**BETTER HEALTH**

**Diabetes Dodge It**

**Dodge Ball Tournament**

**Official Rules**

**THE TEAM**

Teams will be made up of six-nine players. Six players will compete on each side; additional team members will be available as substitutes. Substitutes may enter the game only during timeouts or in the case of an injury.

**THE GAME**

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:   
1. Hitting an opposing player with a LIVE thrown ball below the shoulders.   
2. Catching a LIVE ball thrown by your opponent before it touches the ground.   
  
*Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc).*

**BOUNDARIES**

During play, all players must remain within the boundary lines. Players may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end-line.

**THE OPENING RUSH**

Game begins by placing the dodgeballs along the center line – three on one side of the center hash and three on the other. Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Teams may only retrieve the three balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown and cannot be thrown at an opposing player retrieving their three balls until they are behind the attack line- this is only during the opening rush.

**TIMING AND WINNING A GAME**

The first team to legally eliminate all opposing players will be declared the winner. A three-minute time limit has been established for each game. If neither team has been eliminated at the end of the three minutes, the team with the greater number of players remaining will be declared the winner. There is NO over-time. In the event the game ends with same number of players, the team with the last player out will be declared the winner of the game. The winner of the match is the team that wins the best two out of three games.

**TIME-OUTS & SUBSTITUTIONS**

Each team will be allowed one 30-second timeout per game. At this time a team may substitute players into the game.

**STALLING**

In order to reduce stalling, a team will be warned if a team in the lead controls all six balls on their side of the court for more than five seconds.

**RULE ENFORCEMENT**

All contests will be supervised by a referee. The referee’s responsibility will be to rule on all legal hits, out-of-bounds and stalling. THE REFEREE’S DECISION IS FINAL – NO EXCEPTIONS.