



PRIDE SPORTS USA

DODGEBALL

OFFICIAL RULEBOOK

TABLE OF CONTENTS - Updated Feb 26, 2026

Table of Contents

1. The Court
2. Equipment / Uniforms
3. Players / Team Size
4. Substitutions (Subs)
5. Remix Season
6. Match
7. Beginning Play
8. Putting a Ball in Play
9. Time Outs
10. Outs
11. Live Ball and Dead Ball
12. Blocking / No Blocking
13. Catches / Re-entering the Game
14. Pinching
15. Ball Control
16. Center Line / Side Lines
17. Mercy Rule
18. Headshots
19. Tied Games
20. Disagree with Refs Call
21. Referees
22. Kicking the Ball
23. Additional Items
24. National Tournaments

STANDARD TERMS USED IN THIS RULEBOOK

To avoid confusion, these words mean:

- Game (or Round): One point is awarded when a game ends.
- Match: The full 22-minute period where teams play multiple games/rounds.

INTRODUCTION

Pride Sports USA is an adult sports organization consisting of all genders, sexualities, and races ranging from 21–80 years old.

Dodgeball is a game consisting of two teams, dodgeballs, sweatbands, tube socks, and short shorts :)

Games are played with 10 vs 10 players per game. (15 minimum and 25 maximum players per team) 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.

- The court is divided into two 25' X 25' areas
- A center line is located at center court separating the two sides
- Total court length: 50' (back line to back line)
- Total width: 25' (sideline to sideline)

Some courts may have a net to divide the out of bounce areas.

2. EQUIPMENT / UNIFORMS

Balls

- 7 regulation Pride Sports USA 7 inch foam dodgeballs should be used per court
- Balls should be set on small cones to stay in place at the center line

Uniforms

All players must have Pride Sports USA uniforms as their official team uniform in order to participate in the games. (These uniforms will be given to your team on opening day)

If a player does not have on their uniform:

- the player can not play
- no refunds for the games missed will be given
- must order another a replacement at PrideSportsUSA.com/store

Subs Uniforms

Only subs can play without a uniform, but must wear:

- a solid black shirt
- no logos shown

Each team captain should get 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
- the belly of the shirt

Note that: The Pride Sports USA logo and sponsors/anything printed on the back must not be touched or cut into.

Players can **NOT**:

- print on their uniform
- draw on their uniform
- alter anything else on the uniform

If a player prints or draws on their jersey:

- they will have to pay to replace it

- they can not play

Gloves

Pride Sports USA does not allow players to wear gloves.

Players can:

- tape their fingers
- use dodgeball hand chalk

3. PLAYERS / TEAM SIZE

Teams consist of:

- must have 15 registered players
- no more than 25 players

10 players maximum on the court at the start of each match.

Match Start Requirements

All teams need 8 players in uniform ready to go at the scheduled match time for the match to be counted. (Minimum to avoid a forfeit for a **Remix Season** is 6 players)

If a team has 7 or less players at the game start time:

- the game will be reported as a 7-0 loss
- teams are encouraged to play and have a scrimmage in the case of this

Team Composition

Teams may consist of all genders, however many or few of any gender.

- Exception - She/They+ Divisions are specifically for players that identify as a Women, Non-Binary or Trans.

For our open divisions, all genders/sexualities/skill levels/and ethnicities are welcome to join the fun!

Playing Short / Borrowing Players

If teams are short on players they can not pull players on other teams.

If teams are short on players they can take the forfeit and then pull players to fill up their team, but again, the match will be a forfeit.

If a team only has 8 players and their opponent has 10:

- that match will be played 10 players vs 8 players. No penalty for either team.

4. SUBSTITUTIONS (SUBS)

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.

Sub Registration

Each substitute must:

- register online
- pay a \$15 for that week
- register for every week they play

Register at: PrideSportsUSA.com/subs

Substitutes must:

- make their own account
- register for the week of games they are to play.

Note: No one other than the sub can register for them.

