

USPFC DODGEBALL-2026

GUIDING BODIES

United States Police & Fire Championships (USPFC)
7944 Convoy Court, San Diego, CA 92111
Tele: (858) 571-9919; Email: 4info@cpaf.org

World Dodgeball Federation
Los Angeles, California
Website: www.worlddodgeballfederation.com

EVENTS

Dodgeball is an Open (18+) Unisex event.

Team rosters are limited to a minimum of six (6) and a maximum of twelve (12) players. 1 Non-playing coach is allowed. There will be a maximum of six (6) players per team on the court at the start of each game. The “starting” 6 must play a full game unless an injury prevents one of them from competing.

Entry Deadline: June 15, 2026

SCHEDULING

In order to maximize the number of games played, the desired format is a round robin tournament followed by a double elimination medal round. However, if more than 10 teams enter, there will be pool play followed by double elimination.

EQUIPMENT

The official ball of the World Dodgeball Federation, used in international tournament league play, is a 7" rubber-coated foam dodgeball between 120-160 grams. Any ball over 170 grams is inappropriate for play as it may cause bodily harm. Although there is no official format for the acceptable dodgeball jersey, it is mandatory for the players on the same team to dress alike. It is recommended that all players wear tennis/cross-training shoes for the match.

Uniforms-Each team shall wear the same color shirts with an Arabic number unique from other players on the team. The numbers 0 and 00 are not allowed as the conflict with Box Score and other stats software. There is no penalty for incorrect or duplicate numbers. Correct when found and continue play.

At least six (6) dodgeballs for each court should be on hand for this event. It is recommended that each court have a different color and that 1 extra set is available.

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DEFINITIONS

Live Ball: A ball is considered Live once it has been thrown and remains Live until it:

- a) Touches a Dead object
- b) Collides with another Live ball in mid-air
- c) Has been caught by an active player on the opposing team.

Dead Objects: Anything that is not an active part of the match, i.e, the ground, ceiling, permanent fixtures (e.g., the scoreboard), dead players walking off the court, referees, spectators or supporters. Unused balls that are on or off the court are also considered to be Dead objects and Dead balls.

Dead Ball: A ball that is no longer a Live ball for any reason described in “Live Ball” above.

Note: a ball that is blocked is not a Dead ball until it touches a Dead object.

Out: A player is out if the player:

- a) Is hit by a Live ball which subsequently touches a Dead object.
- b) Throws a Live ball which is caught by a player on the opposing team.
- c) Steps/touches the ground outside the designated boundaries for the match.

GENERAL SPORTS RULES

Games will last 5 minutes or until all players from one team have been ruled out, whichever is shorter.

There will be no more than six active players per team on the court at one time.

Play begins upon the head official/referee's signal.

Teams will begin on their designated side. All players must begin the game touching the back wall or line of their designated side.

THE GAME

The object of the game is to score points by eliminating ALL 6 players on the opposing team by getting them Out. This may be done by:

- 1) Hitting an opposing player with a Live ball anywhere on their person, including their clothing, with such Live ball subsequently hitting the ground or a Dead object. A player that has been hit by a Live ball is not out until that Live ball touches the ground or hits a Dead object.

Corollaries:

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- a) If a Live ball hits an opposing player and ricochets to strike another opposing player before hitting the ground or a Dead object, then both players are out.
- b) If a Live ball is blocked by an opposing player and strikes another opposing player before hitting the ground or a Dead object, then that player will be out. However, if a ball blocked by an opposing player hits a player on the throwing team while still a Live ball, the hit player on the throwing team is not out, but the ball is still a Live ball which may yet be caught by the opposing team until it hits the ground or a Dead object.
- c) If a Live ball ricochets off a dead player exiting the court and hits another player, the ball is deemed Dead and the hit does not count.
- d) Since a player that has been hit by a Live ball is not out until the Live ball touches the ground or hits a Dead object, any action that the player performs following the hit but before the touches the ground or a Dead object, shall be deemed as “in play.”

EXAMPLE 1: Two Live balls are thrown at a player. The first ball hits and bounces in the air while the second ball is caught before the first ball hits the ground. The catch is deemed a good catch; however, the player is still Out the instant the first ball hits the ground.

EXAMPLE 2: Player A throws a ball at player B, but right before the ball hits Player B, Player B throws a ball at Player A. Both balls thrown are Live balls and both players are out if Player A gets hit by Player B's ball. Such is called a “double out.”

EXAMPLE 3: If Players A & B are the last players remaining (a one-on-one) and there is a “double out”, the set shall be awarded to the team whose last player died last, keeping in mind that a player is not Out until the ball that hit him/her hits the ground or a Dead Object. If Player A's ball hit Player B before Player B's ball hit Player A, but Player B's ball hits the ground before Player A's ball, Player A died first, and Player B's team is awarded the set.

