

# **Simmons College Dodgeball Tournament**

## **Rules & Regulations**

1. Teams – each team has six players
  - a. Coed (optional)
2. Object of the game – to eliminate the opposing team’s players from the game by:
  - a. Hitting them with a ball
  - b. Catching a thrown ball
3. Start game
  - a. Number of balls used = 6
  - b. All balls are placed on the midline of the game court
  - c. All players must start behind the end-line on their respective side of the court
  - d. On the official’s whistle, both teams run to the balls, take one, and run back to their starting line before they are allowed to throw the balls at their opponent
    - i. Note: one ball per player
4. Rules for elimination
  - a. You must hit your opponent from the shoulders down
  - b. If a thrown ball is caught before it hits the ground, the person who threw it is out
  - c. If you step out of bounds (outside of the basketball court) to avoid being hit, you are out
    - i. Note: you may only step outside to retrieve a ball
5. Blocking balls
  - a. You may use a ball to block a thrown ball
  - b. If a ball being used to block is knocked out of your hands, you are out
  - c. If a ball is blocked and hits the person who is trying to block the ball, that person is out
6. Catching balls
  - a. Balls must be caught clean (not a deflected ball off a teammate) by the person making first contact
7. Violations
  - a. If you step over the mid-court line, you are out
    - i. Note: you may reach over the line to retrieve a ball. You cannot step over.