

Dodgeball Rules

Field set-up & Equipment:

- Dodgeball uses one court at the HFC.
- Boundaries are the fence walls and the center court line.
- Suggested balls; yard balls, foam balls (preferred).

Game Rules:

- The game is a race to 3 wins. Meaning that the first team to record 3 wins. Wins the match. There are only 5 games per match.
- Each team consists of 8 players. Team must follow the opposite sex rule.
- Each game is 9 minutes long; at the end of 9 minutes the team with the fewest players remaining loses.
 - In the case of a tie neither team earns a win. However only five 9-minute games will be played therefore if there is a tie after the fifth game the match goes into the books as a tie.
- A player is eliminated when a player from the other team hits them with a dodgeball (that has not struck the ground) anywhere on their body, with the exception of the head.
- A player is also eliminated if they touch the other side of the center court line with any part of their body.
- A player who is eliminated must go to his/her respective sideline and may not participate until allowed back in the game. Note: If a player purposely touches a ball when out they will cause one of their active players to be out.
- A player may do three things to avoid getting hit:
 - They may dodge and move out of the way of the throw.
 - They may deflect the ball with another ball that they are carrying.
 - They may catch a thrown ball. If the catch is made before the ball hits the ground the player is not out and the person who threw the ball is out instead. As well, a player from the catcher's team may return to the playing field, on a first out, first in basis .
- If all players from one team are eliminated the opposing team wins that game.