

DARC Dodgeball Rules

General Rules

1. Opening Rush: Players must be touching the back wall at the start of the game. After the starting countdown of “3, 2, 1 Dodgeball!” teams approach the centerline to retrieve the balls.
2. Teams can only take the 3 balls to their right initially.
3. Balls must touch the back wall before they are live. The ball is dead otherwise.
4. Players attempt to eliminate opponents by hitting them with balls or catching their throws. If a player is hit with a live ball, that player is out.
5. Eliminated player’s line up against the designated wall or on the sideline, which is to be announced at the start of the games, according to the order of elimination. First Out, First In.
6. Players are to play by the honour system. If in doubt, player should call themselves out.
7. Play continues until one team is eliminated.

Additional Game Play Rules

1. Kamikaze plays: Players are not allowed to deliberately cross the centerline to make a play; they will automatically be called out.
2. A player is considered hit only if there is direct contact with a live ball released by the opposing team
3. Hit etiquette: If a player is hit, he should drop all held balls, raise his arm to signal that he is out, and leave the court immediately and minimize gameplay disruption. (Once on the sidelines, knocked-out players are not allowed to kick or pass balls to their teammates. This is illegal and will result in the ball being turned over to the opposing team).

4. Headshots: To simplify the game, all headshots count. However, we do not condone intentional headshots. Gym Leads reserve the right to discipline players if there are repeated violations or if the single violation is severe.
5. A catch is when a player retains full control of a ball released by an opponent. While possession does not require both feet on the ground, the player must land with both feet, or any other part of his body inbounds.
6. If a player catches a ball thrown by an opponent, the thrower is out and one player returns to the catcher's side in the order of first out, first in.
7. Returning players after a catch: Returning players must go straight to any part of their own back wall, and touch the wall to be reactivated.
8. A block is when a player uses ball(s) in possession to keep himself from being hit.
9. Failed Block (Deflection Exception): A player is out if:
 - An opponent's ball hits a player's blocking ball and then hits the blocker's body or clothing afterwards.
 - A player drops his blocking ball(s) as a result of trying to block an opponent's ball.
 - A ball hits the blocker's fingers or hand first, or after, while trying to block.
10. 10 Second Holding Rule: The intention of the 10 Second Holding Rule is to prevent stalling and encourage continuous play. Players can only hold the ball for 10 seconds. After 10 seconds, the ball is dead and must be turned over. It is the responsibility of players to know their ball's countdown status.
11. How to turn over a dead ball: A dead ball, after a 10 second count, must be rolled over with the intention to touch the opposing team's wall, not just placed over the centerline. If a dead ball stops midway from the centerline and the opposing team's wall, the referee can intervene to assist the turnover.
12. If there is only 1 player left from each team, showdown goes into effect:
 - Referees pauses the game.
 - The centerline boundary is dissolved, while the sidelines remain active boundaries.
 - Players begin with 2 balls in their hands at their respective walls.
 - The other 2 balls go at the ends of the centerline.
 - When ready, showdown begins with a "3, 2, 1, showdown" from the referees.

- Tagging the opponent in a showdown will not count; balls must be released in order to hit someone out.
- There is no 10 second dead ball count.
- If a victor can't be determined, then a showdown rematch will occur.