

# DODGE BALL

## RULE. I: EQUIPMENT

### 1.1 THE COURT

- 1.1.1 The court shall have a firm surface and shall be eighteen (18) meters long and nine (9) meters wide.
- 1.1.2 The court shall be divided into two equal parts by imaginary center line.
- 1.1.3 All lines of the court shall be drawn with thickness of 50 m.m. (2 inches), preferably white and clearly visible.
- 1.1.4 There shall be two rounded marks on the center line at distance of three (3) meter from the side lines to place the balls.
- 1.1.5 The lines are not included in the playing court.
- 1.1.6 Parallel to the center line on die both side, the attack line and dead line shall be drawn at the distance of:-

<b>Sr. No.</b>	<b>Categories</b>	<b>Attack Line (from centre line)</b>	<b>Dead Line</b>
1.	Men	3.5 Meters	0.5 Meter
2.	Junior Boys	3.0 Meters	0.5 Meter
3.	Women/ Sub-Junior Boys	2.0 Meters	0.5 Meter
4.	Junior girls	1.5 Meters	0.5 Meter
5.	Sub-Junior Girls	1.0 Meters	0.5 Meter

- 1.1.7 Parallel to the center line, on the both side the dead line shall be drawn with dotted line at the distance of 0.5 meter both side. It shall be called as dead zone.
- 1.1.8 The center line is extended up to the 5 meters by the dotted marks from the sidelines.
- 1.1.9 The playing court means the area between the side lines and between the end & attack line.
- 1.1.10 It is necessary to have five (5) meters clear space outside of side and end lines. Whenever this is not possible, the referee may decide about the marking of the clear space and of the silting blocks.
- 1.1.11 There shall he a net line at the distance of three (3) meters, behind the end line each side.

### 1.2 THE BALLS

- 1.2.1 The ball shall have the circumference of 54 to 58 em. and weight between 325 gm to 400 gm.
- 1.2.2 The hall shall be of spherical in shape and made of leather, rubber or similar material

### 1.3 THE PLAYERS

- 1.3.1 Suitable sports footwear may be worn. They shall be of light weight material. Spiked soles are not allowed.
- 1.3.2 Registered playing uniforms shall be worn at all times. Uniforms shall be numbered from I to 10 both /front and back and shall be 150mm (6inehes) high.
- 1.3.3 With regards to play, uniforms arc considered part of a player's body.
- 1.3.4 No item of jewellery, except a wedding ring and / or medical alert bracelet, shall be worn. If either or both are worn, each shall be taped.
- 1.3.5 No abdorment that may endanger player safety shall be worn.
- 1.3.6 Fingemails shall be short and smooth.
- 1.3.7 The players shall not wear spectacles.
- 1.3.8 The players should show respectful attitude towards referee, umpire and opponent.

### 1.4 THE POST

- 1.4.1 The post shall be round and smooth and made of wood or metal.
- 1.4.2 The thickness of the post shall be having minimum five (5) ems.
- 1.4.3 There shall be four (4) to five (5) posts for supporting or tie the net.
- 1.4.5 The two (2) main posts shall be fixed behind the endline at a distance offive (5) meters.

1.4.6 If needed, an additional post may be fixed at the center of the net.

## 1.5 THE NET

The Net shall be a mesh and have the width of minimum three (3) meters and fifteen (15) meters long.

## 1.6 THE BOX

There shall be a box at a distance of three (3) meters from the sidelines for the out players and numbered from 1 to 4.

## 1.7 THE CATEGORIES

There shall be three categories in the National Level championship which are mentioned below:-

<b>Sr. No</b>	<b>Categories</b>	<b>Date of Birth</b>
1.	Men & Women	No age bar
2.	Junior Boys & Junior Girls	Under 19 Years as on the last date of the competition of The national championship
3.	Sub- Junior Boys & Sub - Junior Girls	Under 16 Years as on the last date Of the competition of the national championship

The State Association should furnish original date of birth certificate from the institution. The date of birth and photograph of participating player should be attested and verified by the Head Master/Principal. The original date of birth certificate shall only be accepted in the championship.

