

DODGE BALL

If you ever made it through 5th grade, you've probably mastered dodge ball. But just in case, here are the official rules.

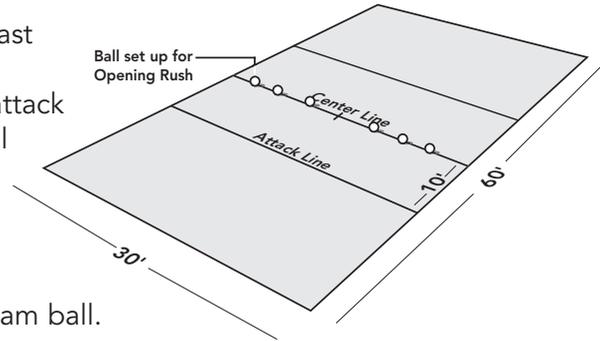
Court: The playing field shall be a rectangle at least 50 ft long and at least 30 ft wide, divided into 2 equal sections by a centerline and attack lines 3m (approx. 9' 10") from, and parallel to, the centerline. **Ideal Measurements:** 60' x 30' – Identical to a volleyball court.

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

Game Rules: 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 below the shoulders with a LIVE thrown ball .
2. Catching a LIVE ball thrown by your opponent before it touches the ground.

(A LIVE ball is one that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc).



Boundaries: During play, all players must remain within the boundary lines. Players may leave the boundaries through their endline only to retrieve stray balls. They must also return through their endline.

Starting the Game: Game begins by placing the dodge balls along the center line – three (3) on one side of the center hash and three (3) on the other. Players then take a position behind their end line. Following a signal by the official, teams may approach the center line 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 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 contest. If neither team has all its players 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.