Playoffs

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 attend:

- you are allowed 1 sub

If your team has 10 players attend:

- you are allowed 2 subs

If your team has 9 players attend:

- you are allowed 3 subs

If your team has 8 players attend:

- you are allowed 4 subs

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

5. REMIX SEASON

No subs allowed in Remix Seasons.

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.

During the match:

- teams play multiple games/rounds
- each game/round counts as one point

The match ends at 22 minutes.

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 match):

- the match ends in a tie
- a new game does not start

NO NEW GAMES AFTER 22 MINS HAS PASSED

Clarifying the “2 seconds left” situation

If there is still time on the clock (example: 00:00:02 left):

- another game can be started if the score is within 1 point of each other, because 22 minutes has not passed yet

Regular Season

Games/matches can end in a tie.

Playoff Games

If the match is tied at the end of the 22 minute mark and this is a playoff or championship match:

- another game must be played

(Please see rule 19 for more details)

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 or foot on the back line

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:

- 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

Ball Left in the Center on the Rush

If a ball is left in the center after the rush, after 7 secs the other team may get the ball

The team that gets the ball must still touch the ball to their back wall to activate it

8. PUTTING A BALL IN PLAY

Only at the start of the game, 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

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 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
- if that thrown ball hits a player on the other team, that player is not out because the ball is not activated yet

If a player does not touch the ball to their back wall and throws it to the other side:

- no one is out as the ball is not live
- the thrower is also not out
- the thrown ball can be picked up and thrown by the other team and does not have to touch their back wall

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

A player shall be deemed "out" when a live ball hits any part of the player's:

- body, clothing, hair, uniform

(See next section for what a live ball is)

A player is out if hit by a live ball rebounding off:

- another players body
- Another players dodgeball
- a ball lying on the court

Outs – Special Situations

Catching a Ball

A defending player catches a live ball thrown at them:

- the thrower is out

Ball Hits Multiple Players

If a ball is thrown and hits more than one player before hitting the floor, walls, ceiling, basketball net/hoop etc:

- all players hit are out

Hit + Catch (Before Ball Hits Anything Else)

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
- the player(s) that the ball hit is/are safe

- the player who caught the ball is safe

Nets

If the courts you play on have nets dividing the courts:

- if a player hits/runs into the net, the player is out

Ball Hits an Out Player

If a thrown ball hits a player that is out and walking off the court:

- the thrown ball becomes a dead ball

If a thrown ball hits a player that is coming back into the court (From a caught ball):

- the thrown ball becomes a dead ball as the player is not a “Live Player” yet until they hit their back wall.

Catching Your Own Ball

If you throw a ball at your opponent, it bounces off them and back to you across the court and you catch it before hitting any other surface:

- you are not out

(You can not catch a ball that you threw and get yourself out)

11. LIVE BALL AND DEAD BALL

Live 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
- another ball

Dead Ball

A dead ball is a ball that hits anything other than a ball or live player when thrown.

Examples:

- wall, floor, cone, side net, back net, ceiling, non live player etc.

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 that was hit 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 (Allowed During the 22 min Match)

Blocking is allowed during the 22 min match.

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 **live** ball is deemed:

- out

If a thrown ball hits the ground and you lose control of the ball you have, you are not out as the thrown ball is not live when it hit your ball.

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 (After 22 Minutes)

No blocking comes 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
- **the incoming ball that was thrown, is dead**

Example:

Team Red vs Blue. Player on the Blue Team throws a ball at Player 1 on Red. Player 1 on Red blocks the incoming ball, the incoming ball then flies 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. Reminder: This is ONLY when time has expired and we are in No Blocking time.

13. CATCHES / RE-ENTERING THE GAME

Catches will bring back a player into the game.

- 1 player per caught ball

If no players are out yet and a ball is caught:

- no one will re-enter the game

If you are hit you must make a line by the ref in the order that you were hit out.

- First one out is the first one back in.
- The order is first person out is closest to the ref.

