S.R.V.U.S.D After School Sports

Dodgeball Rules:

**Goal: Play Everyone Equal Time**

**Players, Equipment, Court Dimensions:**

6 players per team

10 Rhino skin dodgeballs- 7” ball

Indoor Volleyball Court

**Getting Out:**

-Hitting an opposing player with a thrown ball below the shoulders no matter what position the player is in.

-Catching a ball thrown by your opponent before it touches the ground

-A thrown ball that strikes another player or ball is still “Live” until it hits the ground.

-You may leave your boundary to retrieve a stray ball through your end line only. You must return to the game through your end line.

-You may not stand out of bounds or you are eliminated.

-If you are hit while retrieving a ball from out of bounds, you are not out.

-If your teammate catches a thrown ball, one eliminated player from that team may enter back into the game. Eliminated players must come back into the game in the order they came out.

**Opening Rush:**

-5 balls will be placed on your own volleyball 10 foot line to start the game. Teams must start with their feet behind their end line and wait for the whistle. On the whistle, players may approach the 10 foot line to retrieve their balls.

**Timing and winning-**

-Each team of 6 will play a best of 5 series with each game lasting 3 minutes. There will be a one minute break between games.

**5 second violation-**

- In order to reduce stalling, a violation will be called if a team in the lead controls more than 6 balls at a time.

**10 second holding violation-**

-A violation will be called on a player who is holding a ball for more that 10 seconds.

**Violation** = 1 player eliminated per violation