



Dodgeball Rules at a Glance

2017 Edition

Looking to get a general idea of how the game works? Here are the basics in one handy page.

Format

- 6-on-6 (2 of each gender required for co-ed) - typically 8-12 people on a team
- 6 balls in play - typically 7" soft rubber balls, 8.5" Mikasa Balls or 7" foam balls
- Teams rush to grab their 3 balls at the start, and bring them back across the attack line (~ 10 feet from centre) before throwing.
- As many games will be played in the allotted match time as possible.
- Each game is a maximum of 4 minutes

Objective

- Eliminate all players from the opposition by throwing balls at them, or catching balls thrown at you. Catches eliminate the thrower and bring your next player in the queue back in!
- Team with the most games won at the end of the match wins.

Things that eliminate you

- Getting hit by a ball
- Your ball getting caught
- Stepping over the centre line
- Not throwing your ball over the centre line in the air
- Dropping or dribbling a ball on your side of the court
- Hitting a player in the head
- Holding a ball for more than 10 seconds

Things you can totally do

- Possess/catch as many balls as you want
- Save teammates by catching balls that hit them before that ball hits the floor
- Block throws with a ball you're holding, or the centre catch balls that were blocked
- Suicide throw by jumping over line and throwing in the air before you land

Things you totally can't do

- Catch or get eliminated by a ball after it hits the floor, wall or other dead object
- Kick or spike balls at the opposition to try to eliminate them
- Be rude to officials or players
- Hit people in the head with the ball while they are standing upright or jumping
- Dribble the ball or bounce it on your side once you have gained control of it. You can only pass it off or throw it across centre
- Take more than 10 seconds to throw after picking up ball

Other important stuff

- When you get eliminated, immediately call yourself out by raising your hand and going to the sideline into the queue. Call your teammates out if they did not call themselves. Good personal accountability will keep you out of trouble.
- If game time ends and each team has equal players left, SUDDEN DEATH occurs. See full rulebook for details
- Pinning a ball against the wall or floor does not count as a catch.

