

# ACTION

# DODGEBALL

## THE RULES OF THE GAME

Action Dodgeball is the ultimate game to get fit while having fun with your friends. The rules are simple, the balls are soft and safe but the excitement is guaranteed to get your adrenalin pumping for a great workout.

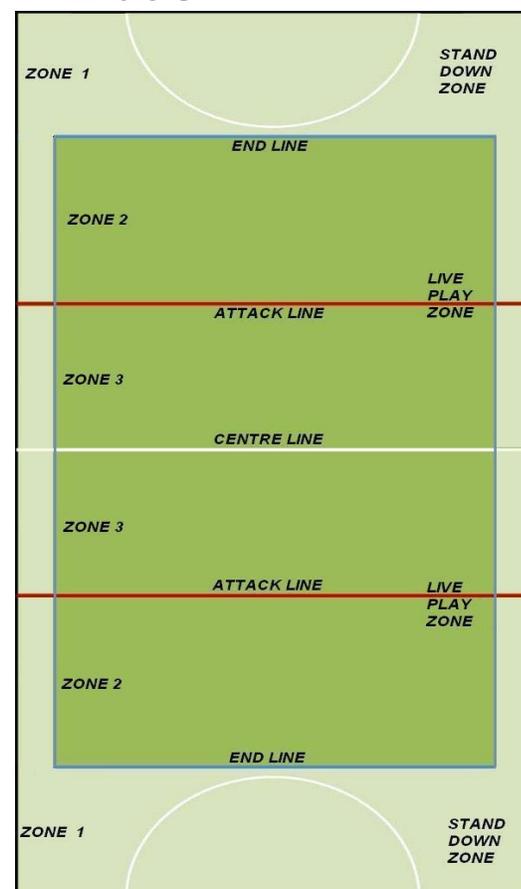
The object of the game is to eliminate all opposing players by hitting them with a thrown ball or catching a ball thrown by them – it's that easy!

There's no difficult skillset required, just throwing and dodging – if you can dodge a wrench you can dodge a ball.....

### THE BASICS

- 6-a-side (plus maximum of 2 substitutes).
- Mens & Mixed (min 2 females) grades.
- Two 18 minute action packed halves.
- Fully netted court allows continuous play.
- 6 dodgeballs are in play at all times!
- Teams throw dodgeballs as fast & often as possible at their opponents in the other half of the court.
- Players are 'eliminated' if they are hit by or drop a ball in live play Zones 2&3 and must enter the stand down Zone 1.
- Players may re-enter the live play zones when a team mate catches a dodgeball - the opposition thrower is also 'eliminated'.
- Once a whole team has been eliminated, the opposition is awarded points, all players re-enter the live zones and a new game begins.
- The team with the most points at the end of the match is declared the winner of the match!

### THE COURT



# THE RULES

## **1. Players, Field & Equipment**

### **1.1. The Team.**

- 1.1.1.** Teams will be made up of six (6) players plus a maximum of two (2) substitutes.
- 1.1.2.** Mixed teams must have a minimum of two (2) females on court at the start of each game.
- 1.1.3.** A minimum of four (4) players is required to constitute a team.
- 1.1.4.** Substitutions may only be made in between games, during intervals or in the case of injury and must remain off the court until being signaled to enter by the referee.

### **1.2. Field Dimensions, Boundaries and Markings.**

- 1.2.1.** The game is played indoors, inside a fully netted area using a volleyball court and netball line markings (blue perimeter & red attack lines).
- 1.2.2.** The centre line separates the two sides and each team's half is divided into three (3) zones (refer to diagram). Zone 1 is the Stand Down area (from blue End Line to back net) and Zones 2 & 3 are the Live Play areas divided by the red Attack Line.
- 1.2.3.** The side and roof nets are live boundaries, balls may bounce off them, but players falling into them either dodging a ball or otherwise will be deemed to be out, and must go to the Stand Down Zone.
- 1.2.4.** Players may pass through their end line into the Stand Down Zone or side lines only to retrieve balls. After retrieving a ball, the player must immediately re-enter the Live Play Zones. Note: A player not immediately re-entering the Live Play area will be declared out.
- 1.2.5.** Any player moving out of the Live Play areas (as delineated by the blue lines) to avoid being hit by a ball or attempting to catch a ball will be declared out.
- 1.2.6.** Any player having any part of their body cross the centre line and contact the ground on their opponent's side of the court will be declared out. Note: A player may step on the Centre Line or the perimeter blue lines but not over it.

### **1.3. Uniforms & Equipment**

- 1.3.1.** Six (6) dodgeballs will be available at the start of each game.
- 1.3.2.** NOTE: Dodgeballs may not be scrunched or kicked at any time. Any player scrunching, kicking or damaging a dodgeball will be declared OUT.
- 1.3.3.** Participants must wear sporting attire – shirt, shorts or track pants and runners. Players will not be allowed to participate if they wear jeans, shoes with marking soles or any other 'non-sporting attire'.
- 1.3.4.** Players must wear matching coloured tops. For each player out of uniform a penalty of 'one (1) live player remaining' will be deducted per game (used to determine bonus points & percentage).
- 1.3.5.** All jewellery must be removed.
- 1.3.6.** Players may wear elbow, knee and wrist guards.

