



Action Dodgeball

RULES SUMMARY

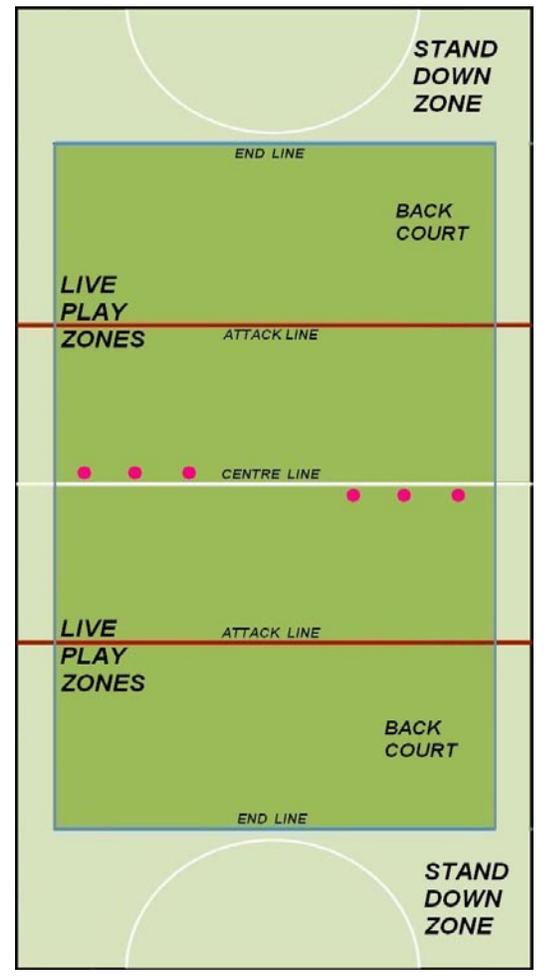
Action Dodgeball is the ultimate game to get fit while having fun with your friends. The rules are simple, the balls are soft and safe but the excitement is guaranteed to get your adrenalin pumping for a great workout. The object of the game is to eliminate all opposing players by hitting them with a thrown ball or catching a ball thrown by them – it's that easy!

There's no difficult skill set 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 soft & safe 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 a ball or have a ball knocked out of their possession whilst inside the live play zone. Eliminated players must enter the stand down zone.
- 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 a point. All players line up along their respective end lines for the next game.
- The team with the most points at the end of the match is declared the winner of the match!
- A player may **ONLY** leave the live play zone to retrieve a 'dead' ball.

THE COURT



THE RULES OF THE GAME

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 or soccer court and netball line markings (blue perimeter & red attack lines - refer to diagram).
- 1.2.2. The centre line separates the two sides and each team's half is divided into two (2) zones (refer to diagram). The **Stand Down Zone** (behind the Action Dodgeball barriers) and the **Live Play Zone** (inside the blue lines) which is divided by the red Attack Line.
- 1.2.3. The side and roof nets (not end nets) are live boundaries. Dodgeballs rebounding off live boundaries remain live and can still eliminate players or be caught (as per Rules 2.2)
- 1.2.4. Players may **only** leave the Live Play Zones to retrieve balls or enter the Stand Down Zone. If retrieving a ball, the player must immediately re-enter the Live Play Zone.
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 Zone (as delineated by the blue lines) to avoid being hit by a ball or attempting to catch a live 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 (80% of the top must be of the team's colour). For each player out of uniform a penalty of 'one (1) point will be deducted per match.
- 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. Teams will alternate ends at half time.
- 2.1.3. Each game will begin when the referee blows the whistle and declares “**DODGEBALL**”!
- 2.1.4. The object of the game is to eliminate all opposing players by getting them OUT.
- 2.1.5. 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, including off the side net or the roof net, thrown by your opponent, the thrower is then deemed OUT and one 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. If a player catches a thrown live ball whilst inside the Live Play Zone but their momentum carries them outside the Live Play Zone (as delineated by the blue lines), **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 remains live and can still be caught or hit another player(s) to cause an OUT.
- 2.2.7. If multiple players are hit by deflections of a live thrown ball they will **all** be deemed OUT, unless it is eventually caught, in which case only the thrower is deemed OUT.
- 2.2.8. Any player holding two (2) dodgeballs for more than 5 seconds will be deemed OUT.

2.3. Matches, Games & Timings

- 2.3.1. A match consists of 2 x 18 minute halves.
- 2.3.2. Each half will contain as many games as possible. 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 LEFT (as they face the centre line) of the centre circle. If balls remain on the centre 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 backward behind their respective attack lines (red third lines for Netball) and into the team's backcourt 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 and be thrown at an opponent or passed to another team mate.

2.5. Last man standing rule

- 2.5.1.** When both teams reduced to one live player, they must move, and remain, in front of the red attack line and remain in this zone until one of them is eliminated.
- 2.5.2.** Eliminated players may retrieve balls which are outside of the
- 2.5.3.** 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. The penalty for a 5 sec violation is a player OUT. Note: Only a court monitor or official may call a 5 sec violation.

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.
- 2.7.5.** The team which wins the most games in a match will be awarded 4 premiership points. The losing side scores one point. A draw will award 2 points to each team.
- 2.7.6.** For every 5 games won during a match, teams will be awarded 1 premiership point up to a maximum of 6 **total** premiership points per game.

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.** Failing to adhere to the honour system, as adjudicated by the referee, will be considered to be unsportsmanlike behavior and will be subject to the disciplinary code outlined below. Some examples of abuse of the honour system are:
 - 3.1.2.1.** Knowingly being hit below the shoulders, or in the head/neck when ducking but not voluntarily moving to the Stand Down Zone.
 - 3.1.2.2.** Knowingly exiting the live play zone, except when retrieving a dead ball, but not voluntarily moving to the Stand Down Zone.
 - 3.1.2.3.** Dropping a catch but claiming it was caught.
 - 3.1.2.4.** Catching a ball on the half volley but claiming it was caught.
- 3.1.3.** Any disputes will be adjudicated by the referee whose decision will be final.

3.2. Unsportsmanlike conduct

3.2.1. This 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.
 - 3.2.1.5.** Scrunching or kicking the ball.
 - 3.2.1.6.** Abuse of the honour system
- 3.2.2.** Players transgressing the code of conduct may be given a yellow card warning. If any player continues to transgress from the code they will be given a blue card and must sit out of the remainder of the current game as well as the following game. Any further transgressions will result in a red card exclusion from the remainder of the match.
- 3.2.3.** A player who has received a blue or red card may not be substituted by another player. The team of the offending player(s) must play with fewer players until the penalty is served.
- 3.2.4.** If any team is reduced to below the minimum 4 players due to players receiving a blue or red card the match will be forfeited.