OBJECTIVE
Eliminate all opposing players by getting them “OUT.” This may be done by: [1] Hitting an opposing player with a thrown ball (clothing is considered part of the body) or [2] Catching a ball thrown by an opposing player before it touches the ground.

TEAMS
a) A game begins with 6 players on the court for each team. At least two of these players must be female.

COURT BOUNDARIES
a) The court is marked by the volleyball court boundary lines. Players cannot throw the dodgeball until they retreat across the 10ft line. After the initial rush, players can throw from anywhere in their half court.

MATCH PARAMETERS
a) Each match consists of five games with a 5-minute time limit per game. There will be a one-minute break between each game. b) If neither team has been eliminated at the end of 5 minutes, the team with the greater number of players remaining is the winner. If an equal number of players remain for each team, that game is considered a tie.

RULES OF PLAY
a) Play begins with all players lined up behind the end line on their respective side of the court. The official will lay out the balls at the mid-court line. At the sound of the whistle players may enter the court to retrieve the balls.
b) Upon retrieving a ball at the start of the game, a player must retreat to his/her side of the court (i.e., out of the dead zone) before attempting to eliminate an opposing player. In addition, players that are attempting to retrieve balls at the start of play must be allowed to return to their side of the court before they can be eliminated.
c) Once a game has been started, all players must remain within the playing court. The only exception is when a player leaves the court to retrieve a ball that goes out of bounds on his/her side of the playing area. Players must exit and reenter the playing area from the back of the court. A player may not leave the playing court to avoid being hit by a thrown ball or to attempt to eliminate an opponent. Any player doing so is out. Stepping on the court boundary lines is considered leaving the court.
d) If a ball goes out of bounds, it becomes the possession of the team on the side of the court at which it went out of bounds.
e) Players have 10 seconds to make an attempt to eliminate an opponent after obtaining possession of a ball. This 10-second rule is in effect even if the player possessing the ball chooses to pass the ball to another teammate rather than directly attempt to eliminate an opponent.
f) Head shots are illegal. A head shot is a ball that strikes a player in the head or neck. When a head shot occurs, the player throwing the ball is out while the player hit by the ball is not out. Exception: If the struck player intentionally (in the opinion of an official) causes the head shot or if the head shot is a result of the struck player ducking or dropping to the floor, the struck player is out while the player throwing the ball is not out.
g) Balls that are thrown with the deliberate intent to injure an opposing player (in the opinion of an official) will result in the thrower being out. Excessive occurrences of such action are grounds for expulsion from the match.
h) Violation of the 10-second rule or the illegal contacts rule results in the ball being given to an official, who in turn awards it to the opposing team.

ILLEGAL CONTACTS
a) The ball must be thrown when attempting to eliminate an opposing player. Spiking, hitting, or kicking the ball in an attempt to eliminate an opponent is illegal and the offending player is out.

PLAYERS ARE ELIMINATED WHEN
a) They are hit by a ball thrown by an opposing player before that ball contacts the ground or deflects off of the surrounding walls, etc.
b) A ball thrown by the player is caught by an opposing player before the ball contacts the ground or deflects off of the walls, etc.
c) They violate any of the above-mentioned rules.

ELIMINATION AND RETURN TO PLAY
a) Eliminated players must immediately retire to the player return area in the order that they were put out. This order must be maintained in the player return area.
b) When a player catches a ball thrown by an opposing player (resulting in the throwing player being out), one member of the team whose player caught the ball may return to the playing court from the player return area and resume play. Players must return to play in the order in which they were put out (and thus sent to the player return area).

deflections
a) Deflections off of the floor, surrounding walls or structures, and officials do not result in elimination when hitting a player or being caught by a player.
b) Deflections off of a teammate do result in elimination, and all players that the ball strikes are out.
c) If a thrown ball hits another ball which a player has in his/her possession and the thrown ball is not subsequently caught before hitting the ground, neither player is out.
d) If a thrown ball hits another ball which a player has in his/her possession and the thrown ball is subsequently caught by an opposing player, the player that threw the ball is out.
e) If a thrown ball hits another ball which a player has in his/her possession and the thrown ball subsequently hits an opposing player before hitting the ground, the person that was hit by the ball is out.
f) If a thrown ball hits another ball which a player has in his/her possession and the player subsequently drops to the floor the ball that he/she is holding, the player dropping the ball is out.
g) A ball rebounding off of a catch attempt may be caught before hitting the ground by any in-bounds player on the same team as the player originally attempting to catch the ball. The result is the elimination of the thrower.
h) Catching a ball while out of bounds does not count. As such, if a ball is deflected off of a player and he/she or a teammate catches the ball out of bounds, the player that the ball deflected off of is out because the catch did not count.
i) The dropping of a ball passed from one teammate to another does not result in the player that dropped the ball being out.

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