



## Team CO-ED DODGEBALL RULES

### THE TEAM

Teams will be made up of 6-10 players. Captains will submit an official team roster to the first night of the session. Roster changes are allowed up until the end the 3<sup>rd</sup> week of play. After the 3<sup>rd</sup> week, no new names may be added to a team's roster. In order to participate in the league, all players must be listed on and have signed their team's official roster in order to be eligible to play.

### THE EQUIPMENT

The official ball used will be an 8" rubber-coated foam ball. Participants **must wear sneakers**, no sandals, boots, dress shoes, etc.

### GAME NIGHTS

Teams will play ten to twelve games a night in a round robin format. Teams who are not scheduled to play at a given time slot must ref the games in progress. Teams will need to rotate **2 refs** to assist in players being eliminated and re-entering the game. The league coordinator will rule on any situation in which teams cannot agree. If your team arrives with at least 3 players, but less than 6, you may pick up a maximum of two (2) players from another team. When picking up players, you may not exceed 6 players. (A team cannot pick up subs).

### BEGINNING THE GAME

Game begins by placing the dodgeballs along the center line – three (3) on one side of the center hash and three (3) on the other. Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Teams may only retrieve the three (3) balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown.

**PLAYERS MUST RUN BACK TO THE END LINE AND TAG UP BEFORE THEY BEGIN THROWING. PLAYERS WHO RUN UP TO THE BALLS MAY NOT TOSS THE BALL BACK TO A PLAYER WAITING ON THE BASELINE.**

### THE GAME

The object of the game is to eliminate all opposing players by getting them "OUT". There are five ways to get a player "OUT":

1. Hitting an opposing player with a thrown ball on any part of their body below the shoulders, or any part of their clothing. *If a player ducks and this causes the player to get hit above their shoulders the throw is legal and the player is out. If a player deflects a thrown ball into his/her head, it is not considered a head shot and that player is out.*
2. Catching a ball thrown by your opponent before it touches the ground.

3. If a player drops a ball that they are currently holding because they try to deflect an oncoming ball with it, they're out.
4. Stepping on the center "boundary line" will cause a player to be "OUT" immediately.
5. Intentionally leaving the boundaries of the court to avoid a thrown ball. If in the referees' judgment a player unintentionally crosses over the back boundary line that player shall not be called "out", assuming said player immediately returns to within the boundaries of the court.

## WINNING THE GAME

The first team to legally eliminate all opposing players will be declared the winner. A 7-minute time limit has been established for each. If neither team has been eliminated at the end of the 7 minutes, the team with the greater number of players remaining will be declared the winner. In the case of an equal number of players remaining the first team to lose a player after the timer goes off loses the game. (In playoffs, when an equal number of players remain at the end of the 7 minutes, a 3-minute sudden death overtime period will be played). If time expires before the 2<sup>nd</sup> game of the round can be played, the 2<sup>nd</sup> game does not get played; no result is recorded.

## DEFLECTIONS

1. If a ball bounces off a player on team A, and another player on team A catches the ball before it hits the ground or any other permanent structure (i.e. walls, basketball backboards, plastic court divider, etc), the person who threw the ball is "OUT". The catch must be made within the bounds of the court. Any catches outside of the court boundaries are not legal catches.
2. If a player on team A uses a ball that they're currently holding to deflect an oncoming ball, and successfully maintains control of the ball in their hands, the team A player is not "OUT". If the team A player drops the ball in their hands as a result of being hit by an oncoming ball, the team A player IS "OUT".
3. As in Deflection Rule 2 above, if a successfully deflected ball is then caught by a member of team A within the boundaries of the court, the team B player who threw it is "OUT".
4. If a ball strikes a team A player on any part of their body, and is then caught by another team A player within the boundaries of the court, before it hits the ground or any other permanent structure (i.e. walls, basketball backboards, plastic court divider, etc) the team B player who threw it is "OUT".

### ***Block Deflections amendment (2/21/08):***

- 1) If a ball hits another ball, which a player has in their possession, without making contact with any body part, neither player is out. This is considered a "Block".
- 2) **All blocks must be made cleanly:** For example, if an opponent's ball hits your blocking ball and then hits your body afterwards, you are out. If you drop your blocking ball as a result of trying to block an opponent's ball, you are out. If a ball hits your fingers or hand first while trying to block, you are out. The hand is not part of the ball. Headshots off your own ball are also "out".
- 3) **Ricochets by a ball which is deflected off of your teammate:** Whether a body shot or a "block" by a held ball. If deflected off of the body, both players who are hit are out. If deflected from a "blocker" ball, only the 2<sup>nd</sup> player is out.
- 4) **In regards to #3** if the subsequent ball that is blocked or bounced off player 1 and is caught by player 2, the initial thrower is out. Both defenders are still in.

## STALLING/5-SECOND VIOLATION

It is illegal for the leading team to control all the balls for more than 5 seconds. They must make a legitimate effort to get at least one ball across the attack line **and into the opponent's backcourt**. If not done within 5 seconds a violation will be called - there will be a *stoppage of play and balls will be divided*

*evenly among the teams. Play will continue with "balls in hand". At all other times, teams are required to make a legitimate effort to throw a ball at least once every 30 seconds.*

### **GETTING YOUR TEAMMATES BACK IN**

Every time a player is "OUT" on your team, they will go to the "OUT" box area behind the end line and stand in a line in the order they were knocked out. *If you have more than 6 players your subs will also stand in this line and be first to come in.* If someone on your team catches a ball that was thrown from the opposite team, one member of your team (the first one in line, FIFO - First Out First In) comes back in. The player is not an active player until he/she touches the back line, or has a ball in his/her hand, or 5 seconds has passes. When any of these events occur, the player is live and is able to get "OUT" again. **PLAYERS MUST COME BACK IN BASED ON THE ORDER THEY WENT OUT. MEN CANNOT REPLACE A SPOT FOR A WOMAN.**

### **SUBSTITUTIONS**

See above

### **RULE ENFORCEMENT**

Rules will be enforced primarily by the "honor system" with the help of "volunteer refs". Refs will be expected to rule whether or not a hit was legal or whether they were legally eliminated. All contests will be supervised by a league coordinator.

### **BOUNDARIES**

- 1) During play, all players must remain within the boundary lines. Players may leave the boundaries only to retrieve stray balls. The main boundary lines will be the mid-line and the back line (base line of cross court basketball courts). Players cannot intentionally cross the back line to avoid being hit by a ball. If you do, you will be ruled out.
- 2) When retrieving a ball the player must immediately re-enter the playing field.
- 3) A player may not leave the playing field to avoid being hit.

### **FORFEITING**

If your team is forfeiting that night, we **MUST** be contacted by 3pm the day of the league. If you leave a message or send an e-mail it is not considered notification unless you receive a reply. There is no additional penalty if you show up short-handed and have to forfeit the game, since you did make an effort to get a team to play. Once we are notified you are forfeiting, it is official (You cannot change your mind), the other teams will be notified.

### **Sportsmanship and FUN!**

*Above all else, this league is for FUN and enjoyment of all those involved. Casco Bay Sports will not hesitate to eject and/or expel players for inappropriate acts. Ejections are subject to further action. Casco Bay Sports will not hesitate to remove players and/or teams without refund who cannot adhere to its policies and standards.*