(Please see court map on the last page)

When you are in No Blocking:

- if a ball is caught, a player can still come back in

Re-entering the Game

Players will have 3 seconds to:

- enter the court
- touch the back wall

The player re-entering is not a live player until they touch the back wall.

Missed Your Chance to Re-enter

IF you missed your 3 second window to come back into the game

- you can not enter the game
- you must stay in the same order and wait for the next ball to be caught.

14. 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.

15. 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
- then start counting down from 10
- if the ref reaches 0 that team will have to roll all their dodgeballs to the other side

No one is out, simply all the balls go to the other side.

- refs please tell all players, on both teams, to go to the back wall and continue the game with saying "Dodgeball" once all players are touching their back wall

To lose ball control:

- the side with ball control (Majority of Balls (4 or more)) must get to 3 or less balls on their side for their count-down to stop

As balls are coming back and forth:

- they will still have ball control until the moment their side has 3 or less balls

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

Players shall be called out if they do not throw or roll the ball with enough force to hit the back wall.

If the ref reaches 0 for a second time within the same game/round:

- that game/round will be a loss
- the teams will move on to the next game/round

Game/round make up a Match.

A Match is a collection of games/rounds.

16. 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
- 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)
- 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 touches the other side, they will be called out.

17. MERCY RULE

First team to 7 points wins or the team with the higher score at the end of the 22 minutes wins.

If there is time left at the end of a match:

- teams can mix it up and finish out the remaining time playing and having fun

18. HEADSHOTS

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.

If a player is consistently hitting other players in the head or face:

- they will be given a warning and if continued the Manager can remove them for the day or the season.

19. TIED GAMES

Regular season matches CAN end in a tie.

Playoff matches can not end in a tie.

Playoff Tie Breaker

If the match is tied at the end of the 22 minute mark and this is a playoff or championship match:

- The tie breaker game will be 3 vs 3
- Each player gets their own dodgeball
- They will start at 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.

20. DISAGREE WITH REFS CALL

If a player argues with a ref:

- that player is out

21. REFEREES

Referees must be in their Pride Sports USA uniform while officiating.

If the scheduled officiating team is short:

- 1 referee → they will start their next game at -1 points
- 2 referees → they will start their next match -2 points
- 3 or more referees → their matches for the day will be a forfeit (7-0)

22. KICKING THE BALL

Players are not allowed to kick the ball at any time. (While on the sidelines or in the game)

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

23. ADDITIONAL ITEMS

All players (including players not playing that round) must stay on your half side of the court.

If balls go out of bounds:

