

DSL Dodgeball Rules



Game Overview

The Amethyst Dodgeball League is played between two teams, with the objective of eliminating opposing players by striking them with live throws or catching a live ball thrown by an opponent. Play continues until all players on a team have been eliminated within the round; thus, starting a new round or the timer expires which ends the game.

Each game runs for 25 minutes, with teams completing as many rounds as possible within that time frame. No new rounds will begin once the game timer has reached 2 minutes remaining on the clock. Once the final round has been played the total points accrued will be counted towards each team's total points for that night.

Contents

Game Overview	1	No Blocking	7
Team Structure.....	2	Scoring & Results	7
Bench & Player Rotation	2	Scorekeeping.....	7
Court Layout & Boundaries	2	Officiating Gameplay	8
Starting a Round	3	Conduct & Sportsmanship.....	8
Live Gameplay Rules	3	Equipment & Attire	9
Player Eliminations.....	4	League Policies.....	9
Catching & Re-Entry	4	League Authority	9
Ball Control & Possession	5	Schedule Adherence.....	10
Sideline Play	5	Late Arrivals & Minimum Players.....	10
Special Situations.....	5	Rule Updates & Clarifications	10
Headshots	6	Code of Conduct & Ethics	10
Last Game (Final Round)	6	Definitions & Glossary.....	11

Team Structure

Each team is composed of 11 players: 2 captains and 9 players. Up to 7 players may be on the court at any given time, with all remaining players designated as inactive and positioned on the team's bench.

Captains are responsible for organizing their team, including managing player rotation and ensuring adherence to league rules throughout gameplay.

Inactive players will take part in a rotating system and may enter the court in accordance with substitution and gameplay rules as outlined in later sections.

Bench & Player Rotation

All inactive players are grouped within a rotating bench system and should remain in their team's designated sideline area. Players should line up in an orderly sequence, as this order determines when they enter play.

At the beginning of each round, and whenever a player is eligible to enter the court, substitutions must follow the established rotation. Players must enter in the order they are lined up, and teams may not skip or rearrange the rotation to substitute specific individuals.

Inactive players are not permitted to step on the court or interfere with live gameplay. If an inactive player makes contact with a ball that is still in play before it has fully exited the court, that ball will be awarded to the opposing team.

Teams are expected to maintain an organized and clearly defined bench at all times.

Court Layout & Boundaries

The playing area is a gym half-court, free of any obstructions or hazards. The court is defined by sidelines and a center line, with the play area running between sidelines from wall to wall. Each team occupies one half of the court, bounded by the back wall, sidelines, and center line.

All active players must remain within the established court boundaries during gameplay. A player will be declared out if they contact or fully cross any of the boundary lines as outlined in the [Live Gameplay Rules](#) section.

Sidelines are considered “soft” lines, allowing for partial crossing; further outlined in the [Sideline Play](#) section, while the center line is considered a “hard line”, and any contact with it will result in the offending player being eliminated.

Starting a Round

At the start of each round, both teams must be positioned at their respective end-lines (lined up against the back wall) with all starting players ready to enter play.

Players must line up with at least one hand touching the back wall and remain in position until the official has given the start signal. Any movement away from the back wall prior to the starting signal will be considered a false start and players must reset along the back wall before play begins.

At the beginning of each round, five (5) balls will be distributed between each team, with one team receiving three (3) balls, and the other receiving two (2) balls; further explained within the [Ball Control & Possession](#) section.

Gameplay begins upon the start signal, and the team with the opening advantage must initiate action within the allotted time.

Live Gameplay Rules

Once play begins, teams engage by throwing, blocking, and dodging to eliminate opposing players while remaining within the boundaries of the court. Players may move freely within their side of the court, using positioning and teamwork to gain an advantage.

Balls become active once they are thrown and remain in play until they contact the floor, wall, ceiling, or any object or player not within the gameplay boundaries. During this time, contact by a ball with a live player may result in an elimination or can be caught by an opposing player.

