

# In The Zone DodgeBall Rules

Rules are being determined at this time and may continually change as we gain more experience and insight as we progress with our leagues and tournaments.

## THE TEAM

Teams will be made up of 6-10 players. Six(6) players will compete on a side during match play; others will be available as substitutes. Substitutes may enter the game during injury timeouts ONLY.

## THE EQUIPMENT

The official ball used in tournament and league play will be an 8" rubber-coated foam ball.

## THE GAME

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

1. Hitting an opposing player with a LIVE thrown ball below the shoulders.
2. Catching a LIVE ball thrown by your opponent.  
--After a caught ball a player on the team who caught the ball who has previously been called out can return the court. The players must return in the order they were called out.
3. Stepping out of bounds to avoid being hit including jumping into the center divider to avoid a hit.
4. Crossing center line on a throw at the opposing team. If the ball is released on a throw crossing the center line before the thrower touched the court on the opposing side the throw is considered a live throw and the player throwing the ball is not technically out until he touches the ground. If the throw was successful in striking an opposing player. The opposing player will be considered out first even if the player returns to the ground before the opposing player is hit by the ball.

Crossing the centerline or stepping out of bounds is only a violation if avoiding a hit or gaining an advantage on a throw at an opposing player. You may not cross the centerline to retrieve a ball from the opposing team's side.

*Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, official or other item outside of the playing field (wall, ceiling, etc). A ball is considered live bouncing off a player or a held ball. If a ball strikes a player bounces in the air and is caught by the opposing player or one of his team mates the dodger who threw the ball is out and the player whom the ball hit is still in the game. If a live ball strikes a player then strikes another player before it becomes a dead ball both players are out.*

*: Below the shoulders: A throw above the shoulders to an opposing player will result in the player throwing the ball being out. If the opposing player ducks or maneuvers into a throw resulting in the ball hitting above the shoulders the player being hit is then out.*

*All Players who are out and players not in the game must stay behind the player control line*

## BOUNDARIES

During play, all players must remain within the boundary lines. Any player jumping into the divider dodging a thrown ball is considered out of bounds and will be called out. Players may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end-line.

Players not in the game or spectators may retrieve balls that leave the court. **They must roll the returning balls to the side of the court in which they left.**

## THE OPENING RUSH

Match begins by placing the dodgeballs along the center line – three (3) on one side of the center hash and three (3) on the other. Players then take a position near their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Teams may only retrieve the three (3) balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown.

## **TIMING AND WINNING A GAME**

The first team to legally eliminate all opposing players will be declared the winner. A 5-minute time limit has been established for each match. If neither team has been eliminated at the end of the 5 minutes, the team with the greater number of players remaining will be declared the winner. In the case of an equal number of players remaining after regulation, a 1-minute sudden-death overtime period will be played. 6 players will start the sudden death overtime. Score will be kept for each match. The winning team receives a point for each player left on the floor above the number of players of the losing team. The losing team will receive 0 points. The game consists of 5 matches and the winner is declared by win/loss record from the 5 matches. All 5 matches will be played even if a team is up 3-0 in match count. The scores (points) will be kept for determination in tie breaker situations.

## **TIE BREAKERS FOR DETERMINING SEEDING IN LEAGUE BRACKET OR TOURNAMENT PLAY WILL BE:**

Head to head  
Points scored  
Coin toss

## **TIME-OUTS & SUBSTITUTIONS**

In case of an injury time out the injured player may be substituted for. Substituting players must be players that are not legally in the game. A player that has been called out is legally in the game. And can not substitute for a player that is on the floor.

## **5-SECOND VIOLATION**

In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds during the last 2 minutes of play. Only a court referee may call a 5 sec violation.

## **Sudden Death**

Sudden death situation is when each team has an equal amount of players left on the court after the match time limit has expired. Sudden death will consist of a 1 minute time period with all six players starting. The first team to eliminate an opposing player will be declared the winner. The 5-Second rule will be in effect during all sudden death time periods. In case of a second sudden death time period is required. The sudden death requirements remain the same except players will be allowed to cross the center line up to the opposing teams attack line.

## **RULE ENFORCEMENT**

During pool play or regular-season matches, rules will be enforced primarily by the "honor system". Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated.

\*NOTE: During tournament play or bracket play in league, All Semi-Final and Final Round matches will be officiated by no less than 1 (Official). These officials will rule on all legal hits, out-of-bounds and 5-second violations.

## **Waiver**

All Players are required to hand in a signed waiver before they can play. If they are under 18 a parent or legal guardian must also sign.

## **Code of Conduct**

- 1. Understand, appreciate and abide by the rules of the game.**
- 2. Respect the integrity and judgment of game officials and the staff.**

**3. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.**

**4. Be responsible for your actions and maintain self-control.**

**5. Do not taunt or bait opponents and refrain from using foul or abusive language.**

**6. When a player is eliminated please acknowledge they are out and leave the court immediately. All players not in the game should stay 3 ft from the out of bounds line behind the player control line**

(Last Updated: 2.14.05)