



Official Game On Rules: DODGEBALL

THE BRIEF OVERVIEW

"Straight-up" is basic dodgeball. You throw the ball at the other team with the goal of getting as many people out as possible. If you catch a ball, the person who threw it is out and the FIRST person in line comes back in to your team. Make sure they are paying attention, sometimes you might have to call them in. The game is over if one team is completely eliminated of its players or if time expires.

PLAYER RESPONSIBILITIES

Each player must sign a waiver before the first game. If you add a player to your team throughout the year the player must sign a waiver before they play, even if it is only for one game.

Please supply your score to the league convener or game official at the end of your game.

THE TEAM

Teams will be made up of 6-10 players. Six (6) players will compete on a side; others will be available as substitutes.

Substitutes may enter the game only during the case of injury. However, the minimum male and female requirements must still be met.

Teams must start each game with a minimum of two (2) male and two (2) female player on the field at all times. A team is able to play with a minimum of four (4) players but the above mentioned requirements of two (2) men and two (2) women must be met. Failure to do so will result in a forfeit of the game.

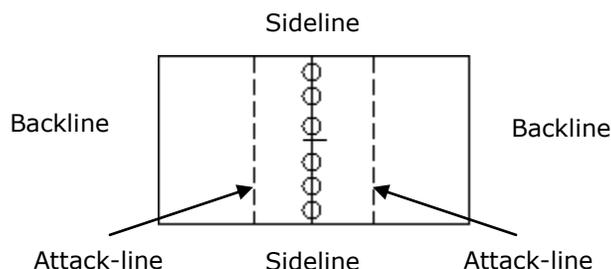
Should a team only be able to field four (4) players, the opponents are still allowed to field an entire team of six (6) players.

Defaulting occurs when a team is unable to field the minimum number of players. Should this occur, it is at the opposing team's discretion to determine if the match is still to be played. This decision must be made prior to play. If the opposing team decides not to have the match count, then they will automatically win all seven (7) games by a score of 1-0 and will earn the additional two (2) points for a match victory.

THE FIELD

The game may be played indoors or outdoors. The playing field shall be a rectangle at least 50 ft long and at least 30 ft wide, divided into two (2) equal sections by a centerline and attack-lines 3m from, and parallel to the centerline.

IDEAL MEASUREMENTS: 60' x 30' – Identical to a volleyball court.



THE EQUIPMENT

The official ball used during league play will be an 8.50" rubber-coated foam ball.

THE GAME

Objective:

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

1. Hitting an opposing player with a LIVE thrown ball below the shoulders.
2. Catching a LIVE ball thrown by your opponent before it touches the ground.

Duration of match:

A match consists of seven (7) 3-minute games.

There will be a 1-minute break between games.

While each game is timed at three-minutes, if any team loses all of its players before the time is up, then the game is won by the team with players still remaining.

Starting the game:

The game begins by placing the dodge balls along the centre line – three (3) on one side of the centre hash and three (3) on the other. Players then take a position behind their backline. Following a signal by the official, teams may approach the centre line to retrieve the balls. This signal officially starts the contest.

Teams may only retrieve the three (3) balls to their right of the centre hash. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown. The first three balls that your team retrieves must be thrown from behind the attack line, otherwise the ball is considered dead and will not eliminate an opponent if they are hit by one of those balls.

Eliminating players:

The object is to hit your opponent with the dodgeball to eliminate them from the field of play.

Ways to be eliminated:

