

# DODGEBALL RULES

Dodgeball will, for the most part, follow the rules outlined by **NADA (2006-2008 Edition)**. The following exceptions have been implemented to suit the specific needs of MacEwan University Recreation's Dodgeball league.

Please refer to our Policies and Procedures located at [MacEwan.ca/Recreation](http://MacEwan.ca/Recreation) for more information regarding our Intramural Leagues.

## POLICY

1. All players must play under our Code of Conduct. Violation of our Code of Conduct will result in disciplinary action.
2. All participants must show identification prior to each game.
3. Playing an ineligible participant will result in a Default.
4. The game consists of 6 players on the court per team.
5. There are no gender requirements for this league.
6. Each team must have a minimum of 4 participants on the court at all times; any less is considered a default.
7. If a team does not show for their game, they will Default. If a player gives proper notification of their impending missed game, they will Forfeit.
8. If a player is injured during a game they can sub in with an individual of any gender. If an injury results in the team not meeting the participant requirements, they will forfeit.
9. Teams will play 1 game per day. Games will be scheduled in 50 minute timeslots.
10. All footwear must be clean and have non-marking soles. Gym strip is required to play.

## SCORING

1. Each game is 50 minutes long including a 5-minute half-time. No new set will start after the 40-minute mark.
2. The team with the most sets won at the end of 50 mins will win the game.
3. Ties are allowed in regular season play.
4. In the case of a playoff tie, a one-minute overtime period will result. Most players remaining on the court at the expiration of the overtime period will be considered the winner.
5. The Default / Forfeit score is 10-0.

## OUT

1. Players may leave the court to retrieve dodgeballs outside the court's boundaries. When you step out of the court to retrieve a ball you can still be hit out by an opponent.
2. The only line that players are not permitted to cross is the center line. Players may reach across to retrieve a dodgeball, however, if any part of the player's body steps on the center line (and beyond), that player will be out.

3. Loose clothing and shoes (including shoe laces) are considered part of the player's body.
4. Dodgeballs must be thrown within the boundaries of the court. No part of the player must be on the line for a ball to be considered live.
5. A ball is live once a player gains possession and will remain live until it touches anything other than the player holding onto it. A player gains possession by either picking up or catching a ball.
6. Simultaneous ball-to-floor catches results in a dead ball (trapping = no catch).
7. Deflections off players or equipment results in a dead ball at the moment of deflection. Mid-air ball collisions are considered dead balls.
8. A bobbled catch may only be saved by the player that bobbles the ball, as long as he or she catches and maintains control prior to the ball hitting the ground. Players may not save other players on their team by catching a bobbled, deflected and/or any ball that hits your teammate.
9. A player can jump across the center line to throw the ball at an opponent, but they must hit the opponent with their throw before physically touching the other side of the court. When this play occurs, the person hit and the thrower are both out.
10. Headshots occur if a player is standing upright and is hit above the shoulders. The thrower will be out if a headshot occurs. Any bending, diving, or dodging movement that the Student Referee determines as an incidental headshot is considered a dead ball.
11. If a team is left with 1 player on the court for 1 minute that team may bring in another player after 1 minute has elapsed. Any one player can come back on the court. The Student Referee will call out the time in this event.
12. Participants should call themselves out when hit. Sometimes it is difficult to tell if you have been hit on loose clothing or shoes. If you see one of your own teammates not going off when they were hit please inform them of what happened. The Student Referee will make all the calls he or she sees but does rely on individual and team to be honest and display positive sportsmanship in order to make our league a success.
13. If there are any disputes, each team captain may speak with the Student Referee and/or Recreation Assistant, if necessary.
14. The first team to eliminate all the opposing players will be declared the winner of the set.
15. If players from both teams remain when the 50- minute time limit is reached, the team with more players remaining on the court will be declared the winner of the last set.

## FOULS AND MISCONDUCTS

1. **Yellow and red cards will be given at the discretion of the Student Referee.**
2. All red cards will result in immediate ejection from the game and will result in further disciplinary action.
3. 2 yellow cards equals 1 red card. That player may face further disciplinary action.
4. Recreation reserves the right to suspend offending players and teams, as per our Discipline Policy.

### **YELLOW CARDS:**

- High Throws and/or Head Shots (making throws that are consistently at the height of the opponents' heads).
- Calling players out on the other team.
- Excessive celebration and/or obnoxious behavior.
- Questioning the referee's calls inappropriately. Please ask your captain to speak to the Student Referee at an appropriate time and in an appropriate manner.
- Inappropriate use of equipment (throwing the balls at the wall, ceiling, bleachers and/or basketball hoops).

**RED CARDS:**

- Bullying, mocking, verbal intimidation, name calling, or swearing at teammates, opponents, and/or staff.
- Throwing or kicking the balls outside of gameplay.

## **RULES AND REGULATIONS**

1. Six dodgeballs are used in the game. 3 balls may be in possession per side at the start of each game.
2. Six players on each side will line-up at the courts appointed back line.
3. Players must keep the balls in motion. If one team has a lot of dodgeballs on their side that are not being thrown, they should be rolled to the opponents or thrown into play. Active and Bench players may assist with rolling balls into play beyond the backline of each court.
4. A player should not hold onto a dodgeball for longer than 10 seconds. You may lose the ball to the other side if it is being held for too long at the discretion of the Student Referee.
5. Once a set has begun substitutions will not be allowed. The 6 starting players for each set may return to the game, in chronological order, if a teammate catches a ball. (It is recommended that player's re-enter their set from the back of the court – sideline entries allow your opponent a closer target.)
6. Players may have more than 1 dodgeball in their possession. A ball can be passed to a teammate by kicking, deflecting, handing it off or throwing it.