INDOOR DODGEBALL
League Rules

EDMONTON SPORT & SOCIAL CLUB

CONTENTS

1. GAMES COORDINATORS

A Games Coordinator (GC) is a part time employee hired by the ESSC to facilitate games. **The GC is not a trained referee.** Players are expected to respect the GC, their opponents and the rules of the sport.

ROLES OF THE GC

- *Facility Liaison*
  - Act as the onsite contact, set-up and take-down required equipment
- *Game Facilitator and Mediator*
  - Start and end the game on time
  - Host pre-game and half-time meetings
  - Call violations and fouls that are missed by players, enforce the rules of the sport
  - Ensure both teams are abiding by the Sportsmanship policy, mediate disputes
- *Player Liaison*
  - Represent the ESSC and act as a link between the players and the league
- *Game Reporter*
  - Record and announce the score throughout the game, report back to the ESSC
  - Collect a sportsmanship rating at the end of the game from each team

GC NO-SHOWS OR ABSENCES

Although the ESSC strives to have a GC present and on-time for all games, there could be rare instances where a GC is unexpectedly late or does not show up to their shift. If this occurs;

- Work with the facility manager or caretaker to find the required equipment
- Start, play, and end the game as scheduled
- Ensure that the facility is left tidy and unharmed
- Email the score and sportsmanship ratings to info@Edmontonsportsclub.com

2. COURT REQUIREMENTS

League	Total # of Players Required on the Court	Minimum # of F Players Required on the Court	Maximum # of M/X Players Allowed on the Court
Rubber	6	2	4
Foam	6	2	4

The ESSC welcomes people of all gender identity or expression. Minimum female player requirements are inclusive of *anyone* who identifies as a female (i.e. players who identify themselves as M and X will not count towards female player minimums).

3. DEFAULT MINIMUMS & SCORES

League	Minimum Players to Avoid Default	Default Score
Rubber	4 (1 Female Player)	0-8
Foam	4 (1 Female Player)	0-8

4. FORMAT & EQUIPMENT

GAME FORMAT
- Players should arrive 15 minutes prior to the scheduled match time
- Teams will play one 60-minute match per night:
  - 5-minute warm-up
  - 5-minute half-time
  - 50-minutes of games
    - The team that wins the most games wins the match
    - No single game can exceed 5-minutes in length
- *Regular Season:* Ties are allowed
- *Playoffs:* Ties are not allowed
  - Matches are shortened by 5-minutes to allow for a single tie-breaking game

SCORING
- Each game is worth one point
- Mercy is called and the score freezes if a team gains an 8-point lead
- A team wins a game by:
  - Eliminating all of the players on the opposing team
  - Having more players left on the court than the opposition when the time expires
- **Sudden Death:**
  - If the game time limit is reached and both teams have the same number of players left on the court
  - All eliminated players return to the court and the first team to have a player eliminated is the loser
  - Balls must be 'activated' before they can be used to eliminate the opposing team
    - A ball is activated once it has touched the back wall on the half where it is lined up

EQUIPMENT
- Players must wear clean, non-marking, indoor shoes
- The Games Coordinator will provide the game dodgeballs
- Gloves are not allowed unless previously approved by the ESSC

5. GAME PLAY

STARTING & RE-STARTING PLAY

START OF PLAY
- To start a game, each team will stand at their respective back line, or with one hand on the back wall
- The GC will place six total balls on the court, three on each side of the center line
- The GC will start the match by shouting "Ready, Set, Dodgeball," at which point the game is live

SUBSTITUTIONS
- Substitutions must be made at the start of each new game

PLAYING AREA

- For most facilities, the entire gymnasium will be considered inside the playing area
- For larger facilities, an out of bounds line may be used
  - Subs should immediately return balls that roll out of bounds to the spot where they exited the court
  - A player can exit the court to retrieve a ball
    - The player should raise their hand to indicate that they are leaving the court
- Players may not remain static in areas that conceal any part of their body (e.g. doorways)
- Players cannot leave the playing area in an attempt to dodge a ball

