

Glossary:

- A live ball is a ball thrown while still in flight.
- A dead ball occurs once the ball contacts the ground, officials, the wall or any obstructions on or around the court. (i.e. basketball court, chairs, retrievers)

Equipment:

- Game balls will be provided.
- Close-toed, non-slip athletic shoes must be worn.
- Knee pads, soft in touch not plastic material, may be worn.
- Equipment representing possible hazards will not be permitted.
 - Hats, hard toed shoes/boots, open toed shoes, exposed metal or hard unyielding plastic on braces, casts, etc.

Players:

- Teams consist of six players (4-6 on the court, 2 retrievers) with up to four substitutes.
 - Four players must be checked in to start a match.
 - If a team only has 5 players, then the other team will play with 5 players as well.
 - 4 v 4, 5 v 5, or 6 v 6 with at least 1 retriever.
- All players must be in uniform.
- Coed teams may consist of either gender, however at least 1 player of each gender must participate at the start of each game.
 - Teams may also consist of all men or all women.
- Substitutions must be made prior to the start of each game.
 - No substitutions can be made during game play, except in cases of injury.
- Retrievers are individuals designated to retrieve balls that go out of play.
 - Teams are responsible for providing retrievers.
 - You may use players that are out as retrievers if needed.
- Retrievers may not enter the court at any time.
- Retrievers must wear a “penny” shirt.
- Retrievers are only allowed to field balls from their side of the court.

Matches:

- A Match consists of 3 elimination style games.
- An elimination style game is played until all opponents on one side have been eliminated.
- The first team to eliminate all its opponents is declared the winner.

Beginning Play:

- Play begins with all players positioned behind their teams endline.
- All players must touch the wall at the start of each game.
- The umpire/official will blow their whistle to start the game.

The Rush:

- Rush occurs at the beginning of each game or reset.
- Upon the official's signal, both teams rush to the 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 into the neutral zone or they will be called out.
- Crossing over the neutral zone will result in an "out".
- Players may not physically grab and pull another player across the neutral zone or prevent them from returning to their side of the court.

Putting a ball in play:

- The player and the ball must go completely behind the attack line.
- During the rush, any ball retrieved from the neutral zone must be returned behind the attack line before it may be thrown at an opponent.
- A ball that hasn't crossed the attack line is considered a dead ball, any hits or catches are voided plays.
- There are several ways to put a ball into play following a Rush.
 - A player carries the ball across the attack line.
 - A player passes the ball to a teammate who is behind or carries it across the attack line.
 - A player rebounds the ball off the back wall of a closed court.

Outs:

- Player shall be deemed "out" when a live ball hits any part, **shoulders or below**, of the player's body, clothing, or uniform.
 - Absolutely **NO headshots**.
- If a player is hit by a live ball rebounding off a ball lying on the court.
- Throwing a ball that is deflected off an opponent's body and caught by another opponent on the fly.

- The person who deflected the ball is out, unless they deflect the ball with a held ball.
- A defending player catches a live ball they have thrown.
- Kicking a ball at any point during the match.
 - If a player is out and they kick the ball, the teammate nearest to them will also be declared out.
- A thrown live ball can only hit out 1 player.
- Players shall return from the Queue in the order they were put “out” (i.e. first “out”, first “in”).
 - If you are “out”, line up on the side in the order you got out.
 - Returning player must touch the wall before grabbing a ball for active play.

Blocking:

- Players can defend themselves by blocking the ball in flight with another ball but must retain control over the ball they are blocking with.
- A player dropping or losing possession of the blocking ball is deemed “out”.
- Any blocked ball rebounding off another ball is considered live.
- Any player hit by the rebounding ball is deemed “out”.

Pinching:

- The act of squeezing the ball to alter the thrown or blocked ball is not allowed.

Stalling:

- The act of intentionally delaying the game.
- If a referee determines that a player or team is stalling, the referee will warn the player or team.
- If stalling continues, at the referee's discretion, the player or team will lose possession of all balls on their side. If both teams are stalling a reset should occur.
- You can only hold a ball for 10 seconds, afterwards, it will be considered dead. Dead balls need to be rolled over immediately to the other team.
- If the game comes down to 1 player per side, they have 10 seconds to hit each other out; if not, “Showdown” comes into effect. The game is paused, each player gets two balls, two balls are lined up at the ends of the center line, and the centerline is dissolved. The first player to get the other out player out wins.

Out of Bounds Rule:

If any part of the player's body touches the endlines or far neutral zone line, the player shall be deemed "out".

Momentum may carry a player out of bounds while making a catch. Providing control of the ball was established prior to going out of bounds.

Neutral Zone Rule:

The neutral zone is 4' by 30' area centered around the center line.

A player may safely step into the neutral zone but not across.

Any player crossing over the neutral zone is deemed "out".

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