Teams must be mindful of ball control throughout gameplay. When one team gains the majority of the balls on their side, they are required to initiate action within a set timeframe, as outlined in the [Ball Control & Possession](#) section.

If gameplay is reduced to one active player remaining on each team, game officials will declare “No Blocking”. From this point forward players may no longer use balls to block incoming throws, and catches will remain a valid elimination, but will not result

in a player being returned to play. Further details can be found in the [No Blocking](#) section.

Players who are eliminated must immediately release any balls in their possession and exit the court without interfering with ongoing play. Play continues without interruption until all players on one team have been eliminated, ending the round.

Player Eliminations

A player is considered eliminated when they are struck by a live ball, have their thrown ball caught by an opposing player, or commit a boundary violation as defined in the [Court Layout & Boundaries](#) section.

An elimination occurs when a live ball makes contact with any part of a player's body, including clothing, accessories or equipment. A player may also be eliminated if they fail to maintain control of the ball while attempting to block or catch a throw.

If a player's thrown ball is caught cleanly by an opponent, the throwing player is eliminated. Catching rules and player re-entry will be outlined in the [Catching & Re-Entry](#) section.

Multi-player eliminations may occur when a single live ball, as part of one continuous play, makes contact with multiple players before becoming a dead ball, resulting in all affected players being eliminated. This may include situations where a ball is deflected or blocked into another player, or when multiple players attempt to catch the same ball without any player maintaining control before the ball is declared dead.

Players must also maintain awareness of court boundaries at all times. Contacting or crossing a boundary line will result in elimination, as detailed in the [Court Layout & Boundaries](#) section.

Once eliminated, players must immediately release any balls in their possession and exit the court without interfering with active play.

Catching & Re-Entry

A successful catch occurs when an active player clearly establishes control of a live ball thrown by an opponent before it becomes a dead ball. Upon a successful catch, the throwing player is immediately eliminated.

When a catch is completed, one inactive player from the catcher's team may re-enter the round, following the rotation outlined in the [Bench & Player Rotation](#) section. The

re-entering player must make contact with the back wall before participating in active play. If a player engages in gameplay prior to touching the back wall (e.g., catching, picking up, or throwing a ball), any balls they have contacted will be declared dead and awarded to the opposing team.

If a player attempts to catch a live ball but fails to establish control, and the ball subsequently contacts the floor, wall, or another surface, the ball is considered dead. In this situation, the catch is unsuccessful and the player is eliminated, along with any other players the ball made contact with prior to becoming dead.

Players re-entering the court must not interfere with gameplay before meeting all entry requirements. Any premature contact with a live ball will result in possession being awarded to the opposing team.

Ball Control & Possession

Ball possession is determined by which team has the majority of the five (5) balls on their side of the center line, including any balls that are out of bounds but still within that team's possession.

When a team holds a majority of the balls, they are required to initiate play by throwing or rolling at least one (1) ball towards the opposing side within 10 seconds of securing the majority of balls. This requirement ensures that gameplay remains active and prevents teams from delaying play.

If the team in possession fails to initiate action within the allotted time, all balls in their possession must be transferred to the opposing team as directed by the officials.

The possession count and timing reset each time a ball crosses the center line, regardless of which team initiated the throw or how the ball entered the opposing side. Game officials are responsible for indicating which team must initiate play and for managing the possession count throughout the round.

Sideline Play

Sidelines are considered **hard boundaries** during gameplay. Any active player who contacts or crosses a sideline will be declared out in accordance with the [Court Layout & Boundaries](#) section. This includes situations where a player jumps to avoid a ball and first makes contact with the floor outside the court upon landing.

Balls that leave the court may only be retrieved by inactive players. Active players are not permitted to leave the playing area to recover balls for any reason.

A ball must be completely outside the court before it may be retrieved by an inactive player. If an inactive player makes contact with a ball that is still partially within the playing area, the ball will be awarded to the opposing team.