- you can not cross the center line to get the ball

24. NATIONAL TOURNAMENTS (Not end of the season playoffs)

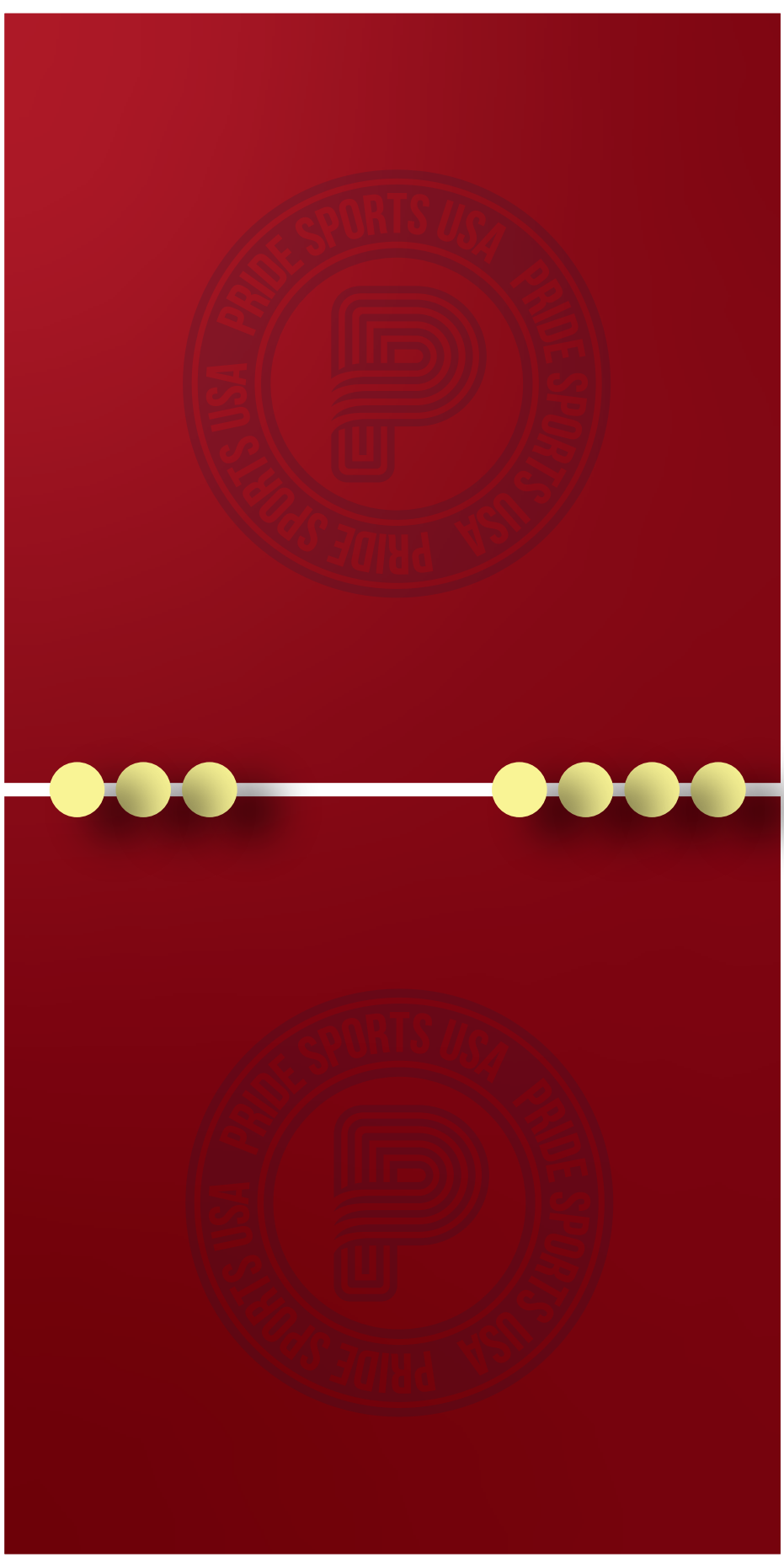
Games will be played 8vs8 and 12 min round robin matches.

(Teams of 9-12 players)

Please visit PrideSportsUSA.com/rules and click on the National Tournament Section to see our Rule Book for Pride Sports USA National Dodgeball Tournaments.

REF

REF



3RD OUT

2ND OUT

1ST OUT

REF

REF

1ST OUT

2ND OUT

3RD OUT

PRIDE SPORTS USA, LLC - CODE OF CONDUCT

1. **Purpose and Values.** For purposes of this Code of Conduct (the "Code"), "Pride Sports" means Pride Sports USA, LLC, and "League" means Pride Sports, together with the recreational sports leagues, divisions, programs, games, events, tournaments, practices, social events, and other activities organized, operated, sponsored, or sanctioned by Pride Sports, whether conducted on a seasonal or one-time basis.

Pride Sports is committed to fostering an athletic and social environment that is inclusive, respectful, safe, and welcoming. The League exists to bring people together through recreation and community, and to affirm the dignity and value of every participant and attendee.

All participants, volunteers, officials, spectators, and guests are expected to conduct themselves in a manner that supports these values. Conduct that undermines the inclusive purpose of the League, even if not intended to cause harm, may be inconsistent with this Code.

Participation in League activities is a privilege, not a right, and is conditioned on compliance with this Code. Participation in any League activity is at all times revocable and may be suspended, restricted, or terminated by Pride Sports at any time, with or without cause, notice, explanation, or formal process.