Random test will be conducted from the participating teams by the School Games Federation of India from the concerned institutions. If any association is found guilty the concerned association team shall be debarred for a period of three (3) years from the same year.

## RULE 2 : DURATION OF GAME

2.1 The game shall consist of the best of three (3) sets of eight (8) minutes, each, with an interval of three (3) minutes.

2.2 Teams shall change ends after each set.

2.3 Where anyone team play two or more matches in one day, or where time is limited, the duration of the games shall be as agreed by the teams' officials. In the event that agreement is not reached then the game shall consist of the best of the three (3) sets of five (5) minutes each with two (2) minutes interval. Teams shall change ends after the set.

2.4 An interval may be extended by the referee / umpire to deal with any emergency (Refer Rule 3.2.1).

2.5 The team shall be declared winner ;\_

(i) who Scores more points as compare to the other team], then that team will be declared winner in the set.

(ii) who wins two (2) sets in the best of three (3) sets shall be declared winner of the match.

2.6 Procedure for extra time where a winner is required:

(i) If the time is over and the Score of the both team are the equal then two (2) minutes are given as extra time.

(ii) After the extra time, if the Scores of the both teams are equal then it shall be decided by the sudden death rule.

(iii) The sudden death rule is that the team who Scores the first point, that team shall be declared the winner.

## RULE 3 : OFFICIALS

3.1 The Match officials are: one referee, two umpire, one Scorer, one time keeper and two linesmen only (Refer Rule 3.1.1, 3.1.2, 3.1.3, and 3.1.4). The decision of the umpires on the field shall be final generally, but in special circumstances the referee may give his decision in the best interest of the game and if there is disagreement between the two umpires only.

### 3.1.1 REFEREE

3.1.1.1 The referee shall have over all control of the game and give decisions.

3.1.1.2 Before the start of play the referee shall check with help of the umpires.

- (i) the Court, its Surrounds, nets, poles and the balls confirm to the rules (Refer Rule 1.1, 1.2, 1.4, 1.5, and 1.6)
- (ii) off the court, he shall inspect players for:
  - (a) Uniforms; (Refer Rule 1.3.1 and 1.3.2)
  - (b) Jewellery; (Refer Rule 1.3.4)
  - (c) Adornments; (Refer Rule 1.3.5)
  - (d) The correct length of fingernails; (Refer Rule 1.3.6)
  - (e) Specs.; (Refer Rule 1.3.7)
- (iii) He shall make sure that the main players, substitute players and match officials (umpires, scorer, timekeeper and linemen) have taken their respective positions.
- (iv) The Score sheet properly filled with the entire columns.

### 3.1.1.3 Referee whistle shall :

- (i) signal to start and stop the set and match.
- (ii) restart of the game after an interval;
- (iii) signal when a player is out;
- (iv) signal the timekeeper to hold the time for stoppage;

3.1.1.4 The referee shall carry out the duty of toss.

3.1.1.5 Referee shall wear the clothes that are preferably white or cream in color. Suitable foot wear shall be worn.

3.1.1.6 Referee shall not criticize a coach or any team while match is in progress.

3.1.1.7 He shall call for official time out during play, if both balls have gone far away above the net. After that balls will be placed in the center of playing area of each court.

3.1.1.8 He shall ensure that the out players after hit out, must sit in their respective places provided for them (refer rule 1.6)

3.1.1.9 He shall ensure that the out players after the fifth (5th) man is out take their positions behind the end line for re-entering the court.

3.1.1.10 He shall check that during a stoppage for injury or illness, other players remain in the court.

3.1.1.11 He shall stop the game at any time to deal with an emergency (Refer Rule 8.3, a).

3.1.1.12 He shall announce the score of each team at the end of each set and at the end of the match. He shall declare the points and the dodging the balls winner.