Balls that leave the court and cross the center line will be awarded to the opposing team in accordance with the [Ball Control & Possession](#) rules.

Special Situations

Certain situations within gameplay require additional rules or modifications to standard play. The following scenarios outline specific conditions that may alter how the game is played or how outcomes are determined.

Headshots

Headshots are treated as valid hits and will result in an elimination, regardless of the struck player's position.

If a player believes that they have been impacted by a headshot in a way that affects their ability to continue safely, they must notify their captain and the game officials and remove themselves from play. In this situation, the player's team may substitute the next available player into the rotation without penalty.

While headshots are permitted within gameplay, players are expected to avoid targeting the head in a reckless or intentionally aggressive manner. Game officials retain the authority to issue warnings to players, and if a pattern is observed then the player must be reported to the League Organizers for further corrective action to avoid dangerous or unsafe behavior.

Last Game (Final Round)

When the game timer reaches three (3) minutes remaining, the game officials will declare "Last Game". No additional rounds may be started after this point.

The current round will continue as normal until all players on one team have been eliminated. If the round remains in progress when the game timer reaches zero (0), officials will declare "No Blocking", and play will continue until one team has been fully eliminated. Further details on "No Blocking" are outlined in the section below.

No Blocking

“No Blocking” is a special condition that can be declared by game officials to ensure timely completion of the game under certain conditions.

When “No Blocking” is in effect, players may no longer use balls to block incoming throws. Any contact made by a live ball, including contact with a ball being used for blocking, will result in an elimination.

Catches remain valid during this condition and will still eliminate the throwing player; however, successful catches will not result in a player being returned to play.

Scoring & Results

A team is awarded one (1) point for each round in which they eliminate all opposing active players.

Rounds are played continuously throughout the game duration, and teams may accumulate points across multiple rounds within the allotted time. There is no limit to the number of rounds that may be completed during a single 25 min set game.

At the conclusion of the final round, each team’s total number of points is recorded. The team with the higher number of points at the end of the game is declared the winner.

If both teams finish with the same number of points, the game will be recorded as a tie. No tie-breaking procedures will be applied.

Scorekeeping

Each game will have designated game officials responsible for tracking the score throughout the duration of play. Scores should be recorded after each round is completed to ensure accuracy and maintain a clear record of gameplay.

At the conclusion of the game, all recorded scores must be reviewed and confirmed by game officials and team captains prior to being finalized. The final score will represent the total number of rounds won by each team.

It is the responsibility of the assigned officials to ensure that scorekeeping is consistent, accurate, and updated in a timely manner; with captains verifying their scores at the conclusion of each game. Any discrepancies should be addressed immediately and resolved before the results are submitted.

Over the course of the season, each team's total points will reflect the cumulative score of all games played. In addition to total points, each team's record of wins, losses, and ties will also be tracked and may be used as secondary factors when determining standings.

Officiating Gameplay

All games are overseen by designated game officials, who serve as the primary authority during gameplay. Officials are responsible for enforcing rules, making all on-court decisions, tracking time, and maintaining the overall flow of the game.

Officials are tasked with monitoring player eliminations, boundary violations, ball possession, and adherence to gameplay rules, as well as identifying and addressing unsafe or unsportsmanlike behavior.

All rulings made by game officials are considered final. In the event of a dispute or uncertainty, officials may consult with League Organizers to reach a resolution where appropriate, however priority should be given to keeping the flow of the game running.

Players and captains are expected to respect all decisions made by officials and always conduct themselves in a sportsmanlike manner. Excessive disputes, delays, or disrespect toward officials may result in penalties as outlined in the [Conduct & Sportsmanship](#) and [Code of Conduct & Ethics](#) sections.

Where applicable, teams may be assigned to officiating responsibilities and are expected to carry out these duties impartially and to the best of their ability. Support will be provided by League Organizers when requested or necessary.