1. If you go out the side to get a ball, or if you step outside of the boundaries in an attempt to avoid a ball, then you are out. The only exception is if you exit out the backline only to retrieve a ball. You are considered safe, and cannot be hit by a ball, until you re-enter the playing field. Remember that you must re-enter the playing field through the backline, not the sideline. Breaking the plain of the centre line constitutes an out.
2. If you catch the ball, the person whose ball you caught is out and one of your own players comes back in.
3. If a ball deflects off of you and is caught by a teammate it works the same as a catch and the person who threw it is out, whoever it deflected off of is still in.
4. If a ball is thrown at you and deflects off of you and hits a teammate, you are both out. Assuming the ball was not caught.
5. If a ball is thrown at you and you catch it but you are out of bounds, you are out but the person who threw it is not out. No one comes back in.
6. If a ball is thrown at you and it deflects off your ball and hits you, you are out.
7. If a ball is thrown at you and it hits your ball out of your hands, you are out.
8. If a ball is thrown at you, you make an attempt to catch it but then drop it, you are out.
9. Clothing and accessories are considered part of a player's body. So if a ball hits any of these items and the ball is dead, you are out.
10. If you try to avoid a ball and step outside of the boundaries, you are out.
11. Any headshots, intentional or otherwise, or any ball thrown above 8', the thrower is out.

Hit etiquette: If you are hit, please drop your held balls, raise your arm to signal that you are out, and leave the court immediately. Once on the sidelines, knocked-out players shall not kick or pass balls to their teammates. This is illegal and will result in the ball being turned over.

Headshots: To clarify this rule, there will be no headshots allowed. Whether intentional or not, we will not tolerate this and you will automatically be considered an out. As well, you will be warned of headshots and should a second headshot by you occur within the same night then you will be suspended from the league without a refund. Control your ball. Remember that this is for fun only.

Player Out Clarification: A player is considered alive until the ball that hits him becomes dead by hitting another object (ie: wall, ground, another ball or player).e.g.: if a ball hits Player A and travels up in the air; and then Player A catches a different ball from opposing player B, that catch is still valid even though the ball that traveled up in the air later becomes dead).

If you are out then you must drop any ball in your possession immediately, raise your hand and walk off the field of play to your team's designated "bench" area. Any player who is out is prohibited from participating in the game until they are allowed back on the court. Any throwing or kicking of out-of-bounds balls to your teammates automatically deadens the ball and must be rolled to the opposing team.

If a ball hits you and you know it hits you, just please go out. The referee may not be able to watch your particular play so we are expecting all players to participate in the honour system.

Re-entering the game:

After a player is eliminated, they may re-enter the match if another player on their team catches an opponent's thrown ball (provided their team does not already have the maximum amount of players on the court). Players must re-enter the game in the order in which they were eliminated – first-out, first-in. Please ensure that this order is maintained.

Returning players after a catch: Returning players after a catch must run straight back to the backline to be re-activated. If the player purposely plays a ball while returning back to the backline before touching it, they are out. However, if the player is hit by a ball before touching the backline then that player is not considered out. The ball is dead and playable.

5-second violation:

In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds. This also applies to teams tied in score.

10-second violation:

To encourage continuous play, the 10-second violation is to prevent stalling and to prevent any player from holding the ball longer than 10 seconds. After 10 seconds, the ball is considered dead and must be turned over to the opponents. It is the responsibility of players to know their ball's countdown status. A dead ball, after a 10 second count, must be announced loudly and rolled over with the intention to touch the opposing team's wall, not just placed over the center line. If a dead ball stops midway from the centerline and the opposing team's backline, the referee can intervene to help move the ball towards the backline. The receiving team must play that dead ball before the other team can use it again. Dead balls cannot be used for blocking. Blocking with a dead ball is the same as being hit directly.

Catches:

1. Attempted catches: If a defender attempts to catch a live ball, but drops it, the defender is out.

2. Catches after blocks: It is considered a catch if an opponent's ball hits a blocking ball and then is caught by the defender. The player, however, must have the blocking ball in possession when making the catch.
3. Both feet must be in bounds for a legal catch.

Blocks:

1. All blocks must be made cleanly. For example, if an opponent's ball hits your blocking ball and then hits your body afterwards, you are out. If you drop your blocking ball as a result of trying to block an opponent's ball, you are out. If a ball hits your fingers or hand first while trying to block, you are out.
2. Deflection exception: If a ball deflects off a player's body, only that player can catch it afterwards. The ball is dead if another player catches it, or if it hits a surface before it is caught.

Ending the game:

If, after 3-minutes, both teams still have players on the field, then the team with the most players remaining on the field is declared the winner.

