Co-Rec Dodgeball Rules

General Rules and Guidelines

1. All players must check in with scorekeeper prior to each game.
2. A game consists of 2 opposing teams with 6 players on the court; Max of 10 on the roster
3. No hats or jewelry during games; Must wear tennis shoes
4. A forfeit is rewarded if the opposing team does not show up within 10 minutes of start time
5. Each match will be a 3 minute time limit with a 10 match series
6. Each team will start on the back line of the court
7. Dodgeballs will be placed on the center court line
8. On the referees whistle, players will run to the center of the court to retrieve the balls
9. Before making an attempt to throw the ball at the opposing team, the ball that has been retrieved needs to be brought back behind the 10 foot line
10. While retrieving the balls if any player’s foot touches or crosses the center line, that player is eliminated
11. Once the balls have been brought behind the 10 foot line, players may throw the balls at the opposing players
12. The referee will blow his/her whistle every time a player has been eliminated and point at the player to clarify why the player was eliminated
13. If at any point while dodging or trying to a retrieve a ball a player steps on or steps out of the boundary lines, that player is eliminated
14. If a player is hit anywhere from the shoulders down, the player is eliminated
15. If a player throws a ball and the opposing team catches it, the player who threw the ball is eliminated
16. A player can deflect a ball thrown at them with a ball that is in their hands, but if the ball thrown at them hits them or another teammate after being deflected, the player(s) is/are eliminated
17. Once players have been eliminated, they may help retrieve balls that have flown out of the court boundaries. They must stay on their side of the court.
18. For players that are still in the game, to retrieve balls that have gone out of the court boundaries players must exit the court through the “gates” and then also enter back in through the “gates.” If a player fails to either exit or enter through the “gates” then the player is eliminated
19. The game is over when one team has eliminated all the opposing players
20. If when time expires there are still players on both teams remaining, the team with the most players wins the game
21. If when time expires there are the same numbers of players remaining on both teams, there will be a dual!
22. One player from the remaining players on the court from each team will be chosen to compete in the dual
23. The two players will be back to back with a ball in their hands
24. The referee will blow his/her whistle and the players will start to walk in opposite directions
25. The referee will blow his/her whistle again and the player will then turn and attempt to hit the opposing player
26. The players may not delay or wait for the opposing player to make the first move. If they want to turn and dodge, they must dodge while throwing the ball.

27. If both players have been hit, the player who was hit first is eliminated.

28. If a player catches the ball thrown at them the opposing player is eliminated.

29. The players must make an attempt at hitting the opposing player, the ball must go past where the players stood back to back (the ball may not just be dropped in attempts to catch the opposing players ball).

30. The referee’s decision is final!