



***NATIONAL***  
***SPORTS***  
***CENTER***

## **Dodgeball League**

# **Rules and Regulations**

**2019**

## **LAW I - The Court**

1. **Dimensions** – Games will be played on a 60 x 30 foot court with a centerline down the middle and attack lines 10 feet on each side from the centerline. The flooring will be cement with boundary lines on it.
2. **Boundaries** – Out of bounds will be considered outside of the 60 x 30 court. One player (per team) will be allowed to leave the designated court to retrieve balls but must stay within the boundaries of the rink.
  - a. Players may reach over the centerline to retrieve a ball.
  - b. If a player steps on or over the centerline when throwing the ball, they are not “out” but the ball they throw is considered dead and cannot eliminate an opposing player.
  - c. If a player leaves the court intentionally, they are ruled out. If more than one player leaves the court to retrieve balls, the second player is ruled out.

## **LAW II - Equipment**

1. Six 7” gator skin foam balls will be used. Please do not squeeze, pull, tear, bite, slam, etc the game balls.
2. All participants must wear appropriate shirt and shoes. Matching uniforms are not required but strongly encouraged.
3. A small first aid kit will be available for players each evening, located with the site supervisor.

## **LAW III - Number of Players and Forfeits**

1. An official team consists of 6 players. Teams must start and finish with at least four players.
2. Teams can have a maximum of 12 people on their roster.
3. For adult co-ed play, there must be at least one female starting the game. A male player may not play on a female team, but a female player may play on a male team. Exceptions may be made by the league director when leagues are combined.
4. Substitutes may only enter in the middle of a game during case of injury.
5. Forfeits will occur when a team is not able to begin a game with at least four players. A teams with less than four players present will be given a five-minute grace period. After five minutes, the team will lose the first game. After ten minutes, the match is forfeited. The score will be entered as 6-0 for the team that is present.

## **Rosters and Eligibility**

### **Adult**

All players must be 18 years of age or older, listed on their team’s roster, and have completed an NSC liability waiver to be eligible to play. Rosters are frozen after the second game and no other players can be added. Players may **NOT** play on more than one team in the same division. If a player is found to be in violation of any of these rules, their team will be forced to forfeit. Random eligibility checks may be done at any time during the league. If a team is found to have an ineligible player(s), it will result in an immediate forfeit. It is incumbent upon all players to be able to produce a driver’s license, passport or state ID at each game in the event that a player is challenged for eligibility. If you can not provide documentation when challenged, your team must forfeit the game.

## **LAW IV - Duration of the Game**

The duration of the game shall be two periods of 20 minutes each with the understanding that:

- a. Clock will run continuously
- b. Games will be played during a **ONE** hour time block.
- c. The half-time interval shall not exceed 3 minutes. Teams will switch sides at half.
- d. Continuous games will be played within this time frame. The first team to legally eliminate all opposing players will be declared the winner of that game. The team that wins the most games will win the match.
- e. Timeouts are not permitted.
- f. If the game is still in progress when time elapses, the team with the most players left will win. If the number of players are equal, that game will end in a tie.
  - a. During playoffs, if the game is tied, a 4 minute tiebreaker will be set. At the end of four minutes, the game will go to sudden death. Each team will be given three balls and line up along the end-line to start.

## **LAW V – Officiating**

1. There will be a supervisor on-site but this league will be self-officiated. They will not assist with making judgement calls but can be used to clarify rules.
2. Players will be expected to rule whether they were hit and if a hit was legal. If a dispute arises, managers should resolve it quickly. Rules will be enforced primarily by the honor system.
  - a. Head Shots: any hit above the shoulders will be an “out” for the person who threw the ball assuming the person did not drop down while the ball was being thrown.

## **LAW VI – Game Play**

1. Starting the Game
  - a. Six dodgeballs will be spread out equally along the centerline of the court. Players then must take their positions behind their end-line.
  - b. Teams both verbally agree to begin the game after one team says “ready!” and the other says “dodgeball.” This signal officially starts the game.
  - c. Live players may only retrieve the 3 balls placed on their right side.
  - d. All balls must pass behind each teams attack line before they are live.
2. Outs
  - a. Hitting an opposing player with a thrown ball below the shoulders.
  - b. Catching a ball thrown by your opponent before it touches the ground. Catcher must have two points of contact in the court. The player that threw the ball is out and allows the player’s team who caught the ball to send one player into the game on a first-out/first-in basis. Once they enter the court they are considered live and can be eliminated.
  - c. You can deflect a ball thrown at you with another ball. However, if you drop the ball you are holding to block the throw you are out. If the thrown ball touches any part of your body you are out. If a player blocks a ball and it hits a teammate that player is still in.
  - d. Blocked balls that are caught by a teammate will render the thrower out and a player from the catching team can return to the game.
  - e. Players that are out may not block balls or collect balls for teammates while leaving the court but may collect balls from out of bounds for their team.
  - f. You can only knock out a single player with a single throw.
  - g. “Out” players must exit the game immediately near the closest sideline. All “out” players must stand on the same sideline.
  - h. A player cannot get themselves out or a player on their team out.
  - i. If a player steps on a boundary line they are out.

## **LAW VII – Miscellaneous Game Rules**

1. Players are not allowed to hide the ball in their shirt
2. Teams are not allowed to control all six balls on their side of the court of more than 10 seconds.
3. The team possessing the majority of the balls (4 or more) has the burden to throw at least one ball within 10 seconds. When both teams have 3 balls the team with the most players has the burden to throw. When the number of balls and players is even on both teams the team that did not throw last has the burden to throw.

4. Spectators are not allowed to interfere with the game (this includes rolling or kicking out of bounds balls). Violations will result in the balls being given to the other team. The site supervisor will monitor for unruly spectators and it will be the responsibility of the team's spectator to have her/his leave the building if necessary.
5. Players may be allowed to control more than one ball at a time.
6. Players are not allowed to play if bleeding. Game will be stopped to allow for treatment.

### **LAW VIII – League Standings**

1. League scores and standings will be updated each week on website
2. Standings will be determined by match win-loss record point total with points determine as follows:
  - a. Match win- 3 points Match tie- 1 point Match loss- 0 points
  - b. Game score will also be recorded in case it is needed as a tiebreaker
3. Ties in the final standings will be determined as follows:
  - a. Head-to-head season matchup
  - b. Highest number of total games won
  - c. Earliest registration date

### **LAW XI – Manager Responsibilities**

1. Make sure you have a full team for every game/match
2. Have a solid understanding of the rules and educate your team
3. Responsible for your teams conduct, both on and off the court
4. Discuss all disagreements between teams