Pride Sports reserves the right to refuse registration, admission, or participation to any individual or team, or to remove any person from League activities, at any time and for any lawful reason, in its sole discretion.

2. **Scope of Application.** This Code applies to all League activities and to anyone participating in or attending such activities, including players, volunteers, officials, spectators, and guests. The Code may also apply to off-field or off-event conduct where such conduct has a direct or material connection to the League, including conduct that affects the safety, inclusion, or well-being of participants, interferes with League operations or activities, or undermines the League's inclusive purpose or community environment. The determination of whether any off-field conduct falls within the scope of this Code shall be made by Pride Sports in its sole discretion.

3. **General Behavioral Expectations.** All individuals covered by this Code must, at all times:

- Treat others with respect, dignity, and courtesy.
- Act in a sportsmanlike and safe manner.
- Follow reasonable directions given by League staff or officials.
- Respect facilities, equipment, and shared spaces.
- Refrain from conduct that disrupts League activities or the experience of others.
- Comply with applicable laws, facility rules and venue policies.

Participants and attendees must comply with the directions and decisions of League staff, officials, and authorized representatives. Failure to follow such directions may result in immediate removal or other disciplinary action.

4. **Prohibited Conduct.** The following conduct is prohibited and may result in disciplinary action. This list is illustrative and not exhaustive.

- a. **Harassment and Discrimination.** Unwelcome conduct directed at an individual or group based on actual or perceived characteristics, including but not limited to race, ethnicity, national origin, religion, sexual orientation, gender identity, gender expression, disability, appearance, or any other protected or personal characteristic, that reasonably undermines another person's ability to participate in or enjoy League activities.
- b. **Bullying and Intimidation.** Conduct that is hostile, abusive, threatening, or degrading toward another person, whether verbal, physical, or otherwise, and that reasonably interferes with a safe and inclusive League environment.
- c. **Violence and Threats.** Physical violence, attempted violence, or threats of violence toward any person.
- d. **Unsafe or Disruptive Behavior.** Any conduct that creates a safety risk, causes disruption, or interferes with League operations or the experience of others.
- e. **Alcohol and Drugs.** Being intoxicated, engaging in illegal drug use, or otherwise behaving in a manner related to alcohol or drugs that is unsafe, disruptive, or inconsistent with the League's inclusive and community-focused environment.
- f. **Social Media and Public Conduct.** Harassing, threatening, or disruptive conduct directed at participants, staff, officials, or the League through social media or other public communications that negatively affects the League environment or operations.

5. **Participant Pledge.** As a participant in the League, each individual agrees to the following:

- a. Treat all participants, officials, staff, and spectators with respect at all times.
- b. Cooperate with other participants and officials.
- c. Refrain from profanity, obscene gestures, or abusive language.
- d. Not engage in physical violence or intentionally cause harm to any participant, official, staff member, or spectator.
- e. Follow all reasonable instructions from officials and League staff.
- f. Ask officials, in a calm and respectful manner, to explain any rules I do not understand.
- g. Respect park fields, sports equipment, and facility amenities.
- h. Participate in a sportsmanlike and safe manner at all times.
- i. Read, understand, and comply with all League rules and policies.
- j. Demonstrate good sportsmanship both on and off the field.
- k. Conduct myself in a manner consistent with the League's values and community standards.

Violation of this Participant Pledge may result in disciplinary action in accordance with this Code, up to and including suspension or expulsion from League activities.

- 6. Enforcement and Disciplinary Authority.** Compliance with this Code is a mandatory condition of participation in any League or Activity. Pride Sports reserves the sole, absolute, and final discretion to interpret this Code, determine whether any conduct violates it, and impose any disciplinary, corrective, or preventive action it deems appropriate under the circumstances.