3.1.1.13 The referee shall have the power to warn and disqualify the players! team! coach manager from set, match or championship! tournament. (Refer Rule 18.1, 18.2.1 and 18.2.2)

### 3.12 UMPIRES

After the game has been started by the referee, the umpires shall conduct the match and give the decisions according to the rules of play and match till the game is ended by the whistle of referee.

3.1.2.1 The umpire shall officiate in the same half of the court throughout the game.

3.1.2.2 The umpire shall show the signal 3 or 5 seconds, if any player has held the balls more than 3 or 5 seconds (Refer Rule 13 and 14).

3.1.2.3 The umpires shall have the power to warn and disqualify the players team coach manager from set, match or championship! tournament (Refer Rule 18.1, 18.2.1 and 18.2.2).

3.1.2.4 The umpires shall face their own court and keep moving from attack to end line to check the movement of players whether any touch or cross the attack, side and end line during attempt or each court.

### 3.1.3 SCORER:

There shall be one (1) scorer for the game.

3.1.3.1 The scorer shall:

- (i) before the start of play, record the name and signatures of up to (10) players, one of whom shall be the captain (Refer Rule 4.4);

- (ii) record the out players of each team as they occur;
- (iii) record any warning (Yellow Card), ordering off( Red Card) and protest against the player/team/coach/manager (Refer Rule 18.1,18.2.1 and 18.2.2).
- (iv) secure the signature of the captain in the score sheet after the completion of the match.
- (v) after the completion of each set or match, hand over the score sheet( duly signed) to the referee who shall enter the name of winner team in the score sheet.

#### 1. 3.1.4 TIMEKEEPER

- 3.1.4.1 The timekeeper shall set the stopwatch immediately after the start of the match.
- 3.1.4.2 The timekeeper on the instructions of referee or umpire shall stop or start the stopwatch wiring play (Refer Rule 3.1.1.3).
- 3.1.4.3 The timekeeper after the expiry of time (8 minutes) and after the interval (3 minutes) shall blow the whistle or strike the bell (Refer Rule 2.1).
- 3.1.3.4 The timekeeper shall stop the stopwatch during time out and start when the referee/umpire blows the whistle to re-start the match (Refer Rule 6).

#### 3.1.5 LINESMEN

- 3.1.5.1 Each lineman shall stand by the side of the substitute players with a red flag in their hands.
- 3.1.5.2 The linemen shall assist the umpires and indicates the fault (line touch or cross of side and end line) of the players during the attempt or dodging the balls.
- 3.1.5.3 The linemen shall indicate the fault to the respective court umpire by raising the flags against the player doing the fault.
- 3.1.5.4 The linemen shall stand facing the respective court umpire.
- 3.1.5.5 The linemen shall carry out their duty only on their respective half court, which was decided before the start of the match.

#### 3.2 TEAM OFFICIALS

The Team Officials are; Coach, Manager, Captain and one (I) Primary Care Person who is qualified to diagnose and treat injury and/or illness (for example Doctor or Physiotherapist).

- 3.2.1 During the rest period, a team official may appeal to the umpires for extra time to deal with any extra ordinary circumstance, which may be deemed an emergency (refer rule 8.3) If the appeal is granted, the umpires shall advice each teams' officials and the time keepers of the length of any extra time granted.
- 3.2.2 from the team bench coaching is allowed while play is in the progress. Coaching is also allowed during the rest periods (Refer rule 2.1 as) hut not allowed during any stoppage (Refer Rule 8.1, 3.2, and 8.3.).
- 3.2.3 Team officials and substitute players may not indulge in appropriate comments or behavior including moving up and down the side lines or along with the end lines during play (Refer Rule 18. J and 18.2).

#### 3.2.4 Captain:

- (i) The captain of the team shall represent the team for the toss.
- (ii) The captain has the right to approach referee or umpire during an interval or after the game for clarification of any rule.