In the event of a tie after 3-minutes (i.e. each team has an equal number of players on the field) then the game is considered a tie and points will be awarded accordingly.

The same six (6) players, who start a game, end the game, unless a substitution was made due to an injury. Substitution may occur after each individual game (i.e. when you switch sides).

Scoring the games:

Win – 2 points

Tie – 1 point

Loss – 0 points

Match Win – 2 points

Other items:

Please take care with the dodge balls. Do not kick, spike, squash, sit on, stomp on or bite the balls. Dunking or playing basketball with the dodgeball, or any other sport that is not dodgeball, is not accepted. Please treat the equipment with respect.

Players are not allowed to play with gloves on – bare hands only.

Kicking a ball at an opponent during a game or in a showdown will result in the kicker being called out.

Other items:

If a pregnant player wishes to participate as a member player, they are required to provide a doctor's note that specifically states what she can and cannot do and until what time in her pregnancy..

THE BOUNDARIES

During play, all players must remain within the boundary lines. Players may leave the boundaries through their backline only to retrieve stray balls. They must also return through their backline.

Centre line: Players are not allowed to step on or over the centre line. They are out if they do. (The only exception is during the opening rush).

Sidelines: Players are not allowed to step on or over the sideline at any time. They are out if they do.

Backlines: Players are allowed to exit this line to retrieve a ball, however, they must also enter back to the field of play via this backline. When a player is retrieving a ball, they are considered out of play and must not be targeted with any dodgeball. Likewise, the player

retrieving the ball is also not allowed to throw the ball at an opponent until they are fully back in the field of play.

DEFINITIONS

Match: A series of an odd number of games played against an opponent in which the team winning the majority of the games wins the match. During regular season, these matches are split up into 2 sets per night.

Live Ball: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc).

Dead Ball: A ball that has been thrown and has touched the floor, ceiling or wall. After a player is hit with a ball, then that ball is also considered "dead".

In player: A participant who is still active on the court and has not been eliminated from the game.

Out player: A participant who is no longer active on the court, by being eliminated, and remains on the bench.

RULE ENFORCEMENT

During league matches, rules will be enforced primarily by the "honour system". Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated and it is the player's responsibility to enforce and uphold the rule of dodgeball when playing. All contests will be supervised by a court official. The court official's responsibility will be to rule on any situation in which teams cannot agree. THE COURT OFFICIAL'S DECISION IS FINAL – NO EXCEPTIONS. They have the right to stop a game and discuss the incident before proceeding. In respect for the spirit of the game, and for your fellow players, there is absolutely no protesting.

CODE OF CONDUCT

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of game officials.
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. Fighting will not be tolerated by Game On. A player, and possibly the team, will be expelled from the league, without refund, for fighting or for gestures made towards an opponent to fight. It is a player's, and their team's, responsibility to maintain composure during the game and to ensure its safety and fun. If a player is having a concern over the play of another, please have it addressed through your captain with the referee, or game official, present.
6. Do not taunt or bait opponents and refrain from using foul or abusive language.
7. Unsportsmanlike conduct will not be tolerated. This includes:
 - a. foul language, racial slurs and verbal abuse
 - b. regular hits above the shoulders (head-hunting)
 - c. unnecessary roughness and physical abuse
 - d. slamming down or kicking balls in anger when hit
 - e. arguing with officials, staff, participants, or fans
 - f. abuse of the honour system
8. Physical, sexual or mental abuse is not acceptable. If you encounter such a situation, and would like to report it, please do so via the game official, via telephone or via e-mail. Any reports will be kept confidential. Should any of this be reported to Game On Sports & Entertainment Inc., we will issue a verbal warning to the team. Should a second such reporting occur, that player and/or team will be asked to leave the league without a refund. Game On Sports & Entertainment Inc. reserves the right to involve law enforcement officials at its discretion and reserves the right to eject any player and/or team, without warning or refund, for such behaviour.
9. Alcohol and/or smoking are prohibited at any game and any such offenders will be asked to leave the league immediately, without a refund.