

General Rules

1. A maximum of 6 players and minimum of 2 females (one of which must be from a team's roster) on each team at the start of the game
2. 6 standard balls (8.25" foam balls) are placed on the centerline in two groups of 3. Each group of 3 is placed at opposite ends of the centerline, in front of the referee(s).
3. Opening rush: Players must be touching the back wall at the start of the game. After the starting countdown of "3,2,1 dodgeball!" teams approach the centerline to retrieve the balls
4. Teams can only take the 3 balls to their side initially.
5. Balls must touch the back wall before they are "alive". The ball is dead otherwise.
6. Players attempt to eliminate opponents by hitting them with balls or catching their throws. If a player is hit with a live ball, that player is out.
7. Eliminated players line up against the designated wall or on the sideline, which is to be announced at the start of the games, next to the referee(s), according to the order of elimination.
8. Players are to play by the honor system. If in doubt, players should call themselves out.
9. Play continues until one team is eliminated.
10. Referee can pause the game at any point by saying, "stop." At that point, all events after and during are void.
 - a. The game restarts with remaining players against their respective walls with ball possession retained, but all ball counts are restarted.
 - b. All balls on the ground remain where they lay.
 - c. Referees restart the game by a countdown of "3,2,1 dodgeball!"

Boundaries

1. Players are not allowed to make contact with any boundary or out of bounds area during game play; they will be called out.
2. During the opening rush, players may cross the centerline.
3. All parts of a player's person, including all parts of their body, clothing, or balls in possession are considered when determining if contact has been made. Garments falling off of a player, and crossing a boundary (e.g. shoes, hats) do not make the player out.
4. Kamikaze plays: players are not allowed to deliberately cross the centerline to make a play, they will automatically be called out.
5. Balls that go out of bounds are to be returned to where they became out of bounds, or stopped on the sidelines before they go out of bounds. If the initial out of bounds location can't be determined, then the balls should be placed on the centerline.

Hit

1. A player is considered hit only if there is direct contact with a live ball released by the opposing team.
2. Hit etiquette: if a player is hit, they should drop all held balls, raise their arm to signal that they are out, and leave the court immediately and minimize gameplay disruption. (Once on the sidelines, knocked-out players are not allowed to kick or pass balls to their teammates. This is illegal and will result in the ball being turned over to the opposing team).

3. Headshots: For the protection of our players, a headshot will be called when a player is hit in the head while standing in an upright, or ready position. A hit to the head of a player doing any significant movement such as ducking, jumping, or purposeful/preemptive dodging will not be called a headshot. If a player puts their hands up to protect themselves a headshot will still be called. Headshots will be called at the discretion of the referees and will rule in favor of player safety in most cases.
4. If in doubt, players should call themselves out (AKA "if in doubt, you are out").
5. A player is not out from a hit until the thrown ball touches another object or surface

Catch

1. A catch is when a player retains full control of a ball released by an opponent. While possession does not require both feet to be on the ground, the player must land with both feet, and any other part of their body inbounds. This includes catching balls going out of bounds.
2. If a player catches a ball thrown by an opponent, the thrower is out and one player returns to the catcher's side in the order of first out, first in.
3. Returning players after a catch must go straight to any part of their own back wall, and touch the wall to be reactivated.
4. If a dead ball is thrown and then caught, it is considered a legal catch.
5. If a player attempts to catch a live ball thrown by the opposing team, but drops it or allows it to touch any surface or object, other than themselves, before gaining full control, they are out.
6. If a ball deflects off a player's body, only that player can make a legal catch afterwards. The ball is dead if another player touches it, or if it hits a surface or object before caught.

Block

1. A block is when a player uses ball(s) in possession to keep themselves from being hit.
2. Failed block: if a ball hits the player's attempted blocking ball and then their body or clothing afterwards; or a player drops their blocking ball as a result of trying to block an opponent's ball.

Dead Ball

1. Dead ball: A ball that hits an object, surface or teammate before the player, or a ball declared as a dead ball by the referee.
2. 10 Second Holding Rule: The intention of the 10 Second Holding Rule is to prevent stalling and encourage continuous play. Players can only hold the ball for 10 seconds. After 10 seconds, the ball is dead and must be turned over. It is the responsibility of players to know their ball's countdown status.