

DURHAM **SPORTZ**

Dodgeball Rules:

General Housekeeping & Format

- This is Recreational Dodgeball...We recommend not taking things too seriously. Having fun is the most important aspect to this game.
- Each game is 25 minutes long. The game will end 25 minutes after the scheduled start time. You will play 2 opponents each night. New games won't start with under 2 minutes left. If time expires, the team with the most remaining players at the buzzer will win
- When all the players on a team are out, the other team wins the game and is awarded one point. Teams then start another game, time permitting. The team that wins the most games, wins the match
- Dishonesty and unsportsmanlike conduct towards teammates, opponents, and league officials will not be tolerated and can result in penalties, loss of match/games, and removal from the league if excessive. We are here to have fun!

Roster Requirements

- Each team will have 4 players per game (at least 2 players to start including at least 1 female).
- A minimum of 1 female must start each game
- Teams are encouraged to have substitute players each week. Suggested roster size is 6-8
- If a team has no females, they will forfeit the match but may still have a friendly game with their scheduled opponent
- If a forfeit occurs, the score will be recorded as 7-0

Gameplay

- 4 balls will be placed in the middle of the court to start each game. The ball must be cleared by having a player touch the ball on your own wall for it to be in play. Players may retrieve the ball and pass it back to a teammate and have them touch the wall with the ball instead.
- If a ball is thrown before being cleared, any hits will be void and the opponents will take possession of that ball.
- Players try to hit opposing players below the neck with the ball. If a player is hit, they are out, and must go sit off to the side. If a player is hit in the face, neck or back of head, they are safe AND the player who threw it is out (Headshot rule). The person who is hit in the head/neck is the one to call it a headshot.
- There is an exception to the headshot rule: If the person who is hit in the head was either ducking, bending over, or intentionally putting their head in the way of a ball, the ref (at their discretion) may overrule the headshot call. In this case, the player hit will be called out and the thrower will stay in the game.
- If a ball hits the floor, wall or other object, it is dead and anyone that is hit with the ball after is safe.
- If a person catches a ball while holding another ball, the thrower is safe and the catch will be voided, meaning a teammate cannot return.
- Kicking or spiking the ball is not permitted

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- Players must remain on their own side of half. They may reach over the half line to retrieve a ball, but they can't touch the other side of the court *If they do, they will be called out*. This includes the opening rush.

Catching & Deflections

- If a player catches a ball that was thrown at them, the player who threw it is out AND a teammate that was out may come back in to play. The player that was eliminated first in that game may come back in.
- If a player attempts to catch a thrown ball and fails (and does touch the ball), they are out. If a player attempts to catch it and then it hits the wall or another object, they are out.
- If a thrown ball deflects off of one person and hits another person, they are both out. If a ball deflects off one person, but is caught by a teammate, they are both safe - the person who threw it out, and a player on the catching team may come back in after being out.
- After a ball is deflected by a blocker ball, it is still "live".
- Players returning to the court after a catch is made, must touch the back wall before they are eligible to be reinstated into the game. If a returning player throws an opposing player out without touching the back wall, it is voided and the hit team will gain possession of that ball

Throwing Scenarios

- A player/team may not hold onto a ball for more than 10 seconds, no matter the player situation The goal is to keep the game moving
- If all players left pick up a ball at the same time, the team with more players would be expected to throw first.
- If the same amount of players are on both sides, the team with more balls would be expected to throw
- Players may use a ball to block throws. However, if they drop the ball as a result of blocking a ball, they are out.
- If both teams are down to 1 player, there will be no blocking. If a player blocks, they will be called out.

Violations

Players will be called out if they do any of the following:

- Cross the centre line, including on the opening rush
- Throw the ball while ahead of the attack line
- Hit a player in the head (headshot rule)
- Hold 2 balls at one time. This includes if you have possession of one ball and touch another ball with your other hand. Players are allowed to move balls with their feet or the ball they are in possession of
- Block in a 1 vs 1 situation

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Gym Dimensions

As all gymnasiums vary and differ slightly with dimensions and irregularities, we have attached a sample diagram to give you an overhead view of what the gym and boundaries will look like. The dotted line signifies where a partition or benches would be to divide the two courts.