EXAMPLE 4: Player A is hit by a Live Ball which bounces high into the air. Player A throws a ball at Player B while the ball that hit him/her is still in the air. The ball thrown by Player A is still a Live Ball capable of getting Player B Out.

A ball must be thrown to kill a player from the opposing team. In other words, the ball has to leave the hand and be airborne to be a Live Ball., so tagging a player with a ball in hand will not result in the opposing player being Out.

Catching a Live Ball thrown by your opponent before it touches the ground or a Dead Object: The instant a Live Ball is caught, the person who threw the ball is Out. To complete a catch, the catching player must have complete control of the ball and be touching the ground inbounds.

In addition, catching a Live Ball will revive **ANY** player that was eliminated in that set prior to the catch. The player that comes back onto the court must be one of the original six players that

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started the set. If a player comes back onto the court that wasn't part of the starting six, that team will lose the bonus of having a player revived.

NOTE: The revived player must re-enter the court from the baseline. The revived player is deemed active the instant they step back onto the court.

Corollaries:

- a) If a Live ball ricochets off an opposing player and is caught by another opposing player before hitting the ground or a Dead object, then both opposing players are safe and the player that threw the ball is out.
- b) If a Live ball that is blocked is caught before the Live ball hits the ground or a Dead object, then the player that threw the ball is out.
- c) If a player trying to catch a Live ball loses balance and falls out of bounds, walks out of bounds or is hit by a Live ball which hits the ground or a Dead object before the player has complete control, then it is not deemed a catch and that player is out.
- d) If a player throws a ball and is hit and killed before their ball is caught by an opposing player, the catch still counts if the ball was still a Live ball, and the opposing team may revive a player. For the purpose of statistics, however the kill would also count if the kill was completed prior to the catch.
- e) If a revived player does not re-enter the court from the baseline and is hit, that player is still out. The referees, however, have discretion to invalidate throws by revived players who do not re-enter the court from the baseline when doing so created an unfair advantage.
- f) If a player is hit by a ball and steps off the court prior to that ball being caught by a teammate, that player is out. That player or any other previously eliminated player may be revived by the catch, but only ONE player may return.
- g) If a Live ball is thrown at an opposing player and is blocked or ricocheted back to the throwing team, it is still a Live ball, catching that Live ball does not constitute a catch.

BLOCKING

Players may use the ball(s) in their hands to block an incoming ball. A successful block is one where the player retains control over the ball that is used to deflect the oncoming ball. If the player drops the ball used to block, the player is deemed Out even if the Live Ball did not otherwise hit that player. In instances where a player is using more than one ball to block and in doing so drops one or more balls used to block a Live Ball, the blocking player may still be Out even if he/she drops a ball that was not used to block if that ball was dislodged directly or indirectly by the impact of the Live Ball. The referees have the final say on whether a ball was dislodged on account of a block.

EXAMPLE 1: Player A is holding three balls, one in each hand a third trapped between the other two. Player A attempts to block an incoming Live Ball with the ball in his/her right hand, but in

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doing so drops the third ball that was trapped. Even though the third/middle ball was not apparently hit by the Live Ball, the ball was dropped concurrently with and due to the impact of the Live Ball and Player A is Out.

EXAMPLE 2: Player A is holding three balls when opposing Player B throws a Live Ball. Player A clearly drops one ball before using the other two balls to block Player B's Live Ball. Since Player A did not drop the ball due to the impact of the Live Ball, Player A is not Out.

EXAMPLE 3: Player A is holding two balls and uses one ball to block an incoming Live Ball. The ball used to block the Live Ball was held out in front of Player A's face while Player A dropped the ball he/she was holding at his/her side at the time of impact. Since the dropped ball was not clearly a result of the impact of the Live Ball, which was blocked, Player A is still alive. A blocked or deflected ball is still a Live Ball until it either touches the ground or a Dead Object, so a deflected ball that hits another player may still result in an Out if it hits another player or considered a catch if it's caught.

SPECIAL NOTE: Blocking is not available in Sudden Death. Balls that are blocked in Sudden Death will be deemed to have hit the person using a ball to block.

BOUNDARIES

Active players must remain within the boundaries and should an active player step, fall or otherwise touch with any part of his/her body on or beyond the boundary lines, that player would be deemed as Out the instant he/she touches out of bounds. The forward boundary in a full-court game is the centerline for men and the opposing team's attack line for women. The forward boundary in half-court games may vary by venue and should be confirmed in consultation with the games' referees in advance of any half-court match.

