

PRIDE SPORTS USA[®]

Pride Sports USA - Dodgeball Official Rules PrideSportsUSA.com TABLE OF CONTENTS - Updated March 21, 2025

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Pride Sports USA is an adult sports organization consisting of all genders, sexualities and races ranging from 20-80 years old. Dodgeball is a game consisting of two teams, Dodgeballs, sweatbands, tube socks and short shorts. Games are played with 10 players per game. 22 min games. For the enjoyment of the game, proper respect and sportsmanship is required of all participants toward one another. Fighting is not tolerated. There is a zero tolerance for discrimination towards race, gender, sexual orientation or anything for that matter. There is also a zero tolerance for unsportsmanlike behavior.

First Rule of Pride Sports USA - Dodgeball is to HAVE FUN!

1. The Court

The following are the official dimensions for a regulation court, but depending on each venue this might vary.

- a. The court is divided into two 25' X 25' areas, with a center line located at center court separating the two sides, total court length of 50' from back line to back line, and a total width of 25' from sideline to sideline.
- b. Some courts may have a net to divide the out of bounce areas.

2. Equipment/Uniforms

- a. 7 regulation 7 inch balls should be used per court, set on small cones to stay in place at the center line.
- b. All players must have Pride Sports USA uniforms as their official team uniform in order to participate in the games. If a player does not have on their uniform the player can not play and no refunds for the games missed will be given.
- c. Subs uniforms: Only subs can play with out a uniform but must wear a solid black shirt with no logos shown. Each team captain should have an extra black shirt, this shirt will be used for the subs.

Uniform modifications - The only alterations that can be made to the uniform is cutting the sleeves and belly of the shirt.

The Pride Sports USA Logo, and sponsors/ anything printed on the back must not be touched or cut into. Players can NOT print on, draw on or alter anything else on the uniform. If a player prints or draws on their jersey they will have to pay \$29 to replace it and can not play. Pride Sports USA does not allow players to wear gloves. (Players can tape their fingers)

3. Players/ Team Size

- a. Teams consist of no more then 22 players
- b. 10 players maximum on the court at the start of each match.
- c. All teams need 8 players in uniform ready to go at the scheduled match time for the match to be counted. If a team has 7 or less players at the game start time, the game will be reported as a 7-0 loss forfeit. The teams are encouraged to play and have a scrimmage in the case of this.
- d. Teams may consist of all genders, however many or few of any gender. All genders/ sexualities/skill levels/and ethnicities are welcome to join us!
- e. If teams are short on players they can not pull players on other teams.
- f. If teams are short on players they can take the forfeit and then pull players to fill up their team, but again, the games will be a forfeit.
- g. If a team only has 8 players and their opponent has 10. That match will be played 10 players vs 8 players.

4. Substitutions

Substitutes are players that are not registered league members. If a team is short on players they may ask friends that are not playing in the league already, to come help their team that week. Each substitute must register online and pay a \$15 for that week at PrideSportsSubs.com.

The substitute must register for every week they play.

Substitutes must register make their own account and must physically register themself.

*Substitutes are **not** allowed in playoffs*

When is my team allowed to have subs?

If your team has 12 or more players on your roster attend the games that week, no subs will be allowed.

If your team has 11 players on your roster attend, you are allowed 1 sub.

If your team has 10 players on your roster attend, you are allowed 2 subs.

If your team has 9 players on your roster attend, you are allowed 3 subs.

If your team has 8 players on your roster attend, you are allowed 4 subs.

4 subs is the MAX number of subs allowed to play on a single team.

5. Remix Season

a. No Subs allowed in Remix Seasons.

b. Teams must have 6 players to not forfeit in a remix season. (5 or less players will result in a 7-0 loss) But if a team only shows up with 5 players, teams should still mix up the teams and get a game going for fun.

6. Match

A regulation season match consists of two teams playing within 22 mins of time. Playing the first one to 7 games wins. Each game will count as one point. At the end of 22 mins, the team with the most points wins. If the score is tied at the 22 minute mark (for a regular season game) the match ends in a tie and a new game does not start.

-NO NEW GAMES AFTER 22 MINS

Regular season game - Games can end in a tie.

Playoff Games - If the game is tied at the end of the 22 minute mark and this is a **playoff or championship game**, the tie breaker game will be 3 vs 3, each player gets their own dodgeball, and they will start all their own back wall. The 7th ball will get placed in the middle of the court for either team to get. (The 7th ball must hit the back wall to be activated)

One minute will be placed on the clock where blocking IS allowed.

After 1 minute, no blocking comes into affect. (Please see Rule 12 for No Blocking)

The team with the last player standing wins.

What if the last game ends with 2 secs left on the clock?

Another game will be played as the rule states no new games **after** 22 mins has passed.

7. Beginning Play

Captains will rock, paper, scissors for which side.

