



Colorado Springs Sport and Social - Dodgeball Rulebook

Team Composition

- Each team will have 5 **players on the court** at one time unless agreed upon by both teams
- Substitutions will be first in line for re-entry into the game if a ball is caught
- All substitutes must remain in a designated out-of-bounds area.

Equipment and Setup

- The game will use **6 dodgeballs total — 3 per team**
- **Balls will be placed along the center line, with each team's set positioned on their right-hand side.**
- **Men's Balls:** 8.5-inch blue rubber playground balls. Any player may throw or use these for blocking.
- **Women's Balls:** 6-inch red rubber playground balls. Only **women may throw** these; anyone may use them for blocking.
 - **Note:** If a male throws a women's ball, he will be **immediately removed from the round** and may be expelled from the match at the referee's discretion.
- Teams will start each round behind their **end line** and may not cross the **center line** at any point.
- Players must take the ball **behind the Attack Line** before making an offensive throw.

Game Format

- Each match consists of **nine (9) rounds or one hour.**
- **Best of 9 Format or first to 5 Rounds**
- Each round counts toward the overall match standings.

Gameplay Rules

- Players may **block** a ball using another ball. If the blocking ball is knocked out of their hands, the player is **eliminated**.
- If a ball deflects off a held ball and then hits the player, it is **no longer live** unless the held ball is dropped.
- If a deflected ball (off another ball) is **caught by a teammate**, the thrower is **out**.
- **Headshots** are not allowed. If a player is struck in the head (unless they duck into the ball), the thrower will be **eliminated** for that round.
- **Out-of-bounds catches or throws do not count.**
- Teams or players **may not stall** with the ball. All balls must cross the midline **within 10 seconds**. Repeated violations may result in player removal.
- Once all players on one team are eliminated, the round ends.

Eliminations and Catches

- A player is eliminated if:
 - They are hit **by a live ball** thrown by an opponent (before it touches the ground, wall, or ceiling).
 - A thrown ball they released is **caught** by an opposing player.
- When a team catches a live ball:
 - The **thrower is out**, and
 - The catching team **reinstates one eliminated teammate**, in the order they were eliminated.
- Eliminated players must move to their **designated sideline area**, in the order they were removed. They may **return stray balls** to teammates but may not throw at opponents.

Referees and Sportsmanship

- Each match will have a **Social Club referee/monitor** to start games, enforce rules, and resolve disputes.
- The referee determines eliminations and round outcomes, relying on the **honor system** when needed due to the game's fast pace.
- **Arguing with referees** or displaying **poor sportsmanship** may result in removal from the match or league.

Forfeits

- Teams forfeit **one round for every 7 minutes** past the scheduled start time without the minimum number of players.
- If a team is not present **within 20 minutes**, the entire match is forfeited.
- Teams may play short-handed only with the **opponent's consent**, waiving their right to a forfeit win.
- During the regular season, teams may **pick up players** to avoid forfeits. No substitutes are allowed during playoffs.

Game Scheduling

- Teams will receive a schedule outlining weekly match times.
- Each match lasts **approximately one hour** (including warm-up time).
- Teams have **7 minutes** after the scheduled start time to field a legal team before the first round is forfeited.

Rule Adjustments

All rules are subject to change at any time during the season. Adjustments may be made to ensure the league remains **fun, fair, and safe** for all players.