Pride Sports may take action at any time, with or without investigation, and based on any information it considers relevant, whether obtained firsthand or from third parties. Pride Sports' determinations may be based solely on its judgment and are not required to meet any evidentiary or procedural standard. Pride Sports may take disciplinary or participation action based on any information it considers relevant, including reports, observations, complaints, or other sources, and is not required to rely on formal complaints, witness statements, or physical evidence.

Disciplinary action may include, without limitation:

- Verbal or written warnings.
- Removal from a game, event, or facility.
- Temporary suspension from League activities.
- Expulsion from the League or Activity.
- Temporary or permanent restriction from future participation.
- Denial of registration or team placement.
- Any other action Pride Sports deems appropriate.

Certain conduct, including but not limited to violence, threats, harassment, discrimination, unsafe behavior, or conduct inconsistent with the League's values or community standards, may result in immediate removal, suspension, or expulsion at Pride Sports' sole discretion.

Pride Sports may also take disciplinary or exclusionary action for any conduct, whether or not expressly described in this Code, that Pride Sports determines is inconsistent with the League's values, operations, or community environment.

Pride Sports is not required to provide prior notice, warnings, investigations, hearings, explanations, or opportunities to appeal before taking disciplinary action. Disciplinary decisions may be communicated orally or by any other method, and Pride Sports is not required to provide written notice, documentation, or justification. All decisions made by Pride Sports under this Code are final and binding.

Participants acknowledge and agree that they have no right or entitlement to participate in any League or Activity, and that participation may be revoked at any time at Pride Sports' sole discretion.

To the fullest extent permitted by law, participants waive any claim, cause of action, or demand against Pride Sports arising out of or related to any disciplinary, eligibility, or participation decision.

Any disciplinary action, including suspension, removal, or expulsion, shall not entitle the participant or team to any refund, credit, or other compensation.

Pride Sports reserves the right to impose disciplinary action on an entire team, group, or organization where the conduct of one or more members creates disruption, safety concerns, or repeated violations of this Code. Pride Sports reserves the right to suspend or terminate any game, event, or activity, or remove any individual, when it determines that safety, order, or the League environment requires such action.

Pride Sports is not required to enforce this Code uniformly or to take action in every instance of misconduct, and the failure to discipline any individual or team shall not limit Pride Sports' authority to discipline others.

- 7. Complaints and Reports.** Pride Sports encourages participants, volunteers, officials, and attendees to report conduct that they believe may violate this Code or otherwise undermine the safety, inclusion, or operation of the League. Complaints or reports may be submitted to Pride Sports through any method designated by the League, including in person, by email, or by any other communication channel provided by Pride Sports.

Pride Sports reserves the sole discretion to determine whether and how to review, investigate, or act upon any complaint or report. Submission of a complaint does not guarantee any particular action or result. All disciplinary and participation decisions remain subject to Pride Sports' sole and final discretion in accordance with this Code.

- 8. Anti-Retaliation.** Pride Sports prohibits retaliation against any individual who, in good faith, reports a concern, submits a complaint, participates in a review, or provides information related to a potential violation of this Code. Retaliation includes any adverse action, threat, intimidation, harassment, exclusion, or other conduct that would discourage a reasonable person from reporting a concern or participating in the complaint process.

Any individual who engages in retaliation may be subject to disciplinary action, up to and including suspension, expulsion, or permanent restriction from League activities, at Pride Sports' sole discretion.

- 9. Relationship to Other Policies.** This Code is separate from, and in addition to, any release, waiver, or assumption-of-risk agreement required for participation in League activities. Pride Sports reserves the right to adopt, modify, or enforce additional rules, policies, or procedures at any time as it deems necessary for safety, operations, or the community environment.

- 10. Severability.** If any portion of this Code is found to be invalid or unenforceable, the remaining provisions shall remain in full force and effect.

- 11. Acknowledgement.** By participating in or attending League activities, individuals acknowledge that they have read, understood, and agree to comply with this Code.

I understand that Pride Sports may revise this Code of Conduct at any time, and it is my responsibility to stay informed of any updates. I also acknowledge that failure to comply with Code may result in suspension or termination of my participation in the League without refund.