EXCEPTION: A player may legally step over the centerline only during the opening rush.

Corollaries:

- a) A thrown ball released BEFORE a player step on or beyond one of the boundary lines will be deemed a Live ball and all action from the ball counts even though the throwing player is out.
- b) A thrown ball released AFTER a player step on or beyond one of the boundary lines will be deemed a Dead ball as the player is out the instant they stepped on the line.
- c) If a player trying to catch a Live ball loses balance and falls out of bounds, walks out of bounds, or is hit by a Live ball which hits the ground or a Dead object before that player has complete control of the ball, then it is not deemed a catch and that player is out.

THE OPENING RUSH

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A game begins by placing 6 dodgeballs along the centerline-3 on one side of the center hash and 3 on the other. Players then take a position behind the baseline, with at least one foot touching the baseline. Following the starting whistle by the referee, teams may approach the centerline to retrieve the balls.

Teams may only retrieve the 3 balls to the right of the center hash on the opening rush. Once a ball is retrieved, it must be taken behind the attack line before it can be legally thrown. Only the ball has to travel back behind the attack line, not the player. So, a ball can be reached or passed back behind the attack line and thrown as a Live Ball immediately, as long as the ball itself travels behind the attack line. Any ball thrown before it crosses the attack line is considered a Dead Ball and would not count towards a kill or catch.

NOTE: All players must have at least one foot touching the baseline when the referee blows the whistle at the start of each set. At the discretion of the referees, teams may be penalized for false starting or if they are deemed to have blatantly cheated by not having at least one foot on the baseline. Teams shall receive one warning for false starting per half and any subsequent violations may result in a yellow card violation.

WINNING A GAME

The first team to legally eliminate ALL 6 players from the opposing team will be deemed the winner of the match. In a situation when neither team is apparently preparing to throw, the following will determine which team is prompted to throw:

1. The team with more balls on their side of the court is obliged to throw first. Even if some balls are on the ground outside the boundary, the team is obliged to throw as long as more balls are on their half of the court.
2. If each team has three (3) balls, then the side with more players on the court is obliged to throw first.
3. If both teams have three (3) balls and the number of players on the court is equal, then the team that threw last is excused from throwing.

Once the referees have indicated who must throw first, the team that is required to throw has five (5) seconds to initiate a throw. Referees may penalize teams who are deemed to have taken an inordinate amount of time to make a throw. Penalties may include warnings, yellow cards and/or forfeiture of balls to the opposing team.

SUDDEN DEATH (Only for the single elimination tournament)

All the same rules apply in Sudden Death EXCEPT that **BLOCKING IS NOT PERMITTED**. Players using a ball to block a Live Ball will be deemed killed as soon as the blocked ball hits a Dead Object. However, blocked/deflected Live Balls may still be caught with normal consequences.

The procedure for sudden death is as follows:

1. At the buzzer denoting the end of regulation play in either half, the game will stop. Any Live balls released prior to the buzzer will remain Live balls, however, any ball thrown after the buzzer will be deemed Dead.

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2. After the game has been stopped, the referees will redistribute the balls to the remaining players on each side so that each side has three (3) balls.
3. At the referee's whistle, Sudden Death commences and runs until one team is completely eliminated (there is no time limit).

EXITING THE COURT WHEN OUT

Once a player is deemed to be Out, he/she must leave the court in a timely manner from the nearest point of exit. If the player is still holding one or more balls, the player is allowed to pass those balls to their teammates. If a player is not in possession of a ball at the time they are Out, they are prohibited from touching any balls that may be on the court. At the discretion of referees, a team may have a ball stripped from them and given to the opposing side if an infraction occurs.

TIME OUTS & SUBSTITUTIONS

There will be NO timeouts allowed during the game. The head official may stop time when it's deemed appropriate and/or for an injured player. At this time, a team may substitute any player to take an injured player's place. However, the injured player is not permitted to re-enter the game at any time.

RULE ENFORCEMENT

Rules will be enforced primarily by the "honor system". Players will be expected to act honestly and rule whether or not a hit was legal or whether they were legally eliminated. However, because of the fast-paced nature of the sport, sometimes a player would not feel a ball skim their clothing or hair. There will be up to 4 game officials, where available, whose responsibility will be to rule on any situation in which teams cannot agree. **THE GAME OFFICIAL'S DECISION IS FINAL-NO EXCEPTIONS.**

Blatant dishonesty or failing to adhere to the official's decision may result in penalties either during or after the match upon review.

