**Official Rules of the Third Annual Ridgecrest Regional Hospital Dodgeball Tournament in partnership with High Desert Fitness**

**PLAYING PROCEDURES**

1. Play will be 6 on 6. A minimum of 4 is required to start the game.
2. Play will be held inside the basketball courts.
3. Each team will get one time out per game.
4. Each game will have an eight (8) minute time limit. If there is no winner after 8 minutes there will be a sudden death period to determine match winner. This consists of 3 on 3 (three players for each team) and three (3) balls placed in center line. There will be a 2 minute time limit for over time and the team that has the most standing is deemed the winner.
5. If your team is not there at your game time you will forfeit the game.

**THE GAME**

SEC. 1 **Objective**The objective of dodgeball is to eliminate all players of the opposing team by throwing one of six game balls and hitting the opposing player.

SEC. 2 **Starting a Game**There will be six (6) balls evenly spread on the center line at the beginning of each game. Each player must start behind the back line. It is a sprint to the SIX (6) balls once the play begins. Each team may grab 3 balls each. There is a five (5) second grace period after the initial rush before balls can be thrown.

Players must retreat as far back as the free throw line on the court.  
Play begins on the referee’s signal of “Go” and “Dodge” after the five (5) second grace period after the initial rush.

SEC. 3 **Eliminating the Opposing Players**A player is out if:  
• They throw a ball that is caught by the other team (the other team will also get to bring in a man when they catch a ball).  
• They get hit by a ball thrown by the other team. (If the ball does bounce off an opposing player and is then caught the thrower will then be out. This is true even if a different player catches the ball. However if the ball bounces off another ball, the ball is dead). Players may use the ball to block; however, if the ball is knocked out of their hand while blocking, they will be out.  
• They jump to avoid being hit and come down out of bounds.

• They cross the center line or go out of bounds.

SEC. 4 **Out of Bounds**  A ball that hit any wall or ceiling is considered dead and is not back in play until someone has picked up the ball and throws it at an opponent.

To retrieve an out of bounds ball players must exit through the back line of the court and enter through the back line of the court. If a player exits through the side lines they will be out. Player may not cross over center line even while out of bounds and retrieving a ball.

SEC. 5 **Off-Sides**The center line is the off-sides line. If any part of your foot or body touches the center line, you will be declared out and thrown ball will be dead.

SEC. 6 **Stall Count**No player can hold the ball for longer than 5 seconds. Penalty- roll the ball gently to the other team. The opposing team is responsible for calling the stall count. For example: Stall 1, Stall 2, Stall 3...Stall 5. Then at this point the player must roll the ball over or is out.

SEC. 7 **Court Procedures**Players are expected to be honest and take themselves out when the time comes. Players should not squat due to risk of being hit. Do not leave the basketball court during game play unless an injury occurs.

SEC. 8 **Time Outs** Each team gets one time out per game and is able to substitute players. If there is only one team member still standing then you can substitute only one player for that player. If there are two players then you can substitute up to two and so on. Time outs will last 30 seconds.

**PLAYER CONDUCT  
Unsportsmanlike conduct (intentional head shot, explicit language, or badgering the referee...) will result in immediate ejection from the game, and one less starting player for any further games in the match.**