Conduct & Sportsmanship

All players are expected to always conduct themselves in a respectful and sportsmanlike manner, both on and off the court. This includes interacting with teammates, opponents, game officials, and League Organizers.

Players are encouraged to play with integrity and honesty, including acknowledging when they have been eliminated or conducted a rule violation, even if it is not immediately observed by a game official. This is referred to as "self-referring" and is highly encouraged in honor of fair play and enjoyment across the league.

Unsportsmanlike conduct will not be tolerated. This includes, but is not limited to excessive arguing, intentional delays of gameplay, taunting, or any form of disrespectful or aggressive conduct toward others.

Participants are expected to contribute to a positive, inclusive, and welcoming environment for all league participants. Any actions that negatively impact the safety, comfort, or enjoyment of others may result in disciplinary action as outlined in the [Code of Conduct & Ethics](#) section.

Equipment & Attire

All games are played using standard league-approved 7-inch foam dodgeballs. If a ball becomes damaged or is no longer suitable for gameplay, officials may replace it as needed.

Players are required to wear appropriate athletic attire that allows for safe and unrestricted movement during play. This includes non-marking athletic footwear suitable for indoor courts.

Players should not wear loose jewelry or anything else that can potentially be caught on other players or equipment, and the league is not responsible for any injuries or damage incurred because of wearing such clothing or accessories.

League-provided team shirts should be worn during gameplay to ensure clear team identification. All clothing and equipment worn by a player is considered part of the player's body for the purposes of gameplay and eliminations.

League Policies

League Authority

All league activities are governed by the League Organizers, who reserve the right to interpret, enforce, and apply rules as necessary to ensure fair and consistent play.

In situations not explicitly covered within this rulebook, League Organizers have the authority to make determinations based on the spirit of fair play and the best interests of the league. If such situations arise, captains and officials are expected to report them to the League Organizers for discussion, clarification, and potential inclusion within the rulebook for future reference.

Schedule Adherence

Teams are expected to be prepared to play at their scheduled game times. All attending players should be ready and available when directed by game officials to begin play.

Failure to adhere to scheduled start times may result in shortened gameplay, delays, or other outcomes as determined by the League Organizers to maintain the overall schedule of the league.

Late Arrivals & Minimum Players

Teams are expected to have a sufficient number of players present at the start of their scheduled game. If a team arrives late or is unable to field a full roster, gameplay may proceed with a reduced number of players at the discretion of the game officials, in consultation with the opposing team's captains.

If a team has six (6) or fewer players available, gameplay will proceed with the team fielding all available players. No additional penalty will be applied to either team.

Rule Updates & Clarifications

As this is a new league, rules may be updated or clarified throughout the season to ensure fair play and proper flow of gameplay. Any changes will be discussed and communicated with team captains and officials in a timely manner.

Code of Conduct & Ethics

All league participants are expected to uphold a high standard of conduct both on and off the court. This includes acting with respect, integrity, and consideration for others at all times.

Players, captains, and officials share a responsibility to contribute to a safe, welcoming, and inclusive environment. Discrimination, harassment, or behavior that negatively impacts the experience of others will not be tolerated.

All participants are expected to follow league rules, respect the authority of game officials, and adhere to the principles of fair play. Any violations of the Code of Conduct & Ethics may result in disciplinary action, as determined by the League Organizers.

A more detailed Code of Conduct & Ethics is provided separately and should be reviewed by all league participants.

