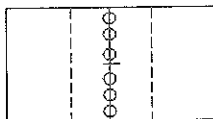


THE TEAM

Teams will be made up of six-10 players. Six players will compete on each side; additional team members will be available as substitutes. Substitutes may enter the game only during timeouts or in the case of an injury.

THE FIELD

The game may be played indoors or outdoors. The playing field shall be a rectangle at least 50 feet long and at least 30 feet wide, divided into two equal sections by a center-line and attack-lines 3 meters from, and parallel to the centerline.



IDEAL MEASUREMENTS: 60 feet x 30 feet – Identical to a volleyball court.

THE EQUIPMENT

The official ball used in tournament and league play is an 8.25 inch rubber-coated foam ball.

THE GAME

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

1. Hitting an opposing player with a LIVE thrown ball below the shoulders.
2. Catching a LIVE ball thrown by your opponent before it touches the ground.

Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc).

BOUNDARIES

During play, all players must remain within the boundary lines. Players may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end-line.

THE OPENING RUSH

Game begins by placing the dodgeballs along the center line – three on one side of the center hash and three on the other. Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Teams may only

<http://www.dodgeballusa.net/rules>

1/2

2/14/2017

The National Amateur Dodgeball Association

retrieve the three balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown.

TIMING AND WINNING A GAME

The first team to legally eliminate all opposing players will be declared the winner. A three-minute time limit has been established for each contest. If neither team has been eliminated at the end of the three minutes, the team with the greater number of players remaining will be declared the winner. Details on overtime can be found in the NADA Rule Book.

TIME-OUTS & SUBSTITUTIONS

Each team will be allowed one 30-second timeout per game. At this time a team may substitute players into the game.

5-SECOND VIOLATION

In order to reduce stalling, a violation will be called if a team in the lead controls all six balls on their side of the court for more than five seconds. This also applies to teams in a tie situation. More details can be found in the NADA Rule Book

RULE ENFORCEMENT

During pool play or regular-season matches, rules will be enforced primarily by the "honor system". Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. All contests will be supervised by a court monitor*. The court monitor's responsibility will be to rule on any situation in which teams cannot agree. THE COURT MONITOR'S DECISION IS FINAL – NO EXCEPTIONS.

*NOTE: During tournament play, All Semi-Final and Final Round matches will be officiated by no less than two NADA Officials. These officials will rule on all legal hits, out-of-bounds and 5-second violations.

NADA Code of Conduct

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of game officials and N.A.D.A staff.
3. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
4. Be responsible for your actions and maintain self-control.
5. Do not taunt or bait opponents and refrain from using foul or abusive language.

Players and Substitutions

A team consists of six (6) players per game. There is a roster cap for dodgeball. Teams may have only twelve (12) players listed on their roster. The minimum number of players to start a game is four (4) players. At game time, if your team only has the four (4) players present the game will begin with the four (4) players and no other players that arrive late can "jump in" and begin playing for their team. The late individual(s) must wait until the commencement of the next game to participate. Alternate players may enter when a new game starts or to replace an injured player.

Starting the Game: The game will start with:

- Six (6) dodgeballs placed on the center line (three (3) on each side of the center mark).
- All players will stand behind the end line. Once the whistle is blown, the players must run to retrieve ONLY the three balls placed on their right of the center mark (safety issue).
- After initially securing a ball from the center line at the start of the game a player may not throw the ball and get an opposing player out. The ball must first cross their team's 10' line in order to be thrown at the other team. (Note: this is only for the start of the game, during the rest of the game you may throw the ball from anywhere on the court)

Ways in which a player is called out:

- Player A throws the ball and it hits player B
- Player A throws the ball and it is caught by player B—player A is out—in addition, team B is allowed to have one player come back in from the sideline (players may return in order of their elimination, with players eliminated first the players to return first).
- Player A throws the ball and player B attempts to catch it but doesn't—player B is out.
- Player A throws the ball at player B-1, it bounces off player B-1 and player B-2 catches it. Player B-1 is not out, player A is out. A player from Team B is NOT allowed to come in (player B-1 is the player that has been "saved").
- Player A throws the ball at player B who deflects the ball with their ball—neither player is out - unless player B drops their ball while in the process of trying to deflect player A's ball. In this case, player B is out.
- Player A throws the ball and hits Player B-1. Player B-2 then attempts to catch the ball but is unsuccessful and is hit by the ball. Player B-1 AND Player B-2 are out.
- Player A throws the ball at player B-1 who deflects it with their ball; the deflected ball hits player B-2 —player B-2 is out.
- If a player steps on the center line at any point in time they are considered "out". (Exception: Players may step on or over the center line when retrieving balls at the start of the game)
- If a player steps out of bounds or on the boundary line they will be considered "out". (Exception: the Retriever leaving the court to retrieve balls.)

