



Dodgeball League Rules
Last Updated: July 31, 2009



Table of Contents

- | | |
|-------------------------|---------------------------|
| 1. Teams | 6. Blocking |
| 2. Equipment | 7. Sacrifice Fly |
| 3. The Game | 8. Headshots |
| 4. Outs | 9. Penalties & Violations |
| 5. Re-Entering the Game | 10. GAS points |

Teams

- Teams will be made up of 6-10 players. Six players will compete on a side; others will be available as substitutes.
- Substitutions must be made prior to the start of the game. No substitutions can be made during a game, except in cases of injury.
- The minimum amount of players in order to play the game without defaulting is 4 (including 1 female if in a co-ed league).
- If a co-ed team only has 1 female the maximum number of males allowed on the court is 3.
- A team that registered as a full team may bring in additional players that are not listed on the roster; however this player must sign a waiver prior to playing.

Equipment

- SSC will provide all game balls for the dodgeball leagues. The balls will be brought to the gym by the GM.
- The balls will be set up at center court by the GM with the help of players from each team at the beginning of every game.

The Game

- Before the first game the captains of each team will meet with the GM to discuss gym specific restrictions and any concerns the captains may have in regards to rules and/or sportsmanship issues.
- Each match will be 60 minutes long including a 5 minute warm up and a 5 minute half time. The match will consist of however many games are completed within this 50 minute time frame. No single game will exceed 5

minutes and no game will begin with less than 5 minutes remaining in the match.

- If no one team has had all of its players eliminated at the end of the 5 minute game the team with the most players remaining on the court shall be declared the winner.
- If there are an equal number of players on each team when the time expires the game will go into "sudden death" in which the remaining players will continue play at the GM's signal. The first team to have a player eliminated loses the game.

Outs

- When a player has been eliminated they must raise their hand and leave the court immediately without interfering with the play. They cannot pass a ball or kick a ball toward a teammate after elimination.
- A player shall be deemed "out" when a live ball hits any part of the player's body, excluding the player's head.
- If a player is hit by a live ball rebounding off another player or ball lying on the court they are out
- If a defending player catches a live ball they have thrown the player who threw the ball is out.
- If a player attempts to block a throw and has the ball they were originally holding knocked out of their hands, they are out.
- If the player throws a ball and it does not reach the center line they are out.
- If a player touches the opponent's side of the court they are out. Players may lean over the line to pick up balls lying on the opponent's side, but they may not touch the opponent's side of the court. The only exception to this being the *Sacrifice Fly* (See below).

Re-Entering the Game

- Players shall return from the Queue in the order they were put "out" (i.e. first "out," first "in").
- Players will return through the back of the court.

Blocking

- Players can defend themselves by blocking the ball in flight with another ball but must retain control over the ball they are blocking with. A player dropping or losing possession of the blocking ball is deemed "out."
- Any blocked ball rebounding off another ball is considered live. Any player hit by the rebounding ball is deemed "out."
- If a ball strikes a player and it is caught by a teammate, while the ball is still live, the player that the ball originally struck is safe; the opposing player who threw the ball is out.

Sacrifice Fly

- An airborne attack, where an attacking player may legally cross the center line to hit an opponent but the ball must leave the attacker's hand before any part of the attacker's body touches the opponent's territory. If successful, the player hit is out and attacking player remains in. However if the attacker misses the opponent, then the attacker is deemed "out".

Headshots

- A headshot occurs when a player is hit directly in the head by a high thrown ball.
- Any thrower committing a headshot will be deemed "out."

Violations and Penalties

Obviously with any type of sport, game, or competition in general, there can be a competitive nature; however the SSC has a fun first, win second philosophy, because the reason we all come to play is to HAVE FUN! The following are the explanations of the different penalties that can be given by a GM throughout the course of a match.

- **Warning-** this is like a yellow card in soccer it is a warning given to a player by the GM.
- **Minor Violation-** The player will sit the remainder of the game and can return the following game. The team will play shorthanded for the remainder of the game.
- **Major Violation –** The player will sit the remainder of the game and will also sit the next game. The team will play shorthanded for the remainder of the game as well as the following game in which the player sits.
- **Ejection-** The GM may choose to eject a player from a match if he/she deems it necessary. If this happens the player is to leave the gym immediately and the case will be reviewed by SSC to determine if further action needs to be taken. If a player is ejected the team may field 6 players the match following the players ejection.

The following is a list of violations that may cause a team to lose GAS pts from their opponent or the GM. The GM may also issue anything from a warning to an ejection depending on the severity of the infraction.

- Yelling at the opponent or the GM
- Arguing a call with opponent or the GM
- Displaying any sort of unsportsmanlike behaviour
- Throwing a "head shot"

Gamesmanship and Sportsmanship Points

In order to encourage a fun first atmosphere Synergy Sports Club scores teams not only for a win or loss but also on Gamesmanship and Sportsmanship Points or GAS points. A team can receive anywhere from +2 to -2 GAS points in a game.

Each team will be given 2 GAS pt ratings per game. One will be given by the other team and one will be given by the GM. The following chart shows a description of the criteria a team is to use when scoring an opponent.

Rating	Definition
+1	The team made a genuine attempt to call their own infractions. They had a fun first attitude and we would enjoy playing them again.
0	The team was OK. They called some of their infractions but often neglected to call them. We had an alright time playing them but they could improve on their sportsmanship and/or accountability.
-1	The team called little to none of their infractions and was often too aggressive or intense. They showed poor sportsmanship and we would not want to play them again.

- It is your team's responsibility to have someone report the opponents GAS pt rating to the GM. If a team fails to report their GAS pt rating to the GM their team will be given a GAS pt rating of 0 for that game.
- The GM uses similar criteria to score a team's GAS pt rating. The GM score and the score given by the other team will be a team's overall GAS pt rating for that game.
- If a team decides to give another team a GAS pt rating of -1 a grievance must be filed with the league explaining why you chose to give the team a -1. A detailed email explaining the reasoning for the -1 must be sent to andrew@synergysportsclub.com by 5pm the following day.
- If no email is received explaining why the team chose to give a -1, the teams score will be changed to a 0.
- For tournament play if a rating of -1 is given then a written statement of why a team chose to give a -1 to an opposing team must be given to the GM or the tournament manager.