BALL PLAY

LIVE BALLS
- A ball is live once a player gains possession by picking up or catching a ball
- A player has 10 seconds to release a live ball
- The ball remains live until it touches anything other than an active player or a ball being held by a player
- Players can only have possession of one ball at a time
  - A player that catches or pick up a 2nd ball is eliminated from the game

DEAD BALLS
- A ball is dead once it hits anything other than an active player (floor, wall, spectator, etc)
- A ball is also dead if it collides with another ball mid-air
- A ball that is thrown and deflects back across the centre line (while in the air), is considered dead for the purposes of the team who made the initial throw

THROWING & PASSING
- An attempted throw must touch or cross the center line without contacting the floor
  - If a throw hits the floor before crossing the centre line, the thrower is eliminated
    - This includes accidentally hitting a teammate with an attempted throw

- Players may direct a dead ball to a teammate by kicking, batting, swatting the ball along the floor
- Players may pass a live ball to a teammate through the air
    - *Failed Pass Rule:* If a player chooses to pass a ball to a teammate and the teammate touches it, but doesn't catch it, they are eliminated (even if the ball crosses the centre line)
        - This includes being accidentally hit by a teammate's throw
- *Illegal Throws:* the opposing player who is 'hit' is not eliminated if any of the following occurred:
    - 'Pinching' the ball (closing the hand around a small portion of the ball)
    - Kicking the ball
    - Spiking or slapping the ball
    - 360-degree spinning throws
    - *Foam Dodgeball –* squeezing the air out of the ball (also known as a 'raisin')
    - *Dangerous High Throws*
    - *Head-shots*
- Kamikaze throws are permitted (jumping over the centre line and releasing the ball before landing)
    - In this case, the thrower is automatically eliminated upon touching the floor

CATCHING & BLOCKING

- If a player catches a live ball, the thrower is eliminated
    - The catcher's team is also permitted to bring back one previously eliminated player
        - Players return in the order that they were eliminated from the game
    - To be considered a catch, a player must have full control of the ball before any part of the player touches out-of-bounds
- If a player catches a live ball that has hit a teammate, both players are safe and the thrower is eliminated
    - On the flipside, if the ball is not caught, all players that touched the ball are eliminated
- *Trapped Ball:* If a ball makes contact with the floor or wall at the same time it is caught, it is considered a 'trap', and the ball is dead
    - It is not deemed a catch, and no player is eliminated from the game
- A ball can be used to block/deflect another ball that has been thrown
    - However, if a player ever drops a ball in their possession they are eliminated
- A player who blocks a head shot with a ball or their hands is not eliminated

ELIMINATION

Players who are eliminated must immediately raise their hand and leave the court. They should form a queue on the wall or bench without interfering with the play.

- A player is eliminated if they:
    - Are hit by a dodgeball below the shoulders and the ball is not caught
        - This includes any part of the player's clothing
    - Throw a ball that contacts the floor before crossing the centre line
    - Throw a ball that is caught by an opponent
    - Throw a Dangerous High Throw *(Rubber Leagues)*

- o   Throw a Head Shot *(All Leagues)*
- o   Touch the floor or wall on the opponent's half of the court
- o   Gain possession of more than one ball
- o   Hold onto the ball for more than 10-seconds
- o   Attempt to circumvent the 10-second rule by dribbling the ball once over the centre line, throwing high off the opposing back wall, etc)
- o   Fumble, drop, or dribble the ball while holding the ball or attempting to throw or pass the ball
- o   Place a live ball on the floor

RE-ENTERING THE GAME

- When re-entering the game:
  - o   Players are required to re-enter the game in the order that they eliminated
  - o   Players should re-enter from the queue at the back
  - o   Players should re-enter the court without disrupting the play
  - o   Players are considered live once they have taken one step onto the court

VIOLATIONS AND PENALTIES

Violations and penalties are intentional or unintentional rule infractions. Players are expected to call violations or penalties committed by themselves or their team. The GC will also call, confirm, or deny a violation against a player or team. Players should not make calls against the opposing team or argue calls made by the GC.

