

CO-REC

D. C. DODGEBALL

The game is played on a basketball court-size surface. This is a non-refereed game where the players call their own infractions. Disagreements are settled in a spirit of sportsmanship.

For the safety of all players, soft elbow, knee pads and protective eyewear are recommended for the protection of the players. Although “head shots” are against the rules, some balls do fly out of control.

Rules

1. A team consists of 8 players on the court at a time. Two of the players must be women. To avoid a forfeit, a team may start a game with 5 players.
2. Equipment -Seven, 8.5-inch dense foam balls with a non-sting surface are used.
3. The match consists of playing a 45:00 non-stop time period . A tally of games won will be scored on the score sheets for each team. Team standings are calculated by the percentage of games won.
4. The game is started with both teams lining up on their own respective end lines. The balls are placed on the center “Mid-line”. Each game, captains will alternate in the starting of the games with the word “GO.” The teams then rush forward to scramble for the balls. Players cannot starting throwing balls until they back up and clear the “first” line back from the Mid-line. During the first scramble, if a player accidentally steps on or across the Mid-line, no “fault” will be called.
5. Substitutions can only be made between games. All other players can be standing on the sidelines and be the “ball shaggers” and the “cheerleaders” for their own teams.

6. Dead Ball:

Any ball hitting the floor or side wall “first” becomes a **“Dead Ball.”**

Any ball that is “blocked” by another ball being held by a player is dead.

7. A player is “out” when he/she:

A. Is hit by a thrown ball.

B. Is hit by a ball “ricocheting” off another player. Both players are out.

C. Steps on the Mid-line or the sidelines.

D. Throws at an opponent player who catches the ball before it bounces.

E. Jumps out of bounds while dodging a thrown ball.

F. Hit an opponent player in the head.

8. If a thrown ball bounces off of an individual and the ball is caught by a teammate before it hits the floor, the hit player is not “out” nor is the thrower “out.” This also constitutes a “dead ball”. No player may enter the game.

9. When “hit” by a ball, a player goes out and stands on his/her own team’s sideline and waits their turn to be brought back into the game. A player can come back into the game when a teammate catches a ball thrown from an opposing player.

10. A player may hold a ball in his hands to use to protect him/herself from a thrown ball. If the thrown ball glances off of the held ball and hits the player, the player is considered “caught”. If the held ball is knocked out of his/her hands and the thrown ball does not touch the player, he is **not** caught.

11. Head Shots:

Throwing at an opponent’s “head” will not be tolerated! Any opposing player hit in the head will not be “out.” The player throwing the ball will be “out” instead, and must go stand on the sideline and wait his turn to return back into the game.

If the player hit in the head is “ducking” then that changes this rule. The player hit will be “out”.

12. Regeneration of Team:

When a team is down to its last player in the game and that player catches a thrown ball, all “caught” teammates standing on the sideline can enter the game again and play resumes.

This opportunity may happen only 1 time during a game.

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