

Dodgeball Rulebook

Music City Sports & Social Club. Indoor gym. Read with the General League Rules & Code of Conduct.

The five D's apply, but the sixth D is "Don't be a jerk." Foam balls only, no head-hunting, and the honor system is the whole game. If you can dodge a pedal tavern on Broadway, you can dodge this.

1. Court and Equipment

- Indoor court split by a **center line**, with an **attack line** 3 feet back on each side. Sidelines and end lines are out of bounds (the walls are not in play).
- **6 league-supplied foam balls** (no-sting, 7 to 8 inch). Rubber "playground" balls are not used.
- Gym shoes with non-marking soles only.

2. Teams and Co-ed Rules

- **Roster:** 8 recommended, 12 max.
- **On the court:** 6 players, with **at least 2 women**. Your roster must include enough women to meet this minimum every game. Teams need **at least 4 (1 woman)** to avoid forfeit.
- When a player comes back in (Section 5), the return order alternates genders where possible, so a team can't "save" its men.

3. Match Format

- **40-minute match.** Play as many games as fit. The team that wins **more games** wins the match.
- **Each game: 3 minutes** max. When time's up, the team with **more players** standing wins. If it's equal, it's a tie (no point to either side).
- Teams switch sides at the halfway mark of the match.

4. The Opening Rush

- Balls are set on the center line: 3 on each half, toward each side's right.
- On the whistle, players may sprint to retrieve the balls **on their right side only**. A rushed ball must be **carried back behind your own attack line** before it can be thrown.
- **No contact** at the center line. Collisions during the rush earn a warning, then an out.

5. Outs, Catches and Coming Back

- **Hit by a live thrown ball** below the shoulders (body or clothing): **out**.
- **Thrown ball caught** before it touches anything else: the **thrower is out**, and the catcher's team brings back **one** player.
- **Blocking** a throw with a held ball: not out. But if you drop your blocking ball because of the hit, you're out.
- **Deflection:** a ball that deflects off one player and hits a teammate puts both out, unless someone catches it before it touches the ground or a wall.

- **Stepping over the center line or out of bounds** (to dodge or get a ball): **out**.
- **Headshot** (head or neck): the **thrower is out**, unless the target ducked, dove or crouched into it.
- **Live ball**: a thrown ball is live until it touches the floor, a wall, the ceiling, a ref or another ball.
- Out players line up along their sideline in the order they went out. First out is first back in.

6. Pace of Play

- **10-second rule**: when one team holds all six balls, it has 10 seconds to throw at least **three**. If it doesn't, it gives up all its balls to the other side.
- A team **can't hold more than four** balls for longer than 5 seconds when the other side has none.
- **Last player standing**: if a game's down to 1v1, both throw at once on the ref's count until someone's out.

7. Honor System and Officials

Refs can't see everything. **If you know you're hit, leave.** Repeated "I didn't feel it" moments mean a warning, then ejection from that game. In Sipper leagues, teams may self-officiate with a Coordinator on standby.

8. Safety

- **No throwing at someone who's already out**, or at anyone on the sideline.
- **No spiking** the ball at close range (inside the attack line) at someone who's down or falling.
- Intentionally kicking the ball is an out.

Questions? info@musiccityssc.com | Venue: TBD, TBD | Last one standing gets the encore.