Play begins with all players positioned on their own backline. Teams should have no more than 10 at the starting line.

The Rush-

The Rush occurs at the beginning of each game.

All players will start with their hands on the back wall.

On "Go" or on the whistle, players will run to the center line. To avoid colliding head on with the other team, each team will only be allowed to retrieve the right most balls.

A team may rush with as many or as few players as they want, but at least one person from each team has to Rush.

One individual player may retrieve no more than the 3 or 4 balls on your side.

Players may not slide or dive head first into the center line.

ONLY on the rush, players are allowed to touch the center line and or touch the other side of the court.

Players may not physically grab and pull another player on the opposite team across the center line.

8. Putting a Ball in Play

The ball must go completely behind the back line. During the Rush, any ball retrieved from the center line must be returned behind the back line or touched against the back wall before it becomes an active ball and can be thrown at an opponent. A ball that hasn't crossed the back line or touched the back wall will be considered a dead ball, any hits or catches are voided plays.

A ball not retrieved at the beginning of the game will only be allowed to be picked up by the team it is originally assigned for.

The ways to put a ball into play following a Rush.

- A player carries the ball across the back line or touches the back wall.
- A player passes the ball to a teammate who is then touches the ball to the back wall.
- A player rebounds the ball off the back wall of the court.
- If a player does not touch the ball to the back wall, then that ball is not live and if that thrown ball hits a player on the other team, that player is not out because the ball is not activated yet.

9. Time Outs

There are no team time outs. If a player gets hurt we will pause the game to attend to the hurt player.

10. Outs

Player shall be deemed "out" when a live ball hits any part of the player's body, clothing, hair or uniform. (see next section for what a live ball is)

If a player is hit by a live ball rebounding off another player or ball lying on the court that player is out.

- A defending player catches a live ball they have thrown (Thrower is out).
- If a ball is thrown and hits more than one player before hitting the floor, walls, ceiling, basketball net/hoop etc, all the players that the ball hit are out.
- If a ball is thrown and hits off a player, then caught by another player before hitting the floor, walls, ceiling, basketball net/hoop etc, the player who threw the ball is out and the player(s) that the ball hit is/are also out and the player who caught the ball is safe.
- If the courts you play on have nets dividing the courts - if a player hits the net, the player is out.
- If a thrown ball hits a player that is out and walking off the court, the ball becomes a dead ball
- If you throw a ball at your opponent and it bounces off them and you catch it before hitting any other surface, you are not out.

11. Live Ball & Dead Ball

- A Live Ball: is a thrown ball, during the time, that it leaves the throwers hand to when it hits anything other than another live player or ball.
- A Dead Ball: is a ball that hits anything other than a ball or live player when thrown. Example (wall, floor, cone, basketball hoop) The result of the play will be called as whatever happened prior to being a dead ball. Example (If a ball hits a player and deflects into the wall and the player catches it off the wall. The player will be out because when the ball hit the wall it became a dead ball)
- A Dead Ball becomes a dead ball after it touches anything other than a live player or another ball.

12. Blocking/No Blocking

Blocking is allowed during the 22 min game.

- Players can defend themselves by blocking the ball in flight with another ball but must retain control over the ball they are blocking with. A player dropping, losing possession or losing control (bobbling their ball) due to the incoming thrown ball is deemed "out."
- Any blocked ball rebounding off another ball is considered live. Any player hit by the rebounding ball is deemed "out."
- IF a thrown ball deflects off the ball you are holding and hits you, your hand holding the ball or any part of your body, you are out.

No Blocking

No blocking comings into affect once the clock has run out of time.

Once the Clock reaches 00:00:00. (After 22 mins has passed) The refs will stop the game by walking out into the middle of the court. All players will stop and run to the back line. If they have a ball in their hand they can keep it. If there are any balls on the ground, they must not be picked up. After all players are at the back line/back wall the game will continue with the no blocking rule in affect.

- If you block an incoming thrown ball, you are out and the thrown ball is dead.

Example: Team Red vs Blue. Player on Blue Team throws balls at Player 1 on Red. Player 1 on Red blocks the incoming ball, the incoming ball then flys into the air and Player 2 on Red catches it. The player on the Blue Team is NOT out as that incoming ball is dead once a player blocks/deflects that ball with their ball.

13. Pinching

The act of squeezing the ball in order to alter the thrown or blocked ball is not allowed. These players will be warned but if they consistently continue to do this will be deemed out.

14. Ball Control

- When a team has 4 or more dodgeballs aka ball control. They have 15 seconds to lose ball control or lose the majority. Referees will count 5 seconds silently and then will start counting at 10 and if they reach 0 that team will have to roll all their dodgeballs to the other side.
- If there is one player left and they have the majority, the 10 second countdown resets every time they throw a ball to the other side until they lose the majority.
- To lose ball control the side with ball control must have 3 or less balls. As balls are coming back and forth they will still have ball control until the second their side has 3 or less balls.
- If the ref gets to 0 and the side still has ball control, all balls will go to the other team. No one is out, just simply all the balls go to the other team.
- Players can not place balls on the other side of the court. If they are giving the ball to the other team it must be thrown or rolled with enough force to reach the back wall or back line of the court.

