

## nZone Dodgeball Rules

### The Team

Each team must be made up of 8-14 players. Only 8 players will compete at a time at most. To start each game off there must be at least 2 female players on the field. Players of each team who are not playing are waiting on the sideline in line and are to stay in order to allow each player equal playing time. Substitutes will only enter during an injury and the referee pauses the game.

### The Field

The game is played indoors on a 62 ft. long field. The field is separated in two equal sections by the midfield line. Then on each side of the midfield line there are another set of parallel lines called attack lines that is 5 ft. away.

### The Equipment

The official ball we will be playing with is an 8.5 in. red rubber ball.

### 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 anywhere (don't aim for the head BUT it will count if it happens)
2. If a live ball is caught by the opposing team before it hits the ground, wall, ceiling, or another ball. If the ball is caught live then the opposing player is not only out but one of your team members can come back in (unless you already have 8 players on the field)

The ball can only be held for 10 sec. and cannot be just thrown/ kicked away. Equivalent to intentional grounding for football. All throws must be done as an attempt to get another player out. Only exception is if you throw one ball high to try and distract a player and throw another ball at them.

If you are holding a ball and block an opponent's throw but drop your ball you are out.

If the ball hits your team mate and you try to catch the ball and it touches you and you end up not catching the ball, you are out as well.

The ball is only dead if it hits the ground, wall, ceiling, or another ball.

### Boundaries

Players must stay within the boundaries at all times unless retrieving a ball. If an active player leaves to get a ball he has 10 sec to get back on the field otherwise he is deemed out. You can have players on the sidelines retrieve balls that have been thrown out of bounds.

If you get hit with a ball while out of bounds you will be out.\*

If any part of a player crosses the midfield line they are out and if in the mid

### The Start of the Game

All players must start at their baseline at the start of each game (with at least 2 female players on the opening line up) When the whistle is blown each person can run for a ball and retrieve as many balls as they want and roll them back to their team or keep it for themselves. BUT the player cannot pick up the ball and immediately throw it at the other team. They must go back past the attacking lines (that are 5 ft. back from the mid field line).

### Timing and Winning

The first team to legally eliminate all opposing players will be declared the winner. There is a 3 and a half minute time limit for each game. At the end of the 3 and a half minutes the team with the most active players are the winners. If at the end of the time limit there is a tie, it will count as a game and both teams earn a point.

There are 15 games in one hour session. The team that wins each game earns a point. The team with the total points wins the night. After every 3 games teams will switch sides.

Standings will be determined by matches and games won. (Individual 15 games a night= matches. Games won= whoever won the most matches that night)

### Rule Enforcement

The rules will be enforce by two referees who will be watching each team. The HONOR system will be in effect.