



Stars Indoor Sports Dodgeball League Rules

Revised 12.1.25

All players must be on the active roster to be eligible to play. Stars Indoor Sports reserves the right to modify any rule as deemed necessary.

Equipment & Uniforms

Six regulation size dodgeballs will be used and provided by Stars Indoor Sports.

Players are not permitted to wear hats or gloves.

All participants must wear closed toe athletic shoes.

Teams must all wear the same-colored shirt.

Player attire is considered an extension of the player.

Playing Area

Games will be played on the Practice Field. Halves will be separated by the white line in the middle of the field.

Player and Team Eligibility

Teams may roster up to 15 players.

Games are played 6v6.

Participants must be 18 years or older.

General Rules

The objective of the game is to eliminate opposing players by hitting them with a thrown ball before it touches the ground. Contact with clothing or footwear counts as a hit.

A player is out under the following conditions:

- Being hit by a ball thrown by an opposing player.
- Being hit by a ball that deflects off a teammate.
- Being hit by a ball deflected off another ball.
- Having your ball caught by an opposing player, whether it is caught in the air or deflecting off another ball. *Catching a ball from the opposing team will allow one of your teammates to re-enter the field in the order that they were out.*
- Stepping on or crossing the centerline. Players may reach across the centerline to retrieve a ball but may not touch the ground across or on the line.



Eliminated players must stand against the grey wall on their team's side of the field in the order they are eliminated.

Headshots are prohibited. A player hit in the head remains in the game unless they intentionally duck.

A ball becomes dead if it contacts the ceiling, walls, floor, goes out of bounds, strikes a player then crosses the centerline in the air, or strikes a player in the face.

Beginning Play and Rush

Before play begins, both teams must position themselves behind their respective end lines and wait for the official whistle/signal.

The Rush occurs at the beginning of each game or reset. Upon the referee's signal, both teams rush to center court and attempt to retrieve as many balls as possible. A team may rush with as many or as few players as it wants, but at least one person from each team must Rush. There is no limit to how many balls an individual player may retrieve. Players may not slide or dive headfirst to the central line or they will be called out. Crossing over the central line will result in an "out." Players may not physically grab and pull another player across the central line.

No player may be eliminated with possession of a dodgeball until they have retreated with a dodgeball. (I.E. Player A and B grab ball at midcourt "rush" and player A hits player B right away. Neither player is out due to not retreating from rush)

Game Length, Timeouts, and Substitutions

Matches consist of a 25-minute time limit.

Teams are granted a five-minute grace period at the beginning of the game to meet a minimum player requirement of 5 players. The game clock runs continuously. Substitutions are permitted only for injuries or between games.

Substitutions must be gender matched.

Stalling and Ball Control

Stalling is prohibited. Teams have 10 seconds to throw before a stall count begins. Officials will issue a warning and a five second countdown if stalling occurs. Failure to comply results in forfeiture of half the balls in the team's possession. Teams with a three-player advantage may not hold a ball longer than five seconds.

Ending and Winning a Match

The first team to eliminate all opposing players wins the game. The team that wins the most completed games across the 25-minute time wins the match. If teams are tied on wins at time expiration, the match will be called a tie.

**Forfeits**

Teams failing to meet a minimum player requirement of 5 players will forfeit. If both teams fail to meet requirements, a double forfeit will be recorded. Use of an ineligible player results in forfeiture. Teams forfeiting two or more matches may be ineligible to register again.

Officials and Facility Staff

Matches will be officiated by Stars Indoor Sports staff. Officials may issue warnings or eject participants for misconduct. Matches may end early at the discretion of officials. Players may be ejected for unsportsmanlike conduct, arguing, or abusive language. Participants are expected to know and follow all rules. Team captains are responsible for their team and spectators.

Ejections and Discipline

Any ejected individual must leave the facility immediately. Disciplinary actions may include warnings, suspensions, removal from the league, or facility bans. Ejections carry a minimum one game suspension. Suspended individuals may not attend games.

League Standings and Tiebreakers

Standings are based on the following tiebreakers.

1. Most Points
2. Head-to-Head
3. Points Differential
4. Points For
5. Points Against
6. Most Wins

Stars Indoor Sports reserves the right to amend these rules at any time.