



VIC BEACH DODGEBALL ULTIMATE RULES

PLAYERS, FIELD AND EQUIPMENT

Section 1: Team

1. Teams will be made up of six (6) players plus a maximum of two (2) substitutions.
2. A minimum of four (4) players will constitute on a team.
3. Substitutions may enter the game only during stoppages after a point is scored, or in the case of injury.

Section 2: Field Dimensions and Markings

1. The game is played indoors using Soccer line markings on the courts.
2. Only active players are allowed in the playing area, with players being eliminated required to **sit or kneel** down inside the soccer goal. Substitutes remain off the court until signaled to enter.

Section 3: Boundaries

1. Back net is the dead ball zone only. All other nets are live. (Roof & Side nets). The corner padding is considered part of the back net.
2. A player shall not deliberately leave the field of play to avoid being hit or by an attempt to catch a ball.
3. A player shall not have any part of their body cross the center line and **contact ground** on their opponents' side of court.

PENALTY: Offending player is deemed to be OUT.

Players may jump over the line to throw the ball at an opposing player (suicide) but once they land they are deemed to be out.

Section 4: Equipment/Uniforms

1. The standard number of balls for a six on six player game is six.
Note: To prevent damage, Dodgeballs may not be "scrunched" or kicked at any time, any individual caught scrunching will be declared OUT. Any person kicking balls will be declared out and sent off for 2 minutes.
2. Teams MUST wear a matching coloured uniform. Uniforms penalties apply by round 4 (see attached)-
Note: penalty will be 1 point for every wrong uniform to a max of 5 points.
3. Participants must wear shoes. Non-marking soles only. No Black soled shoes allowed.
4. Participants must wear shirt/singlet and shorts/pants.
5. Players may wear elbow, knee and wrist guards as an option.
6. All jewellery (watches etc.) are recommended to be removed and fingernails cut short or taped.



GAME PLAY

Section 1: The Game

1. Matches will begin on the buzzer and the umpire declaring dodgeball.
2. Teams will alternate sides after each quarter.
3. The object of the game is to eliminate all opposing players by getting them OUT.
4. All player's that go out must take a knee or sit in their dead zone located in the soccer goals and while walking to the dead zone **must** put their hands in the air.

An OUT is scored by:

1. Hitting an opposing player with a live thrown ball. Balls can hit on the full or bounce/roll.
2. If a deflection off the side or roof net then hits a player they are deemed to be OUT.
3. A player may block a ball with a ball being held, provided the held ball is not dropped as a result of the contact with the thrown ball. If the ball is dropped then the player who drops the ball is deemed out.
4. Catching a live ball thrown by your opponent, the thrower is then deemed OUT. A team mate is then allowed back into the game.
5. An opposing player stepping out of bounds (across the centre line) with momentum carrying a caught ball. Both thrower and catcher are OUT so long as catcher was not already over the centre line.
6. **Kicking a dodgeball is OUT and an automatic 2min send off.**
7. If a ball is to hit multiple players and has not hit the back wall or is not taken under control then all players hit are deemed out.
8. A catch can be made of another players' deflection whilst holding a ball or if the ball is to strike another player then is caught both players are not out and the thrower is deemed out.
9. A player may only have possession of one Dodgeball at any one time. A player in possession of 2 or more balls is considered out

Section 2: Timing, Time-outs & Substitutions

1. 4 x 7 or 8 minute quarters has been established for a game.
2. If a team is eliminated before the 7 or 8 minutes another game will start immediately.
3. The game will commence and end with the central timing siren, but **if a game has less than 30 sec remaining** then time will be called for that quarter.
4. All live balls in flight at time of an official's signal (to end regulation time or begin a (time out) remain live, and may eliminate an opponent, until they become dead.

Section 3: Stalling and 5-second violation

1. All of the players must make a legitimate effort to get at least one ball across the attack line and into the opponent's backcourt.
2. Players only have 5 seconds to throw the ball at the red square.
3. If this is not done within 5 seconds, a 5 sec Violation, will be called and a player will be deemed as being out. A team may avoid a 5 sec violation by throwing the ball into the opposition half.
4. Balls must be **thrown with intent** to get somebody out. Balls may not be deliberately thrown with backspin across the halfway line so that they return to the thrower. This is considered time wasting and is deemed out.