CONDUCT DURING MATCHES

Even though the nature of the sport of dodgeball is fast-paced and competitive, it is expected that each and every player act with sportsmanship and conduct that upholds the integrity of the game. A blatant case of poor conduct or sportsmanship will result in a player's expulsion from a match. Behavior constituting misconduct includes, but is not limited to:

- Fighting or attempting to assault another player
- Racist, sexist or homophobic comments
- Rude verbal taunting
- Throwing a ball at an opposing player despite having been called out.

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- Intentionally inflicting pain or throwing a ball excessively hard at close distance at another player's face
- Excessive use of foul language
- Cheating
- Causing constant distraction to the game by a player that is not on the court
- Squeezing and/or crumpling the ball before throwing it
- Kicking or spiking the ball

Misconduct during matches will lead to a YELLOW or RED card for the player. Yellow cards function as a warning for the player for his/her conduct on the court. 2 yellow cards for the team and the team will be penalized by losing a player for the remainder of the match. 2 yellow cards to the same player in the same match equal 1 red card and result in the same consequence. A player receiving a yellow card in two consecutive matches will be suspended from his/her subsequent match. Red cards are for serious misconduct during the match and may be given without prior warning to the offense. Should a player get a red card during a match, he/she will be ejected from the match and the team will continue playing one player short for the remainder of the match. The player receiving the red card shall also be suspended from the next match.

CONDUCT OF TEAM SUPPORTERS

A team is accountable for the actions of their supporters (i.e, ball retrievers and spectators). Off-court players, coaches, and other supporters should not interfere with the match. Interference includes, but is not limited to:

- Unnecessarily loud or abrupt sounds and actions aimed to distract
- Rude gestures
- Verbal insults to players
- Physical contact with the other team's players and/or supporters
- Inactive players entering the court
- Providing unfair or undue assistance to active players by supporting active players' balance inordinately or pushing players off during the opening rush

If a team believes that their opponent or their supporters are unfairly interfering with the game, such team's captain may request that the referees issue a warning to the opposing team to discontinue the interfering behavior. If the behavior continues, the interfering team may be subject to penalty, including a yellow or red card. The referees shall have discretion as to whether the behavior amounts to interference and to the appropriate penalty in the event a warning is not heeded.

BALL RETRIEVERS/HELPERS

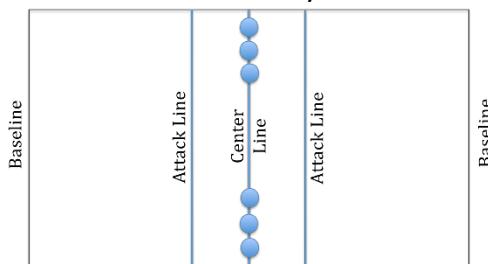
Ball retrievers should **NEVER** enter the dodgeball court to retrieve or give balls to a player. This includes ball retrievers reaching on to the court to retrieve a ball from the active playing area or

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to stop a rolling ball from rolling across the centerline. Ball retrievers entering the active playing area will be considered off-court interference and shall be penalized accordingly. Further, if an inactive player reaches onto the court to prevent a ball from rolling across the centerline to the opposing team, that ball must be forfeited to the other team. Once a ball leaves the court's boundary lines, a team's ball retriever can collect the ball and pass it to an on-court player. If a ball passes over the half court line, a ball retriever CANNOT cross over to the other team's side of the court to retrieve the ball. If a ball retriever retrieves a ball from the other team's side, that ball must be forfeited to the opposing team.

NOTE: If unmarked on the court, the half-court line is an imaginary line that splits the court into equal halves. This line extends from the actual on-court half-court line to the out of bounds area. The referees will determine whether a ball retriever has crossed this imaginary line if there are no markings.

If a ball comes to rest ON the half-court line, then the team's ball retrievers can take the ball. Ball retrievers are advised to act fairly and reasonably to avoid any unnecessary altercations. If there are any disputes, the referees have the final say on which team gets the ball.



The court is divided into two 30'x30' areas with a 4'x30' neutral zone located at center court separating both sides, an attack line located parallel and 10' from the centerline, for a total court length of 60' from end to end and a total width of 30' from side to side.

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AWARDS

A maximum of 13 sets of medals will be required.

ATTENTION COORDINATORS

THE USPFC GENERAL RULES APPLY TO ALL SPORTS.

YOU MUST BE FAMILIAR WITH ITS CONTENTS.

**PRECISE RESULTS MUST BE FORWARDED
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE
CONCLUSION OF THIS SPORT**

The USPFC Director assigned to your sport is knowledgeable and experienced in providing assistance during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the USPFC shall be submitted in a timely manner to this USPFC Director.

The USPFC Directors want to work with you to make your sport a success.

PLEASE USE THE USPFC DIRECTORS AS A RESOURCE.