



Dixie Derby Girls

Down and Dirty Dodge Ball

:: Official Rules and Regulations ::

Field Dimensions and Markings:

1. The playing field shall be a rectangular surface free from obstructions.
2. The court is divided into two 30' X 30' areas, with a 4' X 30' neutral zone located at center court separating the two sides, an attack line located parallel and 10' from the center line, for a total court length of 60' from endline to endline, and a total width of 30' from sideline to sideline.
3. Approximately 2'-3' should be allotted for an out of bound area, allowing officials to move freely along the sidelines.
4. A restraining line will be located 6-8ft outside and parallel to each end line. Only active players (those not out) will be allowed to pass through the area between the end line and restraining line.
5. The Queue for each team is a 3' X 12' area, and should be located 2'-3' from the sideline, leaving enough room for an official to move free along the sideline.
6. Every effort will be made to obtain the correct dimensions. However court size may be adjusted to best suit the available space.

Equipment

1. 6 regulation size balls should be used (8")
2. Participants must wear shoes.

Players

1. Teams consist of six players with up to four substitutes.
2. Teams may consist of either gender. Any ratio of men and women may participate, including all male and all female teams.
3. All participants must be 19 years old or older.

Substitutions

1. Substitutions must be made prior to the start of each game. No substitutions can be made during a game, except in cases of injury.

Matches

1. Matches will elimination type: A game played until all opponents on one side have been eliminated. The first team to eliminate all its opponents is declared the winner.
2. A 7 minute time limit has been established for each game.
3. Matches will begin with the flip of a coin.
4. The team winning the coin flip will have a choice of sides to begin the match.
5. Teams will alternate sides after each game.

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.
3. If an equal number of players remain after regulation play, a 3 minute sudden death over time period will be played.

Overtime:

1. If an equal number of players remain after regulation play, a 3 minute sudden death over time period will be played.
2. In all overtime periods, the first team to legally eliminate any one opponent will be declared the winner.
3. To reduce time required to finish an overtime game, team captains may choose to add an equal number of players prior to the start of the first overtime- sudden death still applies. Both captains must agree to the number of players added- if not, overtime will begin with the number of players left standing at the end of regulation.
4. All overtime periods will begin with an equal number of "balls in hand" behind a team's end line. The first team to eliminate any one opposing player will be declared the winner.
5. Substitutions and/or additions may be added prior to the start of any overtime period.
6. At the end of each overtime period, if no players have been eliminated, an additional player from each team- max of 6- will be placed back into play.
7. The sudden death format continues through all extra periods.

Beginning Play:

1. An equal number of dodge balls are placed along the center line on each side of the center hash mark. A standard game consists of 6 balls, 3 on each side of the hash mark.
2. Play begins with all players positioned behind their team's end line.

The Rush:

1. The Rush occurs at the beginning of each game or reset.
2. Upon the official's signal, both teams rush to center court and attempt to retrieve as many balls as possible.
3. A team may rush with as many or as few players as it wants
4. There is no limit to how many balls an individual player may retrieve.
5. Players may not slide or dive head first into the neutral zone or they will be called out.
6. Crossing over the neutral zone will result in an "out."
7. Players may not physically grab and pull another player across the neutral zone or prevent them from returning to their side of the court.

Note: A player may, without penalty, step on the center-line.

Boundaries:

1. During play, all players must remain in boundary lines.
2. Players may pass through their end line only to retrieve stray balls. A stray ball is one that has not been picked up and is lying on the ground.
3. When retrieving a ball, the player must also immediately re-enter the playing field only through their end line. *Note: A player not immediately re-entering the playing area may be declared out.*
4. A player may be handed a ball, provided the player receiving the ball remains completely within their team's field boundaries. Players may be handed a ball while standing out of bounds.
5. A player shall not:
 - a. Have any part of their body contact the playing surface on or over sideline.
 - b. Enter or re-enter the field through their sideline.
 - c. Leave the playing field to avoid being hit by attempt to catch a ball.
 - d. Have any part of their body cross the center line and contact ground on their opponents' side of the court.

Note: A player may, without penalty, step on the center-line.

Putting a Ball in Play:

1. The player and the ball must go completely behind the attack line. During the Rush, any ball retrieved from the neutral zone must be returned behind the attack line before it may be thrown at an opponent. A ball that hasn't crossed the attack line is considered a dead ball, any hits or catches are voided plays.
2. There are several ways to put a ball into play following a Rush.
 - a. A player carries the ball across the attack line.
 - b. A player passes the ball a teammate who is behind or carries it across the attack line.

- c. A player rebounds the ball off the back wall of a closed court.

