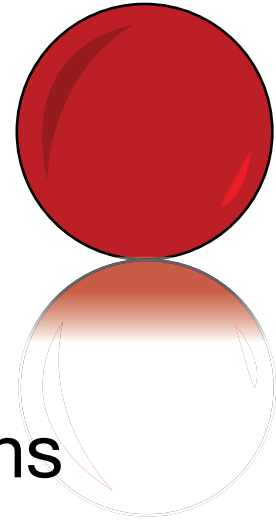


Calgary **Dodgeball**  
Recreational League



Rules and Regulations



## Game Format

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Prior to the match beginning, the referee will meet with a representative of both teams (usually the captain) to discuss anything that may be required.

Each match will be 60 minutes long, including a 5 minute warm-up and a 5 minute half-time (unless declined by both captains) Matches consist of as many games that can be completed as possible in that time-frame, each game having a time-limit of 5 minutes.

To begin a game, each team will line up 3 balls on their side of centre on the line designated by the referee. Once all players have returned to their back wall, the referee will call out “3, 2, 1, DODGEBALL!” Once the referee calls out “dodgeball”, the players are free to rush up to their balls.

The team with the last person standing is awarded the point for that game, the balls are reset and the next game begins.

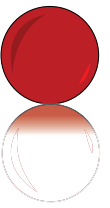
- If the 5-minute time limit is reached, then the point for that game is awarded to the team with the most players remaining on the court.
- If the 5-minute time limit is reached, and both teams have the same number of players remaining, it will become a ‘sudden-death’ match. The balls will be reset, and only the players remaining on the court will play. The first team to eliminate a member of the opposition will be awarded the point for the match.

There are no mid-game substitutions allowed, unless required due to injury.

At half-time, the referee will meet with the same two representatives as at the start of the game to discuss any sportsmanship issues. At this time, it will also be discussed if a full 5-minute half is needed, and if the teams would like to switch sides.

The team with the most points awarded wins the match.

If any team is ahead of another by 10 games, a Mercy rule is put in affect, and that team automatically wins the match. Fun games will fill out the rest of the 1hr time slot.



## Equipment

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Clean (indoor-only), non-marking shoes

Loose fitting gym attire and/or outlandish costumes. Please try to keep it PG-13

Gloves are not permitted, though other protective gear (helmets, etc) are permitted.

## Game Play

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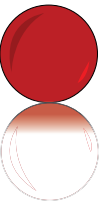
Possession is gained by picking up a ball or catching a thrown/passed ball.

A player may only have possession of one ball at any point in time.

Dribbling a ball (bouncing the ball on the ground on either side of centre) in a player's possession, even under control, is NOT allowed.

A ball is considered 'live' from the time a player gains possession of it until it touches anything except an active player, a ball being held by an active player, or another thrown ball.

Upon striking a wall, the floor, or any other obstacle, a thrown ball will be considered 'dead'.



## Throwing

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A ball is considered 'thrown' when it has been released by a player and reaches the centre line of the court or further towards their opponents on first contact with the ground.

All players must throw their ball within 10 seconds of gaining possession of it.

A player is NOT allowed to reset their 10 second count by dribbling the ball on their opponent's side of centre.

Hovering is when a player stands above a ball and puts their hand over it but doesn't pick it up. After 10 seconds of hovering you need to kick the ball over to the other side. Hovering is included in the 10 seconds of possession.

"Suicide Throws" are allowed. This is when a player jumps over centre and throws their ball \*before\* they touch the ground. The thrower is automatically eliminated, but the throw is considered legitimate.

If a player throws a ball illegally, it does not automatically eliminate them. However, if an illegally thrown ball hits an opponent, they are not eliminated and if that thrown ball is caught, it counts as a catch and the thrower is eliminated.

The following types of throws are considered illegal:

- **Spinning throws:** where the player spins their entire body around 360 degrees in an effort to get more velocity on the throw.
- **Pinching the ball:** Any ball that is "pinched" or misshapen in an effort to increase

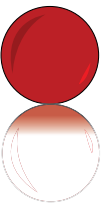
## Blocking

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A player may use a ball in their possession to block/deflect a ball thrown towards them.

If the blocking player drops their ball, they are eliminated.

A blocked ball is still 'live', and all rules apply if that ball strikes a blocker's teammate or himself, or if it is caught.



## Passing

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Players may pass a ball in their possession to a teammate by any means, however if the receiver of that pass fumbles the ball, they are eliminated.