#### RULE 4 ; THE TEAM

- 4.1 The game is for single sex competition.
- 4.2 There shall be ten (10) players (Main Players=06 and Substitute Players=04) in the team.
- 4.3 A team must take the court if there are at least four (04) players present (Refer Rule 19.1).
- 4.3.1 Before start of the game, the names of up to ten (10) players, one of whom shall be captain, must be provided to the scorers (Refer Rule 3. 1.3. I ).
- 4.4 There shall be no limit to the number of substitutions, which can be . made in a game (Refer Rule 7.2).

#### RULE 5 : LATE ARRIVALS

5.1 No player arriving after play has started may replace a player who has filled the position of the late arrival, however the late arrival may be used as a substitute in accordance with Rule 7: Substitution. If a player has not filled the position of the late arrival, the late may not enter in the game while play is in progress but, after notifying the referee/umpires may take the court:

- (a) immediately following an interval (Refer Rule 7.2);

(b) at a stoppage for injury or illness (Refer Rule 8.3, d).

#### RULE 6 : TIME OUT

There is no time out, except match official or injury time out (Refer Rule 3.1.1.7, 8.1, 8.2 and 8.3).

#### RULE 7 ; SUBSTITUTION 7.1

7.1 Substitution is when a player leaves the court and is replaced by another player.

7.2 Both teams have the right to make the substitutions in an interval only. ( Refer Rule 2.1)

7.3 There is no limit to the numbers of substitution which can be made by a team provided that players used do not exceed the ten (10) named for the match (Refer Rule 3.1.3. I and 4.4).

#### RULE 8: STOPPAGES

No coaching is permitted during any stoppage (Refer Rule 8.1, 8.2 and 8.3) by any team bench official. However, the Primary Care Person may approach the players at the sideline for the purpose of medical assistance. No substitution is allowed during the stoppages.

##### 8.1 Injury or Illness

(a) Play may be stopped for injury or illness, after a call for time by an on court player (Refer Rule 6 ).

The decision to stop play and when to stop play shall be at the discretion of the referee/umpire.

(b) To stop play the referee/umpire shall blow the whistle to signal the Time Keeper to hold the time.

(c) The stoppage shall be up to two (2) minutes from when time is held to decide whether an injured or ill player is fit to continue. This decision shall be left to the Primary Care Person. No other team officials from the bench are permitted on court.

(d) If the injured player is unable to continue play, then he can leave the court with the permission of Referee/Umpires. After that Referee/Umpires will give the signal to the Scorer to award one (1) more point to the opponent team because that player will be count as the out player.

(e) To restart play the Referee shall signal the Time Keeper and blow the whistle for play to be resumed.

(f) The game is continuing from the spot where the balls were, when play was stopped.

(g) If the both balls are far away then balls will place, one in each court. These will be placed in the center of playing area of each court.(Refer Rule 3.1.1.7)

##### 8.2 Blood Policy

(a) Referee Umpire is required to hold the time when a player who is bleeding is noticed and no on Court Player has called time.

(b) To stop play the referee/umpire shall blow the whistle and signal the Timekeeper to hold the time.

(c) The Referee/Umpire shall decide the length of time for stoppage and shall ensure that play is restarted as soon as possible.

Nonnally injury procedure shall apply as per rules 8.1 (c), 8.1 (d), 8.1 (e). Other than Primary Care Person, no other team official from the bench is permitted on court.

In addition:

(1) the wound must be adequately covered;

(2) blood stained clothing shall be removed or cleaned;

(3) the ball and court shall be cleaned if necessary.

(4) To restart the play the referee/umpire shall signal to the Timekeeper and blow the whistle for play to be resumed.

##### 8.3 EMERGENCIES:

(a) Referee/Umpire may stop play for extraordinary circumstances which may deem an emergency. This may include:

(1) the equipment; or

(2) the court; or

(3) the weather.

