



Cabot Parks & Recreation Dodgeball Rules

1. Basic Setup

- **Court:** A volleyball court.
- **Attack Line:** The center line on the volleyball court.
- **Balls:** 6 - 7" foam balls placed on the center line.
- **Teams:** 2 teams, with 6 players each on the court (Can have up to 2 substitutes for a total of 8 players maximum).
- **Substitutes:** Allowed after each round.

2. Objective

Eliminate all players on the opposing team by:

- Hitting them with a live ball, below the shoulders.
- Catching a ball they threw.

3. Starting the Game ("Opening Rush")

- Players line up behind their baseline.

- On the whistle, rush to grab the balls on the center line. (When retrieving the balls you cannot slide or go over the center line. If you do, the other team gets that ball)
- Balls must be returned behind the 10 foot line (both feet) before being thrown.

4. Live and Dead Balls

- A **live ball** is in play until it touches the ground, wall, ceiling, or any outside object.
- A **dead ball** cannot eliminate anyone.

5. Getting a Player Out

A player is out if:

- Hit by a live ball below the shoulders.
- Their thrown ball is caught.
- They step out of bounds or cross the center line (With one or both feet completely across the line unless they are catching a ball).
- A blocking ball is knocked from their hands or deflects into them.

6. Catching

- A catch eliminates the thrower.
- The catching team gets one player back in from the sideline.
- If a player catches a ball while holding another ball, all players that have been knocked out, can return to the playing court.

7. Blocking

- Players can use a ball to block.
- If the ball is knocked from your hand or hits you after a deflection, you're out.

8. Boundaries

- Players must remain in bounds.
- Stepping out results in elimination unless you are retrieving a ball.

9. Game Duration and Winning

- Ends when one team is fully eliminated or the time limit is up.

If tied at the end of the time limit, the remaining players on the field will play until one player has been eliminated from either team.
- Play the best 3 out of 5 rounds with each round being 5 minutes each.

There will be a one minute break between each round.
- No stalling. (Ball must be thrown within a 5-10 seconds)

10. Game Official

- The game is controlled by 1 referee on the court who will control the game clock and rules decisions.
- There is also a scorer's table to keep track of the score, kept by volunteer parent/parents (One from each team).

11. Injuries

- In the case of an injury, the game will pause, and the injured player can be substituted.
- If the injured player cannot be substituted, the team will continue with 5 players. (No less than 4)

12. Player Conduct

- Players must display sportsmanship and respect towards officials, opponents, and spectators.
- If a player is to be ejected for any reason, they will be **disqualified** for the **remainder of the season**.

13. Coaching and Communication

- Coaching from the sidelines is allowed but must be done in a respectful manner.
- Coaches cannot interfere with the referee's decisions or disrupt the game.