If the pass doesn't reach the receiver and instead hits the ground on the passer's side of centre, the passer is eliminated.

A passed ball retains its 10-second count, and must be thrown within that time. (i.e. if a player has possession of a ball for 7 seconds, and then passes it, the receiver has 3 seconds to throw that ball.)

Dead balls may be directed to another player using the feet or a ball in their possession. Dead balls may NOT be directed using a player's hands, regardless if they are already holding a ball or not.

## Catching

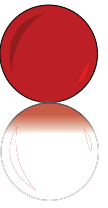
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If a player catches a live ball, the thrower is eliminated and the catcher's team has a player re-enter the game from the sidelines (player's re-entering the game must do so in the order they were eliminated).

A ball that has struck a player but is then caught while still live will save that player from elimination. This counts as a catch, and the thrower is eliminated and the catcher's team has a player re-enter the game from the sidelines.

To re-enter a game, an eliminated player must have touched the wall on the sidelines (i.e. if a player is eliminated, and as they are walking towards the sidelines a ball is caught, they are still out. The thrower is still eliminated)

A ball that is caught and hits the ground/wall at the same time is considered a dead ball, with no players eliminated or re-entering the game.



## Eliminating Players

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When a player is eliminated, they must immediately raise their hand and move to the sideline as quickly as possible, taking care not to interfere in the on-going game.

If they were in possession of a ball, they must drop it at the point they were struck. They may not pass it to a teammate or throw it towards an opponent.

A player is eliminated if they:

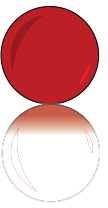
- Throw a head-shot (regardless if contact is made or not; see below section)
- Are struck by a live ball below the shoulders (including clothing) and the ball is not caught by a member of their team
- Throw a ball that is caught by an opponent
- Touch any part of their body on the ground on their opponent's side of the court
- Are in possession of more than one ball at a time
- Are in possession of a ball for more than 10 seconds
- Fumble or drop the ball on their side of the court dribble the ball, or place the ball on the floor on either side of the court.
- Throw a ball that does not reach/cross the centre line
- Block a thrown ball with a ball in their possession, only to lose control and have drop their ball (if a teammate catches it, they are not eliminated).

## Eliminating Players

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The following penalties can be assessed by the referee when violations are detected:

- **Warning** - The offending player should apologize and play continues uninterrupted.
- **Minor Penalty** - The offending player is eliminated, and the next catch made by that player's team has no effect
- **Major Penalty** - The offending player is eliminated and cannot be brought back onto the court by a catch, and the next catch made by the player's team has no effect. The offending player must also sit out the following game.
- **Ejection** - The offending player leaves the facility immediately. If the offending player's team has only 5 players remaining at that point, then they must play the remainder of the match short-handed.



## Violations

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### GamePlay

- **Hoarding** - A player or players cannot stockpile all of the balls on their side of the court. If there are dead balls lying on their side of the court, anybody (active/eliminated players or subs) can pass those balls to the other side of the court. If a team is determined to be stalling, at the referee's discretion, play will be stopped and all balls will be turned over to their opponents before play resumes.
- **Not Calling Outs** - If the referee, at any point, has to call a player out because they intentionally tried to stay on the court after being struck. Its the ultimate in unsportsmanlike conduct, and will not be tolerated.
- **Head-Shots** - A head-shot is any ball that is thrown that comes within arm's reach of a player and is above their shoulders (this does not include lobs), whether it strikes them in the head or not.
  - If a ball strikes another object (a player's arm, teammate's foot) and then strikes a player in the head, it is not considered a head-shot, unless the point of contact was a result of a player protecting their head.
  - If multiple balls are thrown at once, including one head-shot, and a player is struck, they are not considered out. This makes the assumption that a ball being thrown at your head will distract you from any other balls that are thrown.
  - A player who throws a head-shot is automatically eliminated from the game and assessed a minor penalty. At the referee's discretion, this may be upgraded to a major penalty or ejection if it was deemed to be intentional and dangerous.
  - A player that is ducking/crouching that is struck in the head is still considered out, but their opponent should apologize. Players should/may not use their head to block the ball.
  - The can call a headshot if it is further than an arms length away if he deems it to be dangerous, or the player throwing has had previous warnings about high throws in the past.

### Sportsmanship

- Yelling or arguing with the referee or your opponents
- Making calls against your opponent. If the referee didn't notice, have your captain bring it up at the end of the game so that they can watch for it in subsequent games.
- Any unsportsmanlike conduct (swearing, kicking the ball, yelling)