- (b) To stop play the referee/umpire shall blow the whistle and signal the Timekeeper to hold the time.
- (c) The Referee/Umpire shall decide the length of time for the stoppage and shall ensure that play is restarted as soon as possible (Refer 8.1)
- (d) No substitution is permitted during this stoppage. No team official from bench (Refer Rule 8.1 ) is permitted on court.
- (e) To restart the play the referee/umpire shall signal to the Timekeeper and blow the whistle for play to be resumed.

## SECTION II - CONDUCT OF THE GAME

### RULE 9: THE TOSS

- 9.1 The referee shall carry out the duty of toss.
- 9.2 The captain of the both teams shall represent their team for asking the toss.
- 9.3 The team that wins the toss, shall have the choice of court only.

### RULE 10: THE START OF MATCH

- 10.1 Prior to start of the match, the main players shall stand behind the endline in ready position.
- 10.2 The game shall start by a blow of whistle by the referee.
- 10.3 With the blow of whistle, the main players of both the teams shall enter their playing court and race for picking the balls from the center line.
- 10.4 The team that pick the balls( the team if possible can pick both the balls) shall come back to their respective playing court within three (3) seconds and start hitting I throwing I striking the opponent players with the ball(s) without crossing or touching the attack line.
- 10.5 The attempt on the opponent players during the start who is inside, between the attack line is invalid hit.
- 10.6 The players while picking the balls from the centerline, during the start shall not touch the deadline, otherwise, he will be declared out (Refer Rule 16.1).
- 10.7 Hilling the ball with the legs is not permitted.

### RULE 11 : THE DUTIES OF SUBSTITUTES PLAYERS

- 11.1 Before the start of play, the substitute players of the both teams must be stand behind their respective netline in ready position fur the start or restart of play 11.2 The substitute players shall pick the balls that are dodged and blocked by the net and pass it to their live players in the playing court without crossing the endline.
- 11.2 The substitute players shall also block or catch the balls directly and pass it to their live players during the play without crossing the end line.
- 11.3 The substitute players also shall pick the balls from between the attack and deadline during the play, if any ball struck up in the middle of the court and the live players are not able to. pick them up, without touching or crossing the end line.
- 11.4 The substitute players shall not hold the ball and wait for the live players to receive but shall place the balls inside the playing court without touching the end or sidelines.
- 11.5 The substitute players during the play shall move around anywhere within their half court to pick the balls, but not inside the playing court.
- I 1.6 The substitute players also shall pick the balls from between the attack and deadline during the play, if any ball struck up in the middle of the court and the live players are not able to. pick them up, without touching or crossing the end line.

### RULE 12 : THE SCORE

- 12.1 The team that makes the opponent player out by hitting or throwing the ball(s), directly on the opponent's body without touching the ground first or any material, shall score a point. Hilling the players above the shoulder level is not permitted.

- 12.2 The team scores point, if any opponent player, during attempt or dodging the balls, touch or cross attack line! end line! sidelines.
- 12.3 The team scores points during reviving of six players, if the opponents do not enter in the playing court.
- 12.4 The team scores point, when the referee or umpire has shown red card to any player of the opponent team.

#### RULE 13 : FIVE (5) SECONDS DELAY

The player who after picking, receiving or catching the ball in hand for more than five (5) seconds to attempt, shall be called five (5) seconds delay.

#### RULE 14: THREE (3) SECONDS DELAY

If the two players of the same team have picked or received the both balls simultaneously, then they have to attempt within three (3) seconds otherwise, shall be called three (3) seconds delay.

#### RULE 15 : PICKING / RECEIVING / CATCHING THE BALLS BY THE MAIN PLAYERS

- 15.1 The player is permitted to roll the ball towards inside the playing court from the out side without touching the ground out side.
- 15.2 The players shall receive the dodged balls from their substitute players without touching or crossing the sidelines or endline.
- 15.3 The players shall pick the balls that was placed inside the playing court by the substitute players or shall pick the balls that has rebounded from the net or any other material and fell inside the playing court. It is called natural possession of the balls by the players.
- 15.4 The players shall catch the balls that come towards them after a bounce (touch) from the ground.
- 15.5 The players shall also catch the balls directly that was thrown after showing the five (5) seconds or three (3) seconds signal by the referee/umpire.