Live and Dead Balls

1. A thrown ball is dead as soon as it touches the ground.
2. A ball that is caught is dead until thrown again.
3. A ball must be thrown by hand to be considered Live, it may not be kicked, kneed, or head butted. Any "Outs" occurring from a ball that is not hand thrown will be invalidated.
4. A player must be behind the centerline in order to throw a ball and have it considered live.

Time Outs:

1. There are no team time outs

Outs:

1. A player shall be deemed "out" when:
 - a. A live ball hits any part of the player's body.
 - b. A defending player catches a live ball a player has thrown.
 - c. A defending player catches live ball a player has thrown.
 - d. A player drops a live ball as a result of contact by another thrown live ball. This usually occurs when a ball is being used to block a thrown ball.
 - e. A player steps out of bounds.
2. Out players should immediately remove themselves from the playing field and go to the designated Queue area. Players should line up in the order they were eliminated from play.

Returning to Play:

1. Each time a player eliminates a member of the other team by catching a ball, one of their previously eliminated players may return to play.
2. Players shall return to play from the Queue in the order they were put "out" (i.e. first "out," first "in") This rule should be followed to the best of a team's ability.

Blocking:

1. Players can defend themselves by blocking the ball in flight with another ball but must retain control over the ball they are blocking with. A player dropping or losing possession of the blocking ball is deemed "out."

Stalling:

1. The act of intentionally delaying the game.
2. If a referee determines that a player or team is stalling, the referee will warn player or team. If the stalling continues, at the referees discretion, player or team will lose possession of all balls on their side.
3. If both teams are stalling a reset should occur

5-second violation:

1. It is illegal for the leading team to control all the balls for more than 5 seconds. If the leading team controls all of the balls they must make a legitimate effort to get at least one ball across the attack line and into the opponent's backcourt. If this is not done within 5 sec., a 5 second violation will be called. A team may avoid a 5 second violation by throwing or rolling a ball into the opponent's backcourt.
2. Penalty for 5 sec. Violation:
 - a. First Violation: Stoppage of play and the balls will be divided evenly between the teams. Play will continue with "Balls in hand."
 - b. Second violation: Free throw for the opposing team – a penalty in which one player is allowed an obstructed throw at their opponents without risk of elimination. This is possible because a caught free throw does not result in an out for the thrower.
 - c. Third violation: Ejection of one player from the offending team.

Note: Only a court monitor or official may call a 5 second violation.

Note: 5-second violation does not apply to over time periods.

Out of Bounds Rule:

1. If any part of the player's body crosses the center line, the player shall be deemed "out".

2. Momentum may carry a player out of bounds while making a catch. Providing control of the ball was established prior going out of bounds.

Court Monitors and Officials:

1. All contests will be supervised by a Court Monitor.
2. Rules will be enforced primarily by the honor system. Players will be expected to rule whether or not a hit was legal or they were legally eliminated.
3. The Court Monitor's responsibility will be to rule on any situation in which teams cannot agree. A team may appeal to the Court Monitor if they feel a player has violated any rule. **THE COURT MONITOR'S DECISION IS FINAL**
4. Court Monitors may warn players and call technical fouls on those who display unsportsmanlike conduct. Any players receiving 2 technical fouls in a game will be ejected and suspended a minimum of one game. Suspensions will begin with their next scheduled game. Severe infractions or multiple technical fouls may result in suspensions from matches or tournaments.

Note: A Court Monitor is not required to warn a player before calling a technical foul.

Unsportsmanlike conduct:

1. It may include, but is limited to:
 - a. Unnecessary roughness
 - b. Arguing with officials, staff, participants, or fans
 - c. Abuse of the honor system
 - d. While head shots are not prohibited by these rules, any hits that are deemed by the referee to be 'Excessive Force' may result in a player being put Out. Ex : Point blank full force throw to the face.
 - e. Fighting will not be tolerated, and will result in the players involved being ejected for the remainder of the game and the tournament.
 - f. Players may not, at any time, touch, grab, or hold an opposing player. The offending player will be deemed Out.
 - g. Deliberate and excessive swearing, 'trash talking', or rude gestures directed at players, officials, or spectators will result in that player being ejected from the remainder of the game and the tournament.
 - h. Any uniform or worn accessory deemed by the referee to be a hazard to game play must be removed or rendered safe. Ex: Spiked belts that may injure another player or puncture a ball.

Code of Conduct:

1. Understand, appreciate and abide by the rules of the game and the honor system.
2. Respect the integrity and judgment of game officials
3. Be responsible for your actions and maintain self control.

Rules are based on National Dodge Ball League (N.D.L.) Regulations. They have been edited by The Dixie Derby Girls, Huntsville, Alabama

Some rules and regulations may be changed due to the size of the playing field. The DDG's will go over rules and answer any questions prior to the tournament. Please email questions to dodgeball@dixiederbygirls.com