



Indoor Dodgeball “House Rules”

REC Athletics has based its basic “House Rules” on the International Dodgeball Association rules set – All games will be played based on these “House Rules”

1. The typical Dodgeball court is about the size of a small Volleyball court, with a centerline and 2 sidelines.
2. Dodgeball is primarily self-refereed, and played with the honour rules.
3. There are 6 balls, split into 2 even groups near the ends of the centerline. During the opening rush (when the game starts), you may only grab the balls to your right.
4. You are out if: 1) you step over the centerline; 2) a thrown live ball hits you anywhere including a held ball; 3) you throw a live ball and it is caught by an opponent.
5. Thrown balls that hit the ground, the wall, other balls (not being held), or other objects before hitting the opponent are considered dead balls, and are ineligible to hit players out.
6. You may not block a thrown ball with a held ball. (See 4) The goal is to dodge!
7. If you are out, line up on the side in the order you were eliminated from the current game (think of it as being in a “resurrection” line). If your teammate catches a ball, the player at the start of your team’s “resurrection” line comes back into play.
8. You can only hold a ball for 10 seconds; the ball must be thrown by this time.
9. If the game comes down to 1 player per side, “Showdown” comes into effect. The centerline is dissolved. The first player to get the other player out wins.
10. Have fun, shake hands, make friends and be spirited!





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