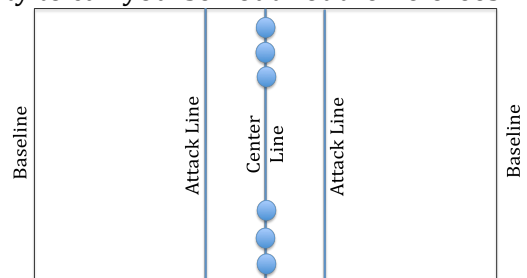


Xoso Sport & Social League - Abridged Dodgeball Rules

1. A match is 30 minutes. Teams will switch sides half way through the match
2. A match is comprised of games. A game is over when all players on a team are out. The winning team gets one point and then a new game will begin until the 30-minute match clock runs out. If the 30-minute time runs out during a game, the team with the most players will win that final game.
3. Each team can field up to 8 players for each game and must have a minimum of 5 players. Must have at least 2 female players to avoid forfeit.
4. Players must stay in the court of play. Players are “in-bounds” as long as they have contact with the court with some part of their body (except in cases of jumping).
5. Teams with more than 8 players can rotate between games and extra players can help team by “shagging” balls.
6. Shagged balls should be placed or thrown onto the court immediately.
7. Each game begins with 6 balls placed on the centerline. Each team will “rush” for the three balls on the right side of their court.
8. All balls gained on the initial “rush” must be “cleared” by bringing them behind the attack line before throwing them at your opponent.
9. OUTS
 - a. Player hit with a ball is out (if the ball hits the ground or anything beforehand, it is a dead ball and player is safe)
 - b. Player who throws a caught ball is out.
 - c. If a player uses a ball to block a thrown ball drops the ball in their hand, they are out.
 - d. Player who throws a dangerous “high throw” is out. High throws are any throw which is above the shoulder of ANY opponent near the ball’s path.
 - e. Player holding the ball longer than 15 seconds. Referees may begin a 5 second warning count down. (note, the 15 second rule doesn’t apply to a team if they have only one ball on their side of the court)
 - f. Stepping out of bounds (i.e. no part of body is in contact with the court)
 - g. Stepping over the centerline or touching the opponent’s side of the court (may step on centerline or reach over centerline)
 - h. Arguing with the referee (Captain’s are allowed to discuss issues with the refs)
10. If a player is out, they should quickly raise their hand, exit the court, and get in the “out queue.”
11. Out Queue
 - a. The first person out should line up closest to the baseline (rush line)
 - b. The subsequent players out should line up closer to the centerline
 - c. If a teammate catches a ball, the first person in line should enter the court of play.
 - d. If a teammate is the last person on the court for their team and they make the “Ollie” shot (half court basket shot), all players will enter the court of play.
 - e. A player must be fully in the out queue in order to come back onto the court after a catch or ollie shot. In other words, if a player is on their way off the court when a teammate catches a ball, the player must still go to the out queue and cannot enter until another catch is made.
12. A ball that bounces off a player and is subsequently caught by a teammate (before it hits the ground/wall/ etc.) means all players are safe including the thrower. Hits/Catches: only count if the ball hasn’t hit something else first.
13. Dodgeball is played on the Honor System. It is your responsibility to call yourself out not the Referees.



Don't cheat, it's only dodgeball! Have fun and make friends!