Note: Only the referee may call a 5 sec violation.

Penalty for 5 sec Violation: player is out.



Section 4: The Red Square

1. Once one side has only one player remaining, the umpires will inform both sides that the red square is open.
2. The single remaining player is now able to throw the ball at the red square. If the red square is hit, the same amount of players will be allowed to re-enter the field so that both sides have an even amount of players each.
3. Players only have 5 seconds to throw the ball at the red square – as per the 5 second violation rule.
4. When a player is throwing at the red square, the opposition team can attempt to catch their throws. Players attempting to catch must not stand inside the goal circle but can instead start outside it and run and jump to catch the ball. A player who catches the ball whilst standing in the red square when the ball is thrown is deemed to be out. Players may enter the goal circle to retrieve balls.
5. A hit on the red square must hit quite flush in the centre of the red square to be deemed a hit. It cannot just tag a corner of the square for example. Red square hits are at the umpire's discretion.

CATCHING, FUMBLES, DEAD BALLS AND HEAD SHOTS

HEAD SHOTS

***** Whilst not encouraged, head shots ARE legal but must not be of malicious intent (close range, unnecessary force, thrown with malice).**

Referees, and only referees, will decide whether a throw is to be deemed as malicious.

Note: If a player ducks at close range, and this CLEARLY is the cause for the player being hit in the head, the player being hit is OUT and the throw is deemed legal***

CONTROLLED BALLS:

1. A ball is considered to have been controlled when a live ball bounces, or is rolled, and is then cleanly picked up by an opposing player. If the ball is fumbled and hits the ground, it is considered a hit and the player who drops the ball will be deemed out.

CATCHING:

1. A ball must be caught, without being dropped to be considered a clean catch.
2. A catch may be completed by another player if a ball has deflected off a team mate or a ball being used to block another ball.
3. Catches can be made off the side net or the roof. Catches completed after fumbling into side netting or roof count. Balls fumbled on to back net are considered dead and the player who fumbled the ball is deemed out. Balls caught between a player and a side net are also considered a catch.
4. Players who are sitting in the goal and are to re-enter play due to a catch or the red square being hit, cannot be hit by another ball until they are standing. You will have 5 seconds in which to stand up.
5. As soon as a catch is fumbled and the ball hits the ground, even if it is controlled as it hits the ground, is considered out.

DEAD BALLS:

1. A ball is considered to be dead when it hits the back net.

2. A ball is considered dead when hit by another ball not in possession of a player eg. When 2 balls collide mid air, or when a player throws a ball at another ball.



STARTING AND ENDING A GAME

Section 1: Beginning the Game

1. Prior to beginning a game, an equal number of Dodgeballs are placed along marked areas on each side of the center line (3 per side).
2. Players then take position touching the back net.
3. Following a signal by the official, teams may approach the center lines to retrieve the balls.

Section 2: Opening Rush Rule

1. You are not allowed to slap the ball to eliminate another player at the beginning of the game. Balls must be picked up and thrown.

Section 3: Declaring a Winner

1. The first team to legally eliminate all opposing players will be declared the winner.
2. If neither team has been eliminated at the end of regulation, the team with the greater number of remaining players will be declared the winner and will gain a point.

Section 4: Scoring

1. A team will receive one point for eliminating the opposing team.
2. Should both teams have players left at the end of the allocated time, the team with the most players left will be awarded one point towards their score. If both teams have an even number of players then nobody will be awarded a point.
3. The team with the most points at the end of the allocated match time will be declared the winner.

Unsportsmanlike conduct

It may include, but is not limited to:

1. Foul language.
2. Unnecessary roughness or malicious hits above the shoulders (from close range, unnecessary force etc).
3. Arguing with officials, staff, participants or fans.
4. Dissent towards referees.
5. Approaching the referee – referees may only be approached by the captain of a team between points.

PENALTY: Warning/Send-off/suspension at Umpire/Managements discretion.