

DODGEBALL RULES

The decision of the sport official and supervisor on rule interpretations, policies, and procedures are final.

Starport Fitness is officially part of the NASA - Johnson Space Center. The Gilruth Center is located on federal property and is considered a federal facility. All rules, regulations and policies of a federal facility apply to the Gilruth Center facility, indoor and outdoor. ALL PLAYERS MUST ABIDE BY THE GILRUTH CODE OF CONDUCT AT ALL TIMES. Unless otherwise stated in these rules and the Gilruth Code of Conduct, the league rules shall be the official rules of dodgeball.

FORMAT:

- A team will consist of eight (8) players.
 - At least 50% of the court must be made up of females at the start of the game. Teams can have more than four females on the court to begin with, but CANNOT have more than four (4) males on the court when play begins.
- A team may start and play with as few as six (6) players. Only 3 of those players MAX can be male.
- The maximum roster size is fifteen (15).
 - Game-time subs may be acquired if needed. All subs must sign a One-Time-Play Waiver to participation.
 - Players can only be on one team's **official roster** and be a game-time sub for one other team.
- The home team will choose the side of the court they wish to defend first.
- A dodgeball match consists of a best three out of five games series.
- Each game will have a five (5) minute running clock. If all players from one team are not completely eliminated at the end of the five minutes, the team with the most players remaining will be declared the winner of that game. If both teams have an equal number of players remaining at the end of a game, there will be an untimed sudden death period in which the team who first eliminates a member from the opposing team will be declared the winner of that game.
- There will be a two (2) minute break between the games of a match.
- After each game, the teams will switch sides of the court.

LOCATION:

- The Dodgeball League will take place in the Gilruth Center Basketball Gymnasium.
- **OUT-OF-BOUNDS:** The out-of-bounds area is designated by the BLACK LINES on each side of the basketball court. A player hit while out-of-bounds IS NOT OUT. A player who is out-of-bounds cannot get another player out. Players may only travel out-of-bounds if they are out of the game or to retrieve a ball. Any **STALLING** or "**HANGING OUT**" in the out-of-bounds area will result in that person being out.
 - **The back-end court lines ARE NOT part of the out-of-bounds area. The out-of-bounds area only extends along the sides of the court.**

EQUIPMENT:

- The Gilruth Center will provide all equipment. NOTE: The balls used for this tournament are "non-stinging" but can still be thrown at a faster pace than a "nerf" ball. Thus, some

amount of danger may be present if hit in an uncovered/sensitive area (i.e. head, stomach, back, etc.).

- Clothing:
 - Proper athletic attire is required. No jeans, jean shorts, button shirts or hard-soled shoes will be permitted.
 - Shoes must be gym or running shoes with a rubber-soled bottom.
 - Hats are not permitted.
 - Players must **REMOVE ALL JEWELRY** prior to participating, including any viewable body piercing.
- The Sport Official on duty will have the final call regarding all equipment.

THE GAME :

- Each game starts with eight (8) balls lined up on the mid-court line.
- Before play starts, each team member must be lined up **between the far white line and the black line**. Once the official sounds the whistle, play will begin. The 4 balls located on the teams' right are designated to their team at the start of the game. Once the team goes to retrieve the ball from the mid court line the ball must come back behind the **NEAR WHITE LINE** to be able to be thrown. From this point on, any person contacted by a thrown ball on the fly is out of the game (deflections off of the wall or floor do not count, but deflections off a teammate will count).
- Once a player has been hit, they should immediately raise their hand and run off the court to the out-of-bounds area/designated area on his/her team's side.
 - If a player who is out interferes with the game in anyway, an opposing player will be allowed to enter the game.
- **A deflected ball is still a live ball.**
- Balls may be held and used to deflect other thrown balls. A player may hold onto a ball as long as they show the intention of throwing it, for up to 10 seconds.
 - Any player caught "stalling" will be declared out. Stalling will be ruled by the official.
- A player is only allowed to be in possession of up to two (2) balls at any given time. Players in possession of more than two balls will be declared out.
- If a held ball is used to deflect a thrown ball, the player holding the ball is not out, unless the deflected ball hits a part of his/her body and is not caught. If a deflected ball hits a teammate who does not catch the ball, or that ball is not caught by another player, the teammate who was hit is out.
- The person throwing the ball is out if an opposing player catches the ball on the fly or off of a deflection. **Once the ball is caught, any member from the team whose player caught the ball may re-enter the game.**
- All players from a team are confined to their area of the court, with their team's side being **bound by the far white line just across the midline of the court and the sidelines**. If a person contacts the area beyond their far white line, **that person is out**.
- **"Head shots" are not allowed.** Hitting a person above the shoulders **AT ANY TIME** will result in the thrower being out.
 - Intentionally moving your body towards a ball so it hits you in the head will result in you being out.

CLARIFICATIONS/POINTS OF INTEREST:

- If a player from Team A hits a player from Team B and that same ball deflects and hits another player from Team B, both players from Team B are out.
- If a player gets hit with a ball but proceeds to catch the ball before it hits the ground that player can still play, but the player from the opposing team who threw the ball is out.