#### RULE 16: THE OUT PLAYERS

- 16.1 The players who are out during the attempt or dodging shall come out from the playing court, from behind the endline and shall sit in the box provided for them.
- 16.2 The out players shall take their position behind the endline immediately after the SUI player is out, for re-entering in the playing court.
- 16.3 During reviving of the players, the out players shall not take more than three (3) seconds to re-enter in the playing court.
- 16.4 The out players (5 players) after taking the position behind the endline also shall pass the balls to the player (6th player) without touching or crossing the end line.

#### RULE 17: REVIVING OF PLAYERS

- 17.1 The reviving of players six (6) shall take place during the play only after the sixth player is out within the duration of time (before expiring time - 8 minutes) (Refer Rule 2.1).
- 17.2 The players during reviving shall enter inside the playing court with in five (5) seconds. failing to do so the players shall be called out and the opponent team shall be awarded points.
- 17.3 Whenever the team that manages to strike out all the six (06) players during the play, shall be awarded bonus point. Two (02) points shall be awarded for the bonus, excluding the points that put out the 6th player.

### SECTION III - DISCIPLINE

#### Rule 18: Responsibilities of Players and Team Officials

- 18.1 Gross Violation of Sportsmanship: Breaking the rules and /or II employment of any action not covered by the wording of the rules, is not permitted. The referee or the umpires shall have the power to warn or to disqualify from the set, match or championship/tournament to any ~ [ . player, team or official committing any of the following or other gross I; I violation of sportsmanship (Refer Rule 3.1 1.3):
  - (a) Persistently addressing the officials in regard to the decisions.

- (b) Make derogatory remarks, about or to the officials.
- (c) Act derogatorily to the officials or actions leading to influence their decisions.
- (d) Make personal or derogatory remarks about or to opponents.
- (e) Point out finger for demanding decision of the umpire.
- (f) Any argument with official during the play.

18.2 The referee or umpire has a right to warn or ordered off from the set, match or championship/tournament to a player/team/coach /manager I by using Yellow Card and Red Card (Refer Rule 3.1.1.3).

18.2.1 Yellow Card: The Referee or Umpires will show the yellow card, if:

- (i) the player/s hit the opponent with the ball/s above shoulder, level during the start of the game, when the opponent player is inside between the attack line & deadline.
- (ii) anyone violates of sportsmanship (Refer Rule 18).
- (iii) the player/s throw the ball/s deliberately above the net. The Umpire shall:
  - (a) signal to the time keeper to hold the time;
  - (b) advise the player of the reason for the yellow card;
  - (c) signal to the time keeper and blow the whistle for the game to be resumed.

The Referee or Umpires will show the yellow card only for one ( time and then next card shall directly be red card.

18.2.2 Red Card: If anyone has violate the sportsmanship/rule (18.2).

for the 2<sup>nd</sup> time then referee or umpires will show the red card a concerned shall be ordered off from the set, match or championship/tournament.

The Referee or Umpire shall:

- (i) signal to the time keeper to hold the time;
- (ii) advise the player of the reason for the red card.
- (iii) signal to the scorer to award one (1) more point to the opponent team because ordered off player will be count as the out player;
- (iv) signal to the time keeper and blow the whistle for the game to be resumed.

18.4.3 The player ordered off shall report to the appropriate team bench.

18.4.4 NO substitution may be made for a player ordered off.

## RULE 19 : FAILURE TO TAKE THE COURT

19.1 A team (refer rule 4.3) must take the court when requested to do so by the referee/umpires

The referee or umpires shall notify the teams when there are thirty (30) seconds and ten (10) seconds remaining prior to:

- (a) the start of the game; and
- (b) the end of an interval.

19.2 At the ten (10) seconds notification the teams shall move to their playing positions for the start or restart of play.

19.3 The main players of the both teams must be behind their respective end line in ready position for the start or restart of play.