



## Dodgeball Rules and Regulations

**Red = 2016 new rules**

### General

#### Setup

- Games will be run on a gymnasium or outdoor basketball court (depending on league format)
- (4) official sized rubber dodge balls, (2) Blue Rhino skin dodgeballs *girls only*, and (1) red rhino skin ball *guys only*.
- Team halves and all sidelines, endlines, and safety line will be marked with orange cones.
- Non-marking close toed tennis shoes are required by all players (no sandals bare feet, etc). The court official has final decision on acceptable footwear.
- Team shirts will be distributed on the first league night.

#### Pre-Game

- Each week, teams will play 1 match per night. If an odd number of teams in league, teams may play an occasional double header.
- A “match” is defined as: 2 teams competing for approximately 40 minutes (number of games can vary depending on length of individual game)
- Playoff criteria will depend on wins, games for/against, or other indicated variables
  - **Note:** OTS reserves the right to exclude/include particular teams based on criteria not made available to the public, e.g. complaints against, attitude, etc.
- Playoffs will be a 1 night, single elimination-style tournament.
- At the conclusion of the 40-minute period, the team with the most game wins shall be declared the winner of the match.
  - Mercy rule – If a team is ahead by **6 wins** at any point the match will end.
- In the event of a tie, each team will be awarded 0.5 points in the league standings.
- Official clock and scores will be kept by the courts designated referee.

- **Note:** It is the sole responsibility of the team to ensure the correct score tally after the referee announces the score. In the event of a score discrepancy, teams must alert their court's referee before beginning the next game. Scores will not be changed after the conclusion of the match, and it will be up to the discretion of the court's referee to change/alter scoring based on an appeal from a team
- A grace period of 10 minutes will be allowed for the nights' first matches.
- 1 game point shall be awarded per 5 minutes a team must wait for their opponent to arrive.
- Forfeited matches will not be made up later in the season.
- A "team" is defined as: "at least 4 dodgeball players at the start of a game with a minimum of 2 females and 2 males." Up to 6 players may start a game.
- **Up to 4 additional rostered players may be used for substitutions, or to enter the game upon legal catch of a ball. If you don't start the game, you can still get in the game after a catch.**
- Up to 2 substitutions (pick ups, non rostered players) per match may be used to complete a team that is short players.
- Failure to compile at least a 4 player team will result in a forfeit for that nights match.
- A team must consist of **at least 2 females and 2 males**

## Gameplay

### Starting a Game

- Each game begins with all players behind their respective baseline; both feet must be behind the line.
- At the referee's whistle, **2 players** may rush the centerline for a ball. Players may only take 1 ball at a time.
- At halftime, teams switch sides.
- A "live" ball is:
  - A ball which has cleared the safety line at the start of the game.
  - A ball that may be caught to return a teammate to the game
  - A ball that has been thrown without stepping on or over the center line.
- A "dead ball is:
  - A ball **not** cleared behind the safety line at the game's beginning
  - A ball that ricochets off anything before hitting an opponent after the ball is thrown, or "on the fly"
  - A ball that has been kicked.
  - A ball that is thrown by a player who steps over the centerline.

### Concepts and Principles

- **The “Everything Bad, Nothing Good” Principle: (read this carefully)** When a player ventures outside the playing area for a ball, they are deemed “out of bounds”, but **are not** out. When a player is out of bounds, they can be hit by a thrown ball (bad); their own thrown ball from out of bounds may be caught by the opponent to get him/her out (bad), and if the throw does hit a player it does not count (bad). Conversely, a ball caught out of bounds by a player *does not eliminate the opposition (good), nor does it bring a teammate back into play (good)*. Just remember, when you step out of bounds everything bad can happen to you, but nothing good for your team.
- **The Honor Code:** If you are hit, or if you think you might have been hit, please remove yourself from the game. Each match will have a dodgeball referee to determine rule violations and enforcement and calling players out; however, referees will not be able to see every out so please be honest if you think you might have been hit. Be fair Be fun!!
  - The primary duties of a referee shall be to keep the official game time, rule enforcement/violations, substitution queue, scoring, submission and recording of scores, and handling/mediation of complaints from players. They will not solely be responsible for calling players out, as honesty from players will also be required at times.
- Teams or individual players may not “stall” the game by holding onto the ball on their side of the court. A 5 second count will be initiated if players hold the ball for too long. If by the end of those 5 seconds the ball hasn’t been thrown, the ball will be considered dead.

### Elimination

A player may be eliminated in any of the following ways:

- A ball thrown by the opponent hits him/her below the head.
  - **Note:** If a player is ducking/crouching to avoid being hit by a thrown ball, a head shot will count as a legal out. **Also in an attempt to dodge the ball by jumping, moving side to side, etc you are hit in the head, the player is out. If a player attempts to catch a thrown ball but misses and it hits him/her in the head, the throw will count as a legal out.**
    - \* The court referee has final judgment on a players intentions \*
    - \*The player who throws the head shot is not out\***
- A player’s thrown ball is caught by an opposing player.
- A player may be hit while shagging a ball outside the playing area, based on the “Everything bad, nothing good” principle.
- The ball a player uses to block which is dropped when hit by an opponent’s thrown ball.

### Redemption

- A player may only be returned or “redeemed” to the game by a teammate catching an opponent’s thrown ball. Legal and illegal catches are outlined below:
- A redemption may occur if a player catches an opponent’s thrown ball on the fly and has at least one foot inbounds.
  - **Note:** Redemptions include a ball that is deflected into the air by a player and caught by the same player. This is the only legal redemption catch.
- A catch will not count if 1) the ball bounces off any artificial surface, e.g. floor, basketball hoop, wall, ceiling, etc. 2) the player has both feet out of bounds and catches the ball while jumping back in.
  - **Note:** In the case of a simultaneous catch by the last 2 players on the court (opposing teams) both players shall remain in and each team receives a redemption player.

### **Bench and Substitute Players**

- A player not immediately in the game, or “bench players”, may shag balls for their team **that are only out of bounds on their teams half of the court. If a ball is near a team’s sideline, they may keep the ball on their team’s side with feet only.**
- A bench player **must** enter the game in the same order the players exited, also known as the “First in, First Out” or FIFO rule. Under this rule, a player may not exit the game and then be the first person to enter unless no other substitutes are available. A team in violation of this rule even by accident, results in ZERO players entering the game, even if a ball is caught.

### **Miscellaneous**

- Players are allowed to “save” their fellow teammates from being out. If a teammate is hit by a live ball then the ball is caught by a teammate all players on that team are safe and the opponent who threw the ball will be out.
  - **Note:** If a player deflects a live thrown ball with the ball in their hand the thrown ball is considered dead.