



# DODGEBALL RULES

## Co-Ed Dodgeball

*Dodgeball will be held on Mondays from 8PM – 12AM. It is up to the player to make scheduling requests known to the Rec Programs Coordinator at [lbrecprograms@wlu.ca](mailto:lbrecprograms@wlu.ca)*

### TEAM

Teams will be made up of 6 players on the court. The team will default if failure to provide this number of players. The games must always start with a minimum of 3 women on the court. Substitutes may enter the game only during timeouts or in the case of injury. *The order in which you are hit or eliminated from a game must be the same order in which you re-enter the game.*

### FIELD

The game will be played indoors at Wilkes House. In this intramural league, the volleyball court will be the boundaries that are outlined in thick red lines. The court will be divided into two (2) equal sections by a center boundary line. Each section will then be divided equally into a “frontcourt” and “backcourt”. A “restraining line” will be located at the back wall on each side of the court. **The substitute players on each team will not be allowed out of this area unless to retrieve a ball for their team but return right after. A substitute player cannot retrieve a ball that is on the court to give to an active player. If retrieved, all balls must be outside the court boundaries.**

### EQUIPMENT

The official ball used in tournament and league play will be a 7” rubber-coated foam ball. There will be three balls in play. Participants must wear proper gym shoes, no open-toed shoes, or boots allowed. Black soled running shoes are strictly forbidden.

### GAME

Games will begin with rock, paper, and scissors. The team that will have the choice of side to begin the match. Teams will alternate sides following each game (optional). The object of the game is to eliminate all opposing players by getting them “OUT”. A **short** whistle will be blown by the ref if a person is out but does not leave the court immediately. A **long** whistle will be blown by the ref when the game is to be stopped.



## DODGEBALL RULES

Teams can get players out by:

1. Hitting an opposing player with a thrown ball below the shoulders. **A DIRECT HIT IS OUT, YOU ARE NOT OUT OF THE BALL HITS THE GROUND FIRST.**
2. Catch a ball thrown by your opponent before it touches the ground. When this occurs, a teammate from the targets team may come back into play.
  - a. EXCEPTION: if a ball is caught after a deflection off a ball or player, the thrower IS NOT OUT.
3. If a teammate catches a ball after it hits a teammate but **BEFORE** it has hit the ground, both the target and the thrower will be considered **SAFE**. The second catch cannot be located outside the boundaries because the ball will then be considered out of play and no longer active.
4. If a thrown ball hits the floor before hitting the target, then the ball is considered neutral and the target is safe.
5. A player may block a thrown ball with a ball being held, provided the held ball is not dropped as a result of the contact with the thrown ball. If the held ball is dropped as a result of the contact, the player dropping the ball is out. **THE PLAYER IS NOT ALLOWED TO SET THE BALL DOWN TO CATCH THE THROWN BALL!**

**IF THE BALL HITS A TARGET PLAYER IN THE HEAD, THE PERSON WHO THREW THE BALL IS OUT. THIS IS AT THE DISCRETION OF THE REF. INTENT MUST BE OBVIOUS.**

**\*Exception:** if the target player ducks (to about waist height) to get hit in the head, both players are safe and no one is out – this will be up to the referees discretion

### GAME PLAY

Game begins by placing the dodgeballs along the centerline (4 balls). 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. If there is a false start, both teams will line up again at the end line has been established for each contest. If neither team has been eliminated at the end of the 5 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 after regulation time, the game will result in a tie.



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## TIME-OUTS & SUBSTITUTIONS

Each team will be allowed one (1) 20 second timeout per game. When calling a timeout, the field monitor must recognize AND signal by sounding their whistle. The field monitor's whistle will signal the beginning and end of the timeout. Any action taking place before the initial whistle or after the field monitor's whistle to end a timeout will be considered "in-play," i.e. all players are in jeopardy until the field monitor recognizes the timeout and sounds their whistle or following the whistle to end the time out. At this time, a team may substitute players into the game. Substitutes may be rostered players that did NOT start the game, but the substitutions must be male for male and female for female. Every time the game is stopped, the balls will be divided equally between both teams.

## MATCHPLAY

Matches will be decided by which team wins the most matches out of nine games (first one to five games wins). Three (3) points will be given to the winning team and two (2) points will be given to each team if a tie occurs (i.e. 2 wins, 2 losses, and 1 tie). One (1) point will be awarded to the non-winning team. (0) points for a default.

## STALLING

The following procedure will be used to prevent "stalling" during the **final two** minutes of any game. A team trailing during the final two-minutes of regulation must be given the opportunity to eliminate an opposing player. This requires a ball to be at the disposal of the trailing team. It is illegal for the leading team to control all the balls for more than five (5) seconds. If the leading team controls all the balls – meaning all balls are located on their side of the center line – they must make a **legitimate** effort to get at least one ball into the opponents backcourt before a 5-second violation is called. This may be done by throwing or rolling a ball into the opponent's backcourt. Only a court monitor or official may call a 5-second violation. The first violation will result in a stoppage of play. Balls will then be divided evenly between the two teams. Play will continue with "balls in hand." A second violation will result in disqualification of a player from the offending team (player chosen by the defending team).

## RULE ENFORCEMENT

Rules will be enforcing primarily by the "honour system." Players will be expected to rule whether or not a hit was legal or whether or not a hit was legal or whether they were legally eliminated. The hit that first occurs will be the only hit that counts. A field monitor will supervise all contests. The field monitor's responsibility will be to rule on any situation in which teams cannot agree. A team may appeal to the field monitor if they feel a player has violated any rules.



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## **THE REFEREE'S DECISION IS FINAL – NO EXCEPTIONS**

Unsportsmanlike conduct may include, but not limited to:

1. Foul Language
2. Hits above the shoulder
3. Unnecessary roughness
4. Arguing with officials, volunteers, intramural staff, participants or fans

## **BOUNDARIES**

During play, all players must remain within the boundary lines. Players may leave the boundaries only to retrieve stray balls. A stray ball is one that has not been picked up and is lying on the ground. If retrieving a ball, the player may only exit and immediately re-enter to the playing field through their own END-LINE. A player who:

1. Exits or re-enters the field through their sideline
2. Does not immediately re-enter the field after retrieving a ball
3. Leaves the playing field to avoid being hit by a ball, will be declared out
4. If any part of a player's body crosses the centerline AND contacts the ground, that player will also be declared out
5. If a player stands out of bounds or leaves the playing field for any reason other than retrieving a ball

## **PROTESTS**

Protests will only be accepted in cases involving sue of an ineligible player. Protests of judgement calls will not be accepted.

## **N.A.D.A. CODE OF CONDUCT**

1. Understand, appreciate, and abide by the rules of the game
2. Respect the integrity and judgement of game officials and N.A.D.A staff
3. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat
4. Be responsible for your actions and maintain self-control
5. Do not taunt or bait opponents and refrain from using foul or abusive language