

## **Golden Rules**

**As a dodgeball player, it is your personal responsibility to never allow yourself or your teammates to cross that line between fun competition and unsportsmanlike behavior.**

*Golden Rule 1.* Dodgeball is a self-regulated game that relies on the honor system. Out players are expected to raise their hand and go out without anybody else telling them to.

*Golden Rule 2.* If one of your teammates is out (knowingly or not) and does not go out, it is your responsibility to tell them to do so.

*Golden Rule 3.* Referees are provided to rule on unclear plays, settle disputes, keep the game moving, and ensure player safety. While they will at times let you know if you are out, a lack of call by a referee does not remove your obligation to abide by the honor system.

*Golden Rule 4.* Players must respect the authority of the referees to regulate the game and abide by their decisions. Referees' decisions are final.

*Golden Rule 6.* Players are expected to comply wholeheartedly with the intent and spirit of the rules. Deliberately violating the rules is wrong.

## **League Specific Rules**

### **Objective**

- The objective of the game is to eliminate all players on the opposing team before they eliminate all players on your team.

### **Boundaries**

- The game is played within specified boundaries designated by the officials before the match.
- Players who go over a boundary line during play are eliminated.

### **Roster**

- Teams may have a maximum of ten players on the team but may only play with 8 at a time

### **Match Composition**

- Matches will be 20 min in length for the round robin
- The team with the most wins in the match is determined the winner.
- During the tournament matches will be best of 5 with single elimination

### **Flow of the Game**

- Each starting player lines up behind the end line.
- The head official verbally confirms each team is ready to play.
- Upon the designated assistant official's whistle to start play, the opening rush occurs.
- The balls on the right are designated to your team.
- If one player is determined to have left early, the officials may declare a false start and require a restart.

- Players must bring their balls and their entire body behind the attack line before they can complete a live throw.
- Teams will attempt to eliminate opposing team members.
- Players called out by a referee must leave the court quickly by going to the nearest boundary and not interfere with play.
- If an official determines an eliminated player interfered with play by blocking a live ball at a teammate, said teammate will be eliminated.
- When eliminated, player enters their out queue in order of elimination to await regeneration or the conclusion of the game.
- Play continues until all members of one team are eliminated, declaring the opposing team the winner, or time expires.

### **Elimination**

- Players are struck by an opponent's live ball on any part of their body or clothing.
- Their live throw is caught by an opposing player.
- Any part of their body touches out of bounds or on the opponents' side of the court.
- They use a ball, an out-of-play object or another person not in play to stay in bounds.
- They kick a ball during the opening rush or at an opposing player.

### **End of the Match**

- If play is stopped when the match timer runs out, the current game counts as neither a win nor a loss.
- Teams are expected to participate in a post-match handshake line to congratulate each other at midcourt.
- The referee will record the result of the match, and preparations for the following match will be made.

### **Terms and Definitions**

**Attack Line:** After the opening rush, the entire ball and the player's body must be returned behind this line before an initial throw at the opposing team. If the neither are taken back, any ball thrown cannot eliminate an opposing player. However, if the ball is caught by the opposing player, the catch stands and the thrower is out.

**Ball Penalty:** If for any reason the burden of throw does not result in legitimate action, the offending team will relinquish possession of all balls to the opposing team.

**Block:** A player may use a ball to block a thrown ball, at which point fingers are considered part of the ball. All blocked balls are considered live until they hit the ground or out of bounds.

**Burden of Throw:** Officials will determine which team must throw if teams do not take action on their own using the following rules before enforcing any ball penalty.

- The team with more than three balls must throw.
- Officials will begin a 15-second countdown once a team is determined to have the burden of throw.
- If the team does not meet the burden requirements, they will forfeit all balls.

**Catch:** The moment an active player demonstrates control of a live ball with at least one hand, eliminating the thrower.

- A player can catch a ball that strikes them before it hits another player, another live ball, or any object out of play to avoid elimination.
- If a player is hit by another live ball before demonstrating possession, the subsequent catch does not count.
- A player may not leap into the opponent's side of the court to make a catch.
- A momentum catch counts, meaning that if a player makes a catch with both feet in bounds, and falls out of bounds, that player is not out.

