

# Dodgeball:

## **Forfeits:**

Teams are required to have a minimum of 4 players to avoid a forfeit. If a team does not meet the requirement, they will forfeit the game. The opponent can still provide players to still play a game if they wish to do so.

## **Roster and Subs:**

A team can have a maximum of 12 players on a team. All games are played with 6 players on each team. There are no playoffs, so subs are allowed throughout the season. However, they **MUST** complete the liability waiver before playing. This is the captain's responsibility to ensure a signed copy is received back to Bulldogs Adult Sports Elmira Inc prior to playing.

## **Game Structure:**

- Players must be 18 years or older.
- This is a co-ed league, minimum of 2 girls and 2 males on the floor. Failure to do so will result in a forfeit.
- Team captains' responsibility is to ensure everyone know the rules. This is an adult sports league focused on having fun and staying active.
- Teams are expected to keep track of their own score. Scoreboards will be provided if they are preferred.
  
- The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by either:
  - 1. Hitting an opposing player with a thrown ball below the shoulders.
  - 2. Catching a ball thrown by you're the opposing player, before it touches the ground.
- A match consists of seven (5) 8-minute games.
- There will be 1 minute break between each set.
- If all players on a team are out, before the time is up, then the game is won by the team with players still remaining.
  
- Start the game by placing the dodge balls across the center line. 6 balls in total are used.
- Players then line up across the back baseline on each of their side of the court.
- When the whistle blows, teams can approach the center to retrieve the balls.
- Balls must be thrown from behind the attack line (determined on the first night by the director).
- If a player steps outside of the boundary to avoid being hit, they are out.
- If a ball rolls out of the court playing area, player can retrieve it by going through the back court baseline to get it, must re-enter through the baseline. They cannot be hit by a

ball while retrieving a ball. There will be a coordinator on site to try and retrieve balls for teams so this is avoided as a last resort option.

- If a player goes over the center line, they are out.
- If a player catches a ball, the person who threw the ball is out, and the team that caught the ball may have one of their players on the sideline re-enter the game.
- If a ball hits a player, deflects, and is caught by a teammate, the person who threw the ball is out. The person that it deflected off is still active in the game.
- If a ball is thrown, hits you, deflects off a teammate, then you are both ruled out (if the ball was not caught).
- If the ball is thrown, but you are out of bounds then you are out, not the person who threw the ball. Therefore, no player comes back into the game.
- If the ball is thrown at you and deflects off the ball and hits you OR knocks a ball out of your hand, then you are out.
- If the ball is thrown at you, you try to catch it but end up dropping it then you are out.
- Clothing and accessories are considered a part of your body. So, if a ball hits a part of your clothing etc, then you are out.
- If you step out of the playing area to avoid getting hit, you are out.
- Any headshots, intentional or otherwise, then the thrower is out.
- Players who re-enter the game, if the ball is caught, please ensure players return back into the game in the order they were eliminated.
- A player has 5 seconds to throw the ball. This is to keep the game going and avoid stalling towards the end of the game.
- If after the time is up, both teams still have players on the court. The team with the MOST players, wins the match.
- If you finish your game before the time is up, you can reset and play a friendly match until the time is up to start the next match.

### **Sportsmanship:**

- If you are out, please drop the ball where you are, raise your hands to signal you are out and proceed to the sideline. Do not pass or kick the ball to teammates.
- This is a for fun adult sports league! We are focused on having fun and being active, no foul language will be tolerated. If you are hit by the ball and out, please be honest about it. If there is a disagreement on a call, captains should try to settle it.
- Headshots are not allowed! Please try to keep your throws shoulder and down.
- Please respect the equipment and balls. We try to use them for as long as possible.
- We try to keep a good standing relationship with the school custodians. Please make sure winter boots are kept outside the gym, indoor shoes must be worn and leave the gym the way it was when you enter it.
- There will be a spirit scoring given afterwards to each team. Please ensure we are maintaining good sportsmanship!

**SCORING:**

Win- 2 points

Tie- 1 point

Loss- 0 points

Match Win- 2 points