFFICIALS

5.7.1 A referee will be provided for each match.

5.7.2 Rules will be enforced primarily through the HONOR SYSTEM and the referee will make all decisions on game discrepancies and time. Everyone is participating to enjoy the game and have fun, so be respectful and honest to your team and your opponents during the games.

5.7.3 The referee is responsible for officiating and overseeing the games and match.

5.7.4 Referees are trained, certified, and are held accountable to conduct games in a professional manner.

5.7.5 The referee's decision is the FINAL decision in all matters related to a match.

5.8 TIME AND STALLING

5.8.1 The referee is responsible for timing all games and breaks. Maintaining time during/in-between games is critical to ensuring all 11 games within a match are played.

5.8.2 Each game is 3 minutes in length, with 1 minute breaks between each game.



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5.8.3 There are no timeouts during a game.

5.8.4 The referee's whistle starts, pauses and stops a game. If the referee's whistle is blown during the course of a play, the play becomes dead. All thrown balls are considered dead once the whistle is blown.

5.8.5 Players are NOT allowed to intentionally stall time during a game while having a ball on their side of the court. If a player/team stalls, the referee will initiate a countdown starting at 5 seconds. Each player has 5 seconds to pick up and throw a ball on their side of the court before they receive a time violation and are ruled out. If a player is attempting to block with a ball or are actively dodging a thrown ball, then the countdown starts over. If there is more than one player on the court, each player that fails to throw the ball within the allotted time will be eliminated.

5.8.6 If a female player is still in the game on either team, then the small balls must be kept in play. If a team has both small balls and no female players in the game while the opposing team still has a female player, then a small ball must be rolled to the opposing team in a reasonable time, or a 5 second countdown will start.

5.8.7 If a female player is the last player remaining on a team, they must keep the medium and large balls in play and may not hoard balls to keep them from the opposing team.

5.8.8 All balls should be kept in play, and no player may intentionally try to keep balls out of play. Balls cannot be thrown or kicked out of the court in order to keep the balls away from the opposing team or the offending player(s) will be eliminated.

6. The Sportsmanship & Code of Conduct

6.1 Players should understand, appreciate and abide by the official rules of the game and the honor system.

6.2 Players should respect the integrity and judgment of the referees and facility staff.

6.3 Players should respect their opponents and congratulate them in a courteous manner after each match, whether in victory or defeat.

6.4 Players are responsible for their actions, maintaining self control and will be held accountable for any poor sportsmanship and possible damage to facilities.

6.5 Players are not allowed to taunt or bait opponents.

6.6 Players should refrain from using foul and abusive language.

6.7 Referees are empowered at their discretion to give a warning and/or eject any player that instigates arguments, foul language and/or flagrant abuse towards the opposing team, referee, gym and recreational facilities and staff.

6.8 ENJOY THE GAMES, MEET NEW PEOPLE, BE RESPECTFUL AND USE COMMON SENSE.

NOTE: Rules are subject to change at any time at the discretion of **GO Kickball**.