



DODGEBALL South Africa

Information & Rules 2019

DODGEBALL INFORMATION & RULES

SQUADS & REPLACEMENTS

- up to 10 players in squad
- 6 players on the court at once (For mixed division, at least 2 should be of the opposite sex)
- The 10 includes up to 4 optional reserves

MATCH LENGTH

- 3 minutes per game (amount of games played per match may vary according to time permitted and number of teams) - this will be confirmed prior.

POINTS/SCORING

- 4 points for a win, 2 points for a draw and 0 points for a loss

DODGEBALL RULES

1. Dodgeball is all about sportsmanship, honesty and social integrity. During play, there are up to 2 referees that are stationed at the ends of the centre line to help facilitate the game. Referees start the game, keep order and ensure fair play. Please do not raise your voice to the ref, otherwise you may be asked to leave the court. Poor sportsmanship will NOT be tolerated.
2. The court is divided into 2 sections with a centreline in the middle, where 5 balls are placed. Players may not step over the line at any time. Players may fetch balls from the line. During play players may not step over this line into the opposing teams area. Stepping over the line will result in offending player being sent off. Only exception to this rule applies to the initial rush, if a player accidentally steps over the line he/she will not be called out however, continuous offenders or dangerous play will result in the offending person being called off for the remainder of the game.
3. The game starts with all players at the back of the arena on their respective sides, when the referee blows the whistle, players rush for the balls and the game begins – NB after the rush all balls **MUST** reach the back of the arena before they are in play.
4. If a ball hits the ground, arena wall, net or another ball mid-air, it is deemed dead. This means if it hits you after hitting something else, you are not out.
5. If a player catches a live ball, the player who threw it is out and 1 teammate on the catching team that was out may come back in to play. NB! You come back in, in the order you went

out (First out, first back in). When out, please line up in order of elimination within the netted goal box (entrance).

6. Players may use a ball to block throws. However, if they drop their ball as a result of blocking a ball, they are out. We call this a Failed Block
7. After a ball is deflected by a blocker ball, it is still "live". So if the ball comes off a block into your body and you don't catch it you are OUT. The same applies if a deflected ball hits a teammate (they will be out. If they catch this ball, you will both be safe.)
8. Players try to hit opposing players, below the neck, with the ball. If a player is hit, they are out, and must exit the arena. Headshots are frowned upon however, still count as a hit. Repeat headshot offenders will receive a warning or be sent off for that game, depending on the severity of the headshot. The ref's call is always final, **no arguing with the referee is allowed!**
9. Players must remain on their own side of the half at all times. Absolutely no crossing onto the opponent's side at any time. No sliding for the ball or dangerous play is allowed during the "rush".
10. In the event of a standoff (both teams not attacking), the team with majority balls will be asked to advance and make the first play. NB: In the final 15 seconds of a game, a team may not hold back all the balls to purposefully alter the outcome of a match, this is especially important if that side is the winning side by players, they would need to make an attempt.
11. If there is 1 minute or longer on the match clock another game will be played for the duration of the remaining time. Once time is up the referee will blow the whistle to indicate the end of the game. The team with the most players will take the point. Should teams have the same amount of players when time is up, it will be deemed a draw.
12. Players returning to the court after a catch is made have 5 seconds immunity from being hit and going out, unless they become involved in the play (meaning they pick up a ball, run up to the line, or try to catch a throw, etc.).
13. Absolutely no negative heckling of other teams and NO shouting across the court at the other team during play as this interrupts the game and causes unnecessary distractions. If you would like to bring an issue to the referee's attention leave it for after the game.
14. Please high five the opposing team after the match!

Dodgeball is a game of good vibes, so be awesome to your fellow humans!

For more information about the game or what Dodgeball South Africa are up to please throw a glance our way via the following mediums:

Facebook: www.facebook.com/dodgeballsa/

Web: www.dodgeballsa.com

Web Federation: www.southafricandodgeball.org

Instagram: @dodgeballsa

Founder: Nicholas Oebell - nic@dodgeballsa.com