Definitions & Glossary

CORE GAMEPLAY TERMS	
Active Player	A player currently on the court and actively participating in gameplay
Inactive Player	A player not currently on the court who is part of the team's rotating bench
Elimination	The removal of a player from active gameplay as a result of a valid play or rule violation
Game	A 25-minute timed session of play consisting of multiple rounds during which the teams accumulate points
Round	A single instance of play that continues until all players on one team have been eliminated
BALL & PLAY STATE	
Live Ball	A ball that has been thrown and remains in play until it contacts the floor, wall, ceiling, or an out-of-bounds object
Dead Ball	A ball that is no longer in play after making contact with the floor, wall, ceiling, or an out-of-bounds object
Ball Control	The ability of a player or team to maintain secure possession of a ball without risk of losing it
Ball Possession	The distribution of balls between teams, determined by which side of the court the balls are located on
Majority Possession	The state in which one team controls more balls than the opposing team, triggering the requirement to initiate play
Forfeited Ball	A ball that must be surrendered to the opposing team as a result of a rule violation or failure to initiate play
PLAYER ACTIONS & OUTCOMES	
Catch (Successful)	A catch in which a player clearly establishes control of a live ball before it becomes dead, resulting in the throwing player being eliminated
Failed Catch	An attempted catch where the player does not establish control of a ball before it becomes dead, resulting in the catching player being eliminated
Block / Blocking	The act of using a ball to prevent an incoming throw from making contact with the player's body

No Blocking	A gameplay condition in which players are no longer permitted to use balls to block incoming throws, and any contact with a live ball results in an elimination
Multi-Player Elimination	An event in which a single live ball eliminates multiple players during one continuous play before becoming dead
Deflection / Rebound	The redirection of a live ball after contact with another ball or player resulting in an elimination if it strikes a player before becoming dead
COURT & POSITIONING	
Court	The playing area bounded by the sidelines, center line, and back walls where gameplay takes place
Sideline	A boundary line marking the sides of the court, considered a “hard line” during gameplay
Center Line	The dividing line between the two halves of the court, considered a “hard line” during gameplay
Hard Line	A boundary line that cannot be crossed or contacted without resulting in elimination
End Line / Back Wall	The rear boundary of each team's side of the court, used for starting positions and player re-entry
GAME FLOW MECHANICS	
Starting Line / Position	The designated position at the start of a round where players must line up against the back wall before the official start signal
Opening Advantage	The initial distribution of balls at the start of a round, determining which team must first initiate gameplay
Bench Rotation	The system used to manage inactive players, requiring them to enter play in a set order from the bench
Rotation Order	The sequence in which inactive players are lined up, determining the order in which they may enter gameplay
Re-Entry	The process by which an inactive player returns to the court following a successful catch, in accordance with rotation rules
Last Game / Final Round	The final round of a game declared when the timer reaches a set threshold, after which no additional rounds can begin

SPECIAL SITUATIONS	
Headshot	A hit in which a live ball makes contact with a players head, resulting in an elimination
No Blocking Condition	A gameplay state in which players are no longer permitted to block incoming throws, and any contact with a live ball results in an elimination
Final Round Condition	The point in the game when the last round has been declared, after which no additional rounds may begin and play continues until completion
ROLES & RESPONSIBILITIES	
Game Officials	Individuals responsible for enforcing rules, managing gameplay, and making all on-court decisions during a game
Team Captain	A designated player responsible for organizing the team, managing substitutions, and communication with game officials and League Organizers
League Organizer	A representative with authority over league operations, responsible for rule enforcement, dispute resolution, and overall league management
CONDUCT & LEAGUE TERMS	
Self-Reffing	The expectation that players acknowledge their own eliminations and rule violations without relying solely on game officials
Unsportsmanlike Conduct	Any behavior that is disrespectful, disruptive, or contrary to fair and respectful gameplay
Fair Play	The principle of honesty, integrity, and respect for rules, opponents and officials throughout gameplay
Disciplinary Action	Consequences applied by League Organizers or officials in response to rule violations or misconduct
SCORING & RESULTS	
Point	A unit of scoring awarded to a team for winning a round by eliminating all opposing players
Score	The total number of points accumulated by a team during a game
Tie	A game result in which both teams finish with the same number of points, with no tie-breaking procedures applied
Standings	The ranking of teams over the course of a season based on total points, along with recorded wins, losses, and ties