15. Center Line/ Side Lines

- Players are not allowed to touch the center line (They are only allowed to on the Rush). If a player touches the center line while making a throw, the throw does not count and the player that touched the line is out. If the thrower touches the center line after the throw makes contact with the player, the player who was hit with the ball is out (If they get hit and they do not catch it) and then the thrower (who touched the line after the ball made contact is out.)
- A player can reach over the line to pick up a ball but if any part of the player touches the line or the other side, that player is out.

16. Mercy Rules

First team to 7 points wins or the team with the higher score at the end of the 22 minutes win. If there is time left, teams can mix it up and finish out the remaining time playing and having fun.

17. Headshots

- a. A headshot occurs when a player is hit directly in the head by a high thrown ball. This is allowed and the player hit, will be deemed out.
- b. If a player is consistently hitting players in the head or face, they will be given a yellow card as a warning. If it continues a red card can be given to the throwing player. (Please see Yellow and Red card info below)

18. Disagree with Refs Call

- a. If a players argues with a ref, that player is out.

19. Kicking the Ball

- Players are not allowed to kick the ball. One warning by the ref may be given to inform/ remind both teams that there is no kicking the ball. If a player is seen kicking a ball that player will be out.

20. Yellow and Red Cards

Head Refs will have yellow and red cards. These cards will reflect a warning (Yellow) and an ejection (Red)

Yellow Card - Is for a warning to a player

- a. that is being overly aggressive and therefore ruining another players experience.
- b. that is arguing calls
- c. that needs to sit a game out to cool down.

Red Card - Is a Ejection Call made by an official. (Two yellow cards equal a Red Card) Red Cards can be given to a player for

- a. Already having a yellow card. (Kicked out that week)
- b. Threatening another player. (Will not be allowed back in the league)
- c. Yelling at an official. (Kicked out that week)
- d. Cheating (Kicked out that week)
- e. 2 Red cards during the same season will result in being removed from the league.

21. National Tournaments (Not end of the season playoffs)

- a. Games will be played 8vs8 and 12 min round robin matches. (Teams of 8-11 players)
Teams will rock, paper, scissor for who gets to start with 4 balls aka "The Home Team"
- b. When time expires which ever team has more players left on the court will win that current game. If each team has the same amount of players left in the game no new points will be awarded.
- c. A caught ball results in the player who threw the ball to be out and first person out from the catching team, will return to the game. (Catching a ball brings a player back in)
- d. A thrown ball hitting a player deems the hit player will be out.
- e. If a thrown ball hits a ball or a live player (a player still in the game) it keeps the thrown ball live.

Example: Player A throws the ball at Player B. It hits Player B and deflects to the wall. Player B catches the ball off the wall. Player B is deemed out and Player A is safe.

Example:

Player A throws the ball at Player B. Player B deflects the thrown ball with the ball that they are holding. The deflected thrown ball hits a player on Player B's team and then falls to the ground. Player B is safe and Player B's Teammate is out.

Example:

If Player A throws a ball and hits Player B but then Player B's Teammate catches it without the ball touching anything else.

Player A is out (because their thrown ball was caught)

Player B is out (because they got hit)

Player B's teammate is safe.

- f. A caught ball will not bring in another player.

Double Elimination Matches are best 3 out of 5 games.

Higher seed is the home team and can pick if they want to start with 4 balls or with 3 balls.

Championship Match - The team coming from the winners bracket will be home team.

What if game - If the team from the losers bracket wins, another game will be played. The home team will be the higher seeded team if a "what if" game occurs.

If a double elimination match goes over 20 mins a no blocking rule will come into effect.

If a player blocks a ball with a ball they have possession of, the player blocking will be deemed out.

Code of Conduct

Captains are the only players to communicate with officials over a call.

If you get hit with the ball but are not called out...you are still out. Have good sportsmanship and simply call yourself out.

Leave drama and bad attitudes at the door. Everyone is here to have fun.

Abuse, harassment, bullying and personal attacks are unacceptable and will result in removal from the game and facility.

Officials agree to make the best calls they can. Disrespecting an official or disrespecting an officials call will result in removal from the match.

If you have a concern about an official, please have your captain address it with a league manager asap.

I agree to control my temper and not retaliate, even if I believe I have been wronged.

Respect the game

Racism, discrimination and hate speech are not permitted and will result in immediate removal from the league.

Be a good sport

No trolling, flaming or baiting comments allowed. Yellow or Red cards may be issued.

Be a team player, make new friends and have fun.

