

# Sports Monster Dodgeball Rules and Regulations

## SAMPLE OF GAME RULES TO LIVE BY:

1. **Start/Opening Rush:** The Game 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 behind the 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 retrieve as many balls as possible. Once a ball is retrieved, it **MUST** be taken behind the attack line before it can be legally thrown.
2. **Method of Scoring:** The object of the game is to **eliminate all opposing** players.  
  
Elimination of opposing players may be done by:
  - a) Hitting an opposing player with a LIVE thrown ball **below the shoulders**
  - b) Catching a LIVE thrown ball thrown by your opponent before it touches the ground (This means the throwing player is out).  
**Definition: LIVE** = A thrown ball that has not touched anything (including floor or ground, other players, referee, other items, e.g. wall, ceiling etc) and that is not out of bounds. c) The referee's decision whether a player is out or not!
  - d) Throwing at opposing player's heads is not allowed and will eliminate the throwing player. This rule does not include hits on players ducking into a thrown ball.
3. **Game Length:** Play as many matches as possible within one hour.
4. **Time-out:** None. This is dodgeball.
5. **Playing Area:** The playing field shall be a rectangle at least 50 ft long and at least 30 ft wide, divided into two (2) equal sections by a centerline and attack-lines 3 yards from, and parallel to the centerline. Sizes may vary on locations. When throwing the ball (including follow through) players are not allowed to touch the attack line (offside).
6. **Substitutions:** Each team is allowed unlimited substitutions when ball is not in play. Referee must be notified of request to substitute players.
7. **Gender Ratio:** These leagues are co-ed. No gender ratio required unless specifically mentioned in the league's details. Females can substitute for men, but males cannot substitute for women. Teams must have at least three players to avoid a forfeit.
8. **Timing Violations:** Eliminated players must stand out of bounds in the order that they were eliminated. **They may come back on caught balls in this order.** Eliminated players are allowed to throw out-of-bounds balls back to their teammates but not on their opponents.
  - a) Players may block balls with their own ball. If the ball is knocked out their hands while blocking it, that player will be eliminated.
  - b) Players may pass their retrieved ball to another player to be thrown.
  - c) Once all opponents were eliminated that game is over and will count 1 point.
  - d) A trapped ball will not count as caught. (Meaning a player catches a ball at the same time it hits the ground or uses the ground to catch the ball does not count as any player OUT)
  - e) If a LIVE thrown ball hits a player but will be caught by a teammate (Save!) before it touches the ground, ceiling, wall... the throwing player is OUT (s. 2b)
  - f) If Players have to throw beyond the attack-line (3 yards behind centerline) and are not allowed to pass this line, neither before they throw nor after they have thrown the ball. Passing the line shall void the throw (Offside).
9. **Time Rule:** Balls must be thrown within 10 seconds after retrieving the ball. Players without a ball have to make effort to retrieve balls bouncing in their own half of the playing area. It is not easy to enforce this rule at

all the time. It is up to the referee's discretion to eliminate players who constantly ignore the time rule. We also expect fair play and good sportsmanship about this and of course all the other rules.

21. **Other Rules:** Unless otherwise noted, SMC dodgeball leagues follow NDJ rules as a guideline.
22. **Have Fun:** This is your leisure time, enjoy it. You're not be playing for money, only the pride and prestige a Sports Monster championship brings and the adoration of thousands of area residents wishing they were you, a Sports Monster.