**Center Line:** The line dividing the court in half, which players may not cross.

**Conduct:** Players and bystanders are expected to be respectful to their teammates, opponents, officials, bystanders and staff at all times. Players who display inappropriate or unsportsmanlike behavior face penalties ranging from a warning to ejection from the league.

**Deflection:** When a throw strikes a ball held by an opposing player, the ball can bounce off and still get caught or hit people. The deflected ball remains a live ball, though if it causes the deflecting player to drop their ball then the deflecting player is out.

- When a deflection causes the deflecting player to fumble, the deflecting player is out.
- The ball is considered fumbled if it's struck by a live ball and the player does not retain control of the deflecting ball.
- Retaining control means keeping possession of the ball and not allowing it to strike the ground.
- If the deflecting ball is knocked loose but then is caught by a teammate or recovered by the player then the deflecting player is safe.
- A player that fumbles his or her ball is out as soon as it strikes the floor.
- A player may still catch a deflected ball until such time as the fumbled ball hits the ground, at which point the call would be a catch and out.
- The fumbled ball is considered dead and cannot eliminate players.

**Elimination, Eliminated, Eliminate:** When a player is hit by a live ball, has a live ball they threw caught or goes out-of-bounds or across the center line, the player is no longer active in the game and must retire to the out queue.

- An out player may not affect the outcome of any play.
- If an out player throws a ball during a cluster throw, the play is dead and the game is reset after the player goes to the out queue.

**Headshot:** All headshots in which the player is on two points of contact when hit are considered dead balls.

- Any headshot from a ricochet, off of a block, or if a player is on three points of contact is a valid hit and the ball is live.
- Players are allowed to defend themselves if the ball will strike their head, in which case the throw is still considered a headshot.

**Headshot Immunity:** If a headshot is part of a cluster of thrown balls, the player is immune to all thrown balls that are part of the cluster.

- Any catches made by the player during the cluster eliminates the opponent and regenerates a teammate.

**Live Ball:** A ball legally thrown by an active player is live until the ball touches another live ball, the floor, the ceiling or any object out of play.

**Opening Rush:** Upon the designated assistant official's whistle to start play, players retrieve balls placed at center court.

**Order of Events:** In situations where multiple game events happen in quick succession, officials will eliminate players based on their best judgment of the order of events.

**Out Queue:** A designated area where eliminated players wait in order of elimination to be regenerated or await the conclusion of the game.

**Pinching:** The act of folding the rubber of the ball over itself or substantially deforming the ball to grip the ball is a pinch.

- This is not allowed and any player found pinching will be eliminated.

**Possession:** A team is considered in possession of a ball held by a member of the team, or resting on the floor on that team's side of the court.

**Regeneration:** When a teammate catches a live ball, a previously eliminated player in the out queue will return to the game in the order in which he or she was eliminated.

- The player will enter the court within approximately five seconds, from his or her position in the out queue or from the end line.
- If the next eligible person to be regenerated is not in the out queue at the catch, the regeneration is forfeited.
- Players may not regenerate out of order.

**Save:** If a live ball contacts a player and a teammate catches the ball before it hits another live ball, the floor or out of bounds, the hit player is not eliminated nor is the thrower.

**Shaggers:** Shagging is retrieving a ball out of bounds for play, typically done by a player not in the match. If no shaggers are available:

- A teammate last in the queue may retrieve out-of-bounds balls.
- If only one player is in the queue, said player must check into the queue before shagging.
- If no players are in the queue, a player in play may retrieve a ball out of play with the official's permission.

**Throw Line:** The forward boundary in a full-court game is the center line for men and the opposing team's attack line for women.

- In a one-on-one sudden death, all players are able to throw from the opposing team's attack line.

**Trap:** A trap occurs when a player catches a ball at the same time it contacts the floor. It is not a catch and neither player is eliminated.

**Upright:** Players are allowed to bend their knees and bend over in some sort of ready position and still be considered upright for purposes of headshots.