



## Dodgeball Rules & Regulations

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### Guidelines

#### Setup

- Games will be run in a gymnasium with 2 matches typically running side by side on the court (see Diagram 1).
- (6) 8.25" Foam-coated dodgeballs will be used in each game.
- Team halves will be split evenly by a row of cones/discs.
- Non-marking close-toed tennis shoes are required by all players (no sandals, bare feet, etc.). The court official has final discretion on acceptable footwear.
- Team shirts will be distributed at your team's first tournament match.

#### Pre-Game

- Each tournament, teams will play **3** matches minimum (not including playoffs)
- A "match" is defined as: Two teams competing for approximately 20 minutes (number of games can vary depending on length of individual game).
- At the conclusion of the 16 minute period, the team with the most games won shall be declared the winner of the match.
  - Mercy Rule: If a team is ahead by 7 wins at any point, the match will end.
- In the event of a tie, each team will be awarded 0.5 point in the tournament standings (wins = 1, losses = 0).
- Official clock and scores will be kept by the court's 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 5 minutes will be allowed for the tournament's first matches.
- Playoffs are conducted at the culmination of normal match play.
  - Gameday Sports Leagues reserves the right to disallow teams for playoffs based on attitude, sportsmanship, or character.
- 1 game point shall be awarded per 5 minutes a team must wait for their opponent to arrive (barring the first match of the night).
- Forfeited matches will not be made up later in the tournament.
- A "team" is defined as: "At least 4 dodgeball players at the start of a game, with a minimum of 2 female and 2 males." Up to 6 players may start a game.
  - Note: If a team has the minimum number of players, the game must start. Teams cannot wait for a "full" team.
- Up to 6 additional rostered players may be used for substitutions, or to enter the game upon legal catch of a ball.
- Up to **2** substitutes (or pickups) per match may be used to complete a team if that team is short players. Substitutes CANNOT be used during playoffs.
- Failure to compile at least a 4 player team will result in a forfeit for that match.

# 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, 3 players may rush the center line for a ball. Players may only take **1** ball at a time.
- After each game, teams switch sides.
- A "live" ball is:
  - A ball which has cleared the baseline 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 baseline 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 & Principles

- **The "Everything Bad, Nothing Good" Principle:** 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 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!
- Players may only hold one ball at a time; However, **if you are the last player for your team still in play, you may then have two balls in hand**. This call will be announced as "One left, two in hand! One left, two in hand!"
- **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 player 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.
  - *If a referee believes you have been hit, you are OUT. No discussions/arguments please, as this eats up your match time and you get to play less as a result. Think of it as a pass interference call in the NFL...it might be a bad call, but the penalty still stands and is not reviewable.*
- Teams or individual players may not "stall" the game by holding onto a ball on their side of the court. A 5 second 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/dodging to avoid being hit by a thrown ball, a head shot will count as a legal 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.**
  - **If a player is simply putting their hands up to cover their face (self-preservation), the player is NOT out.**
  - **\* The court referee has final judgment on a player's intentions.\***
- A player's thrown ball is caught by an opposing player.
- A player is hit by a thrown ball and that same ball is caught by a teammate. *This player cannot be "saved" by another teammate catching a ball they were hit with/tried to catch.*
- A player may be hit while shagging a ball outside of the playing area, based on the "Everything bad, nothing good" principle.
- The ball a player blocks with is dropped when hit by an opponent's thrown ball.
- Actions are enforced in the order they occur, e.g. if a player is hit, but catches a ball first, that player is out, but redeems a teammate. If a player is hit *while their ball is in the air*, that player is out, but their ball is STILL LIVE.

## 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 outline below:
- A redemption may occur if a player catches an opponent's thrown ball *on the fly and has both feet in bounds after the catch (e.g. NFL catching rules)*. *If player catches a ball and comes down out of bounds, it is a no catch and NEITHER player is out, nor is a player redeemed.*
  - **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; HOWEVER, as a reminder, the ball cannot deflect off a ball first for a legal catch. It must be "clean".**
- A catch will not count if 1) the ball is deflected by one player and caught by another 2) the ball bounces off any artificial surface, e.g. floor, basketball hoop, wall, ceiling, etc. or 3) the player has both feet out of bounds initially and catches the ball while jumping back into play.
- A ball cannot be caught while holding onto a ball with another arm/hand. A player can drop the ball, then quick catch it, but must make the choice.

**Note: In the case of a simultaneous catch by the last two 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 player", may shag balls for their team **that are only out of bounds. If a ball is near a team's sideline, they may keep the ball on their team's side with FEET ONLY but CANNOT reach into the field of play to change the direction of the ball!!**
- Teammates that are *not* in play must remain on the side with the dodgeball referee (no shagging balls on both sides of the court).
- A bench player **must** enter the game in the same order the players exited, also known as the "First Out, First In" or FOFI 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.

- First player in = Closest to Referee



**Diagram 1**

Court 1

Court 2