A 'Live Ball' is defined as:

- A ball that has been thrown and has not been touched by anything other than an active player or another ball.

A 'Dead Ball' is defined as a ball that has:

- Hit the floor.
- Hit the wall or court divider.
- Hit the rafters, hoops, support beams, anything hanging from ceiling or walls.
- Hit a player that is NOT active in the game.

Getting Out:

- Once a player is out, the player must immediately leave the playing area through the nearest boundary line. When a player is "knocked out" the player should remove him or herself from play. Conducting oneself with honesty helps maintain the integrity of the game.
- The court monitors are there to make decisions in instances when a player has not voluntarily removed themselves or there is a disagreement. **The court monitor's decisions are final and cannot be argued.**
- ARGUING CALLS WILL NOT BE TOLERATED. Players arguing after being given a warning will be issued a "flagrant technical" and must sit out the remainder of that match and the next match as well. Should a player receive a second "flagrant technical" during the season they will not be allowed to play for the remainder of the season.

In tournament/events **NOT** allowing headshots, a player hit in the head by a high thrown ball will be deemed "safe", and any thrower committing a headshot will be deemed "out." A player raising their hands/arms to defend themselves from a headshot will not be called "out" if the ball hits their hands/arms above shoulder height in the act of defending themselves; and the thrower will be called "safe".

A player unsuccessful in their attempt to catch a high thrown ball will be deemed "out". It is the official's judgment as to whether the player is defending themselves or attempting to catch the ball.

A ball deflected by another ball, player, or object is no longer considered a high thrown ball. Should the ball strike a player in the head, that player shall be deemed "out", even if their own block deflected the ball.

Returning to the court:

- If a player from your team catches an opponent's thrown ball then an "out" player may return to the court.
- The players may return to the court in the order in which they were eliminated (players eliminated first will return first)
- When returning to the court the player must enter through the designated return zone. This return zone will be marked with cones and will be from the 10' line to the endline on one side of the court.

The Retriever Rule

- If a team has 6 or less players (no substitutes) they must designate a player from their team to be the retriever.
- The retriever is the only player allowed to leave the court and retrieve balls for their team.
- The retriever may exit the court through the sideline or endline to retrieve balls. Also the retriever may re-enter the court through the sideline or endline.
- When the retriever is outside the court retrieving balls they cannot be "knocked out" and are not able to "knock out" opposing players. They must return to the court for either to occur.
- When a player from that team gets out, the retriever IS still allowed to leave the court and retrieve balls. If the retriever becomes the last player "in" for their team then they must remain on the court and may not leave the court to retrieve balls.

Retrieving

- Players who get "knocked out" ARE allowed to retrieve balls for their team.
- If a team **does have** substitutes then they do not designate a retriever and all substitutes are responsible for retrieving the balls. In this situation all players that start a game must stay within the confines of the court.
- Active players may reach over boundary lines to retrieve balls but if any part of their body touches outside the boundary lines then they will be considered "out".
- Balls must be returned to the court in a timely manner. If the court monitor feels the balls are not returned in a timely manner then they will issue a warning. Any subsequent time this occurs, one player from your team must leave the court.

Possessing all of the Dodgeballs: A team is not allowed to have all of the dodgeballs on its side of the court for more than ten (10) seconds. This includes dodgeballs that are not being held by the remaining "in" players (i.e., dodgeballs on floor, out of bounds, etc.). If all dodgeballs are 'possessed' by one team, that team has 10-seconds to **roll or throw** at least two (2) balls to the other side.

- 1st offense: court monitor will blow their whistle to stop play and give the team a warning. The team holding all the balls must roll or throw 2 balls to the other team. The court monitor will resume play when this requirement is met.
- 2nd offense: court monitor will stop play and now one player from the team holding all the balls must leave the court. The opposing team gets to choose the player that must leave the court. Also the team must roll or throw 2 balls to the other team, at which time the court monitor will resume play.
- 3rd offense: court monitor will stop the game and the opposing team will win that game.

Stalling: Putting a ball just over the division line is **CONSIDERED STALLING AND WILL NOT BE TOLERATED**. In order for stalling not to be called the ball must be **rolled or thrown** and completely pass the 10 foot retreat line of your opponent's court.

No one can hold a ball for more than 10 seconds

The court monitor has the ability to give warnings and/or eject players for the following reasons:

- Unnecessary roughness