## **2. Game Play**

### **2.1. The Game**

- 2.1.1.** Matches will begin when the buzzer sounds for the commencement of the interval.
- 2.1.2.** The team winning a coin toss will have a choice of ends to begin the match.
- 2.1.3.** Teams will alternate ends at half time.
- 2.1.4.** Each game will begin when the referee blows the whistle and declares "DODGEBALL"!
- 2.1.5.** The object of the game is to eliminate all opposing players by getting them OUT.

**2.1.6.** Any player that is OUT must raise their hand (honour system), proceed immediately to the back of their Stand Down Zone and take a seated, squatting or kneeling position (so as not to be confused with a live player).

## **2.2. An OUT is scored by:**

- 2.2.1.** Hitting an opposing player with a live thrown ball below the shoulders before the ball has hit the ground. Note: If a player ducks, and this clearly is the cause for the player being hit above the shoulders, the player is out and the throw is deemed legal.
- 2.2.2.** If a ball rebounds off a side net or the roof net and back into a Live Play zone, then hits a player, they are deemed to be out.
- 2.2.3.** Catching a live ball thrown by your opponent, the thrower is then deemed OUT and a team mate is allowed back into the game.
- 2.2.4.** Causing an opponent to drop a live ball as a result of contact by another thrown live ball. (Usually occurs when a ball is being used to block a thrown ball.)
- 2.2.5.** An opposing player stepping out of bounds or into a net with momentum carrying a caught ball. Both thrower and catcher are OUT.
- 2.2.6.** A player may block a ball with a ball being held, provided the held ball is not dropped as a result of the contact with the thrown ball. A thrown ball deflecting off a held ball can still be caught or hit a player and cause an OUT.
- 2.2.7.** If multiple players are hit by deflections of a thrown ball they will all be deemed OUT, unless it is eventually caught, in which case the thrower is deemed OUT.
- 2.2.8.** Any player holding two (2) dodgeballs will be deemed OUT.

## **2.3. Matches, Games & Timings**

- 2.3.1.** The match will consist of 2 x 18 minute halves.
- 2.3.2.** As many games as possible are played within each half. As soon as one game is finished (all players eliminated) another game shall begin, unless there is less than 30 seconds remaining in that half.
- 2.3.3.** The winner of a game that is prematurely ended by the expiration of time shall be decided by the number of live players each team has left.
- 2.3.4.** Balls in flight at the expiration of time are considered live until they cause an OUT or touch the ground and become dead.

## **2.4. Beginning the Game – the Opening Rush**

- 2.4.1.** Prior to beginning a game, six (6) dodgeballs are placed along the centre line, three (3) on each side of the centre circle.
- 2.4.2.** All players must take up a position behind their End Line.
- 2.4.3.** Following a signal by the referee (a whistle blast and a call of DODGEBALL), teams may approach the centre line to retrieve the balls. Teams may only initially retrieve balls placed to the RIGHT (as they face the centre line) of the centre circle. If balls remain on the center line after a team has retrieved and moved their balls beyond the attack line, those balls may be retrieved by either team.
- 2.4.4.** Each and every ball retrieved at the opening rush must first be taken beyond the attack line (red third lines for Netball) and into the team's backcourt (Zone 2) before it may be legally thrown at an opponent.
- 2.4.5.** The ball may be carried back into the backcourt or passed to a team mate in the backcourt but cannot be slapped.
- 2.4.6.** Once the ball has been cleanly handled in the backcourt it may be carried over the attack line (into Zone 3) and be thrown at an opponent or passed to another team mate.

## **2.5. Last man standing rule**

- 2.5.1.** When either team is reduced to one live player, all players must move into the attack zone (Zone 3) and remain in this zone until all players from a team are eliminated.

**2.5.2.** Any player leaving this zone to avoid being hit by or attempting to catch a ball will be deemed OUT.

### **2.6. Stalling and 5-second violation**

**2.6.1.** It is illegal for any team to control ALL the balls for more than 5 seconds. If the leading team controls all of the balls they must make a legitimate effort to get at least one ball across the attack line and into the opponent's backcourt. If this is not done within 5 seconds, a 5 sec Violation, will be called. A team may avoid a 5 sec violation by throwing or rolling the ball over and through an opponent's end line. Note: Only a court monitor or official may call a 5 sec violation. The penalty for a 5 sec violation is a player OUT.

### **2.7. Declaring a Winner**

**2.7.1.** The first team to legally eliminate all opposing players will be declared the winner of the game.

**2.7.2.** If neither team has been completely eliminated at the end of the period, the team with the greater number of remaining live players will be declared the winner of the game.

**2.7.3.** The team that wins the greatest number of games will be declared the winner of the match.

**2.7.4.** The number of live players at the end of each game will also be recorded and used to allocate bonus points.

## **3. Code of Conduct**

### **3.1. Honour System**

**3.1.1.** All players are expected to abide by the honour system and voluntarily move to the Stand Down Zone when they are OUT.

**3.1.2.** Any disputes will be adjudicated by the referee whose decision will be final.

### **3.2. Unsportsmanlike conduct**

**3.2.1. It may include, but is not limited to:**

**3.2.1.1.** Abuse of the honour system.

**3.2.1.2.** Deliberate hits above shoulder.

**3.2.1.3.** Unnecessary roughness or aggression.

**3.2.1.4.** Arguing with officials or sledging opposition.

**3.2.2.** Players transgressing the code of conduct may given a yellow card warning. Any further transgressions will result in a red card exclusion from the game.