

SPX Dodgeball Rules

SPX Dodgeball rules are slightly different than traditional dodgeball rules. The rules we follow are:

1. If at any time any part of you touches the half court line or sidelines, you are out. You may step out to retrieve a ball, but not to dodge, catch or throw. We will have officials watching at all times. If they call you out, please sit down and do not argue.
2. There are 6 balls, split into 2 even groups near the ends of the centerline. To start the game, your team may only grab the balls to the right. Once you grab the balls to your right, you must retreat behind the yellow line before you can throw the dodgeball. If you do not, you are out.
3. You are out if the ball in a direct flight hits you. If it bounces off the floor, the wall, the ceiling, another player or the baskets it is considered a dead ball.
4. When you are out you must leave the playing area immediately and quickly and sit on the bench on your team's side.
5. If a direct flight ball is caught by an opponent, the thrower is out and ALL of the catcher's teammates that are out re-enter the game.
7. You may block a thrown ball with a held ball, however, if you drop the blocking ball during the act of blocking, you are out.
8. Each block will be 3 minutes for Elementary & Middle School.
9. The team with the most players on the court at the end of regulation time will be declared the winner. If there are an equal number of players on each side, there will be a "Show Down."
10. Show Down – only the remaining players in regulation participate and the center line becomes dissolved and boundary line remains the same. The balls are reset, players line up and play until a person is hit or the ball is caught in direct flight.