



Pampa Recreation Dodgeball Rules



Players:

- Teams may consist up to 8 players, but only 6 can be on the court during the game.

Substitutions:

- A team can only substitute a player prior to the start of a match, except in cases of an injury.

Play of Game:

- All games will be best 2 out of 3 matches with each match consisting of a 5 minute play time. If games run quickly, games will be moved up.
- Play begins when all players are positioned behind their team's end line.
- 30 sec. left in each match will become a free for all.

The Rush:

- Upon the official's signal, both teams rush to center court and retrieve as many balls as possible.
- A team may rush with as many or as few players as it wants, but at least one player from each team has to rush.
- There is no limit to how many balls an individual player may retrieve.
- Crossing over center court will result in an "out."
- Players may not physically grab and pull another player across center court or prevent them from returning to their side of the court.

Attack Line:

- Balls must be taken back across their attack line before they can be thrown at an opposing player.
- If the ball is not taken behind the attack line before it is thrown, the throw will not count.
- At 3 minutes, players may cross their attack line to throw a ball, but must not cross center court.

Outs:

- Clothing is considered part of a player's body.
- Any ball that touches the floor, ceiling, or wall is a dead ball.
- If a defender catches a "live" thrown ball, the thrower is "out" and one player then returns to the defender's side in order they were put "out" (i.e. first "out," first "in").
- If a defender attempts to catch a live ball, but drops it, the defender is out.

Blocking:

- A blocked ball is “dead.”
- The defender may block a “live” ball with another ball.
- A deflected ball (off the body) caught by a teammate results in the thrower being “out,” but nobody returns into the game.
- If a blocking ball is dropped as a result of contact from a “live” ball, then the player who drops the ball is “out.”
- A player may block a “live” ball, and then throw the blocking ball down to catch a “live” ball.

Out of Bounds:

- A player shall not leave the court to avoid being hit or in an attempt to catch a ball.
- Momentum may carry a player out of bounds while making a catch. If a player maintains control of the ball before they step out of bounds then the catch will be upheld. If not, then the player will be considered “out.”

Retrievers:

- A player can only exit out of their end line to retrieve a ball (applies only when a ball is at the back of their end line).
- Players who have been called out may retrieve balls for their teammates only on their side of the court.
- Spectators are allowed to retrieve the balls and must give the ball to the team’s side that the ball is on.

Stalling:

- The act of intentionally delaying the game
- No stalling – balls must be thrown (20 sec.).
After 20 sec. if an individual player or team continues to stall, the player or team will lose possession of all the balls on their side.

Headshots:

- A headshot occurs when a player is hit hard directly in the head. This will be determined at the discretion of the referee.
- Any thrower committing a headshot will be “out.”

Pinching:

- The act of squeezing the ball in order to alter the thrown or blocked ball is not allowed.