

YMCA Dodgeball Rules and Regulations

Age Groups: K-4th Grade, 5th-8th grade, and 9th-12th grade

I. Teams and Participants

1. Teams are co-ed. Each team may have up to 7 players. Each team must have at least two females and two males start out in the game.
2. Games will be 6 on 6 with up to 1 sub for each team.
3. Each team must select a team captain, to check in teams and to sign off on all scores.
4. Substitutes are allowed to enter the court only when play is stopped, and only through the back line.
5. Games will be 5 minutes long with a 1-minute break in between. Time will be stopped each time one whole team has been eliminated.

II. Knockouts and Boundaries

1. There will be 6 balls in play at all time: 6 regular (8")
2. Players should make their own calls but an official will be monitoring and make final decisions.
3. Players are out only when hit with a live ball or when their live throw is caught. NO deflections.
4. Players may shield themselves with the ball in their hand. However, if the ball being used as a shield is knocked out then the player is out.
5. If a player crosses the centerline for any reason then that player is out.
6. If a player steps out of bounds while dodging a ball that player is out.

III. Dead balls

1. Stepping out of bounds will result in that player being called out. Players may leave the court to retrieve balls only, and must re-enter through the back line. While retrieving a ball, out of bounds, players may not be called out if hit.
2. Once a ball hits the floor, walls, goals, another ball or any other non-participating object that ball is dead.
3. A ball that hits a player or the referee is still live until it hits the floor, wall, etc.
4. No deflections. If a ball hits a a player and is caught, the player the ball hit first is out

IV. Games and Scoring

1. When a team has knocked all the players from the other team out, that team will declared the winner.
2. Play will begin with an opening rush in which all 6 balls are lined up on the centerline. Each player must have one foot on the back line. Once the whistle is blown each player will race to retrieve a ball. The players must then carry the ball to the back line and step on back line with one foot before putting the ball in play.
5. Tournament play will be double elimination.
6. In the event of a tie after 5 minutes, teams will continue playing until one side hits someone from the other side with a ball or catches the other team's ball for the win.

V. 5-SECOND VIOLATION

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

IV. YMCA Rules of conduct

1. Foul language is prohibited. First offense: verbal warning, Second offense: dismissal.
2. Fighting is prohibited. A fight will result in those players involved being dismissed from the YMCA.