

Dodgeball Tournament Rules

EQUIPMENT

- 6 foam dodgeballs
- Stay in bounds (center line + end lines)
- Athletic shoes required • No jewelry

MATCH FORMAT

- Best of 7 points
- Win a point by eliminating the other team
- First team to 4 points win

STARTING PLAY

- Team captains are chosen by rock/paper/scissors
- Team captains choose teammates by captain's draft – pick-up style
- Balls start at center
- Teams start behind end line
- On whistle, rush for balls
- Bring the ball back before throwing

YOU ARE OUT IF:

- You are hit before the ball hits the ground
- Your throw is caught
- You step out of bounds

YOU ARE SAFE IF:

- The ball hits the ground first

CATCH RULE

- Catch = thrower is out
- Catching team brings 1 player back
(first out, first back in)

SAFETY

- No intentional headshots
- Head hit = no out, ball is dead (ref decides)

STALLING

- Must throw within 10 seconds when holding a ball

SPORTSMANSHIP

- No contact or aggressive behavior
Ref can warn, call outs, or forfeit teams - Referee decisions are final.