



DODGEBALL

rules and regulations

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I Field, Equipment, Miscellaneous

- ▶ There is no food or drinks allowed in the facility, except water!
- ▶ Please follow all posted facility rules.
- ▶ Most non-marking athletic shoes are acceptable
 - NOT ALLOWED: turf shoes, dress shoes, cleats, sandals, bare feet, boots, high heels, and metal spikes
- ▶ Please, no unsupervised children at dodgeball matches.
- ▶ Please keep all bags, strollers, jackets, etc, out from in between the courts.



II Number of Participants

- ▶ Each team starts with 6 players on the court at a time.
- ▶ A waiver will be on hand for any new player to sign before their 1st game. All players must sign a waiver before playing.
- ▶ Teams must have at least 4 players by game time to play, with a minimum of 2 females. There are no maximums or minimums for non-binary players, but female minimums must still be met.
- ▶ Teams may recruit up to 2 players from another team in order to get up to 6 players, or to make a legal team, during the regular season. Non-roster subs are not allowed in the playoffs unless previously approved by the office.
- ▶ There is a maximum 3 males on the court per team to start.
- ▶ You can never have more than 4 males or females on the playing court at a time. (If a team has 4 men and 2 women to start, they start with 5 on the court -3 men and 2 women- but can get up to 4 and 2 with re-entry).

III Rules of the Game

- ▶ Each match will be 16 minutes of unlimited games. A game ends when all the people on one team have been eliminated and no one is left on the court. Teams must be on time.
- ▶ Matches begin with the ref whistle.
- ▶ Starting side determined by ro-sham-bo by captains.
- ▶ Catching another players ball legally will allow an eliminated player to come back into the game. This eligible player has to be in the re-entry line, longest to be out, and ref to indicate when. Once you are out, please stand in line right next to the referee, then when it's time to re-enter, you will re-enter from the end-line.

A Scoring an Out

- ▶ Hitting an opposing player below the neck with a live thrown ball. If you hit another player above the neck, you may be ruled out.
- ▶ Catching a live ball thrown by an opponent.
- ▶ Causing an opponent to drop a live ball as a result of contact by another thrown live ball. (This usually occurs when a ball is being used to block a thrown ball. See below.)
- ▶ Out of bounds – a player must stay in bounds, a player can be called out if the referee deems that they are staying out of bounds to deceive the other team. A player can be hit by a ball while they are out of bounds for an out, but cannot score an out by throwing the ball or catching the ball. (Players may retrieve balls, but are subject to getting hit with a “live” ball while retrieving.)
- ▶ Players "hiding" by the re-entry line may be called out by the referee
- ▶ Players may be called out by the referee for repeated infractions of a rule.
- ▶ Once out, a player needs to leave the court in a timely fashion and is not allowed to intentionally affect the game. Violations will result in the opposing team gaining an extra player from their re-entry line. This includes (but is not limited to):
 - Walking off slowly to draw throws or block balls
 - Redirecting balls that are in play
 - Adjusting their stride to block a ball thrown at a teammate

NOTE

If a player ducks, and this is clearly the cause for the player being hit above the shoulders, the player is out and the throw is legal. (The ball needs to be consistently thrown low. Even if you are not hitting other players in the head, the referee will give high ball warnings, subsequent violations may cause you to be ruled out for the game)

B Deflections

A ball will become a dead ball and not be able to be caught for an out or cause an out if it deflects off of:

- A wall, floor, or any other part of the building
- An uncontrolled ball
- A teammate, opponent or referee

A ball will be live and still able to cause an out, or a catch, if it deflects off a controlled ball and it hits the player who controls the ball.

C Blocking a Ball

A player may block a thrown ball with a ball being held, provided the held ball is not dropped as a result of the contact with the thrown ball.

D Definition of Live Ball

A thrown ball that has yet to strike the ground, a wall, a player, an official, fan, or another ball.

E Beginning the Game

- ▶ Prior to beginning a game, each team will be given three dodgeballs and will line up on the back line.
- ▶ After whistle, all balls and players will be live.

F Timing and Substitutes

- ▶ Only the referee's whistle starts and stops the play clock.
- ▶ All players are in jeopardy until the referee signals the end of regulation time.
- ▶ If players seem to stop throwing the ref will countdown to 1 from 5, by "1" everyone has to throw a ball. If a ball has not been thrown, it will be deemed a "dead ball" and cannot be used to create an out. Once a ball is declared dead, it should be rolled across the center line to the opposition.
 - All balls that are not thrown must be rolled to the other team, not just balls in players hands.

G Honor System

- ▶ If you get hit with the ball, be honest, and exit the playing area immediately. A referee may call a player out, or sit out a player for a game or a match for repeated violations of the honor system.
- ▶ Please exhibit good sportsmanship, despite the nature of the game.
- ▶ Good sportsmanship includes not calling members of the other team "out". The referee is the final word on outs, and yelling at someone across the court at the other team may be deemed unsportsmanlike.
- ▶ Trash Talking and Taunting of the other team is also not allowed and may be deemed unsportsmanlike by the referee.
- ▶ Pointing at the other team and yelling at them to tell them they are out may be deemed unsportsmanlike and cause you to be called out yourself.

H Enforcement

- ▶ Rules will be enforced primarily by the honor system.
- ▶ Players will know most of the time whether or not a hit was legal or if they were legally eliminated. If there is any doubt if you are out, call yourself out.
- ▶ The referee will yell outs and is there to rule on any situation in which teams cannot agree.
- ▶ Just because a referee doesn't call you out, doesn't mean you're not out. If you are hit or have your ball caught, walk off.
- ▶ ***The referee's word is final.***

IV Conduct

The following are considered Unsportsmanlike Conduct. Such actions will not be tolerated and may be cause for penalty, suspension, or expulsion from the league:

- ▶ Foul language (especially at refs)
- ▶ Intentionally aiming above the shoulders
- ▶ Unnecessary roughness
- ▶ Arguing with Referees or Officials
- ▶ Abuse of the Honor System
- ▶ Kicking the ball out of anger/frustration
- ▶ Arguing with the other team
- ▶ Trash Talking or Taunting

**REMEMBER EVERYONE: THIS IS FOR
FUN. PLAY SAFE!!!**

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