When a player commits a violation in Dodgeball, they may will be given one of the following:

- **Minor Warning:**
  - o   The player should apologize and play continues
- **Major Warning:**
  - o   The player will sit out for the remainder of the game
- **Penalty:**
  - o   The player will sit for the remainder of the current game and the following game
  - o   The team will only play short-handed in the game in which the player committed the penalty
- **Game Misconduct:**
  - o   Results in the player being ejected from the match and the facility
  - o   The team is not short-handed

GAMESMANSHIP OR ETIQUETTE VIOLATIONS

- Failing to call yourself or your teammates out when hit
- Delaying the game by stockpiling or hoarding balls on your side
- Delaying the game in order to let the clock run out
- Hitting a player attempting to retrieve an out of bounds ball
- Hitting a player attempting to pass a ball to the opponent's side to avoid stockpiling
- Displaying unsportsmanlike conduct

DANGEROUS HIGH THROWS

Occurs when the majority of a thrown ball is above the shoulders of a player when they are standing upright or jumping, but the ball does not make contact with that player's head. **Dangerous high throws are in effect for all Rubber Dodgeball Leagues, but not for the Foam Dodgeball Leagues.**

- 1st Dangerous High Throw:
    - If called by the offending team or player, the player is eliminated, but can return from the queue later in that game
    - If called by the GC, results in a ***Major Warning***
- 2nd Dangerous High Throw:
    - Results in a ***Major Warning*** *or* ***Penalty*** *or* ***Ejection*** regardless of who made the call
- If a player attempts to catch an incoming dangerous high throw, makes contact with the ball and fails to execute the catch, they (along with the thrower) are out. The player attempting the catch can return to the queue and come back in later in the game.
- If a player is jumping, dangerous high throws are still in effect
- A 'lob' is not considered a dangerous high throw

HEAD SHOTS

Occurs when a thrown ball contacts a player in the head when they are standing upright or jumping. The head must be the first point of the contact for the ball to count as a head shot. If a player is ducking, crouching or diving, and they get hit in the head with a ball, it is not considered a head shot.
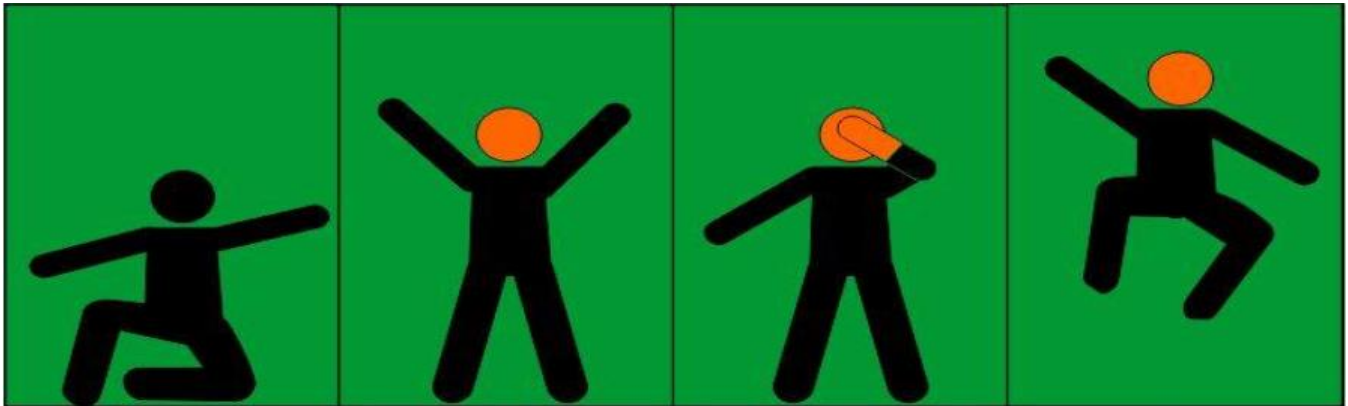
- 1st Head Shot:
    - Results in a ***Major Warning*** *or* ***Penalty*** *or* ***Ejection*** regardless of who made the call
- 2nd Head Shot:
    - Results in an ***Ejection*** from the match
- When a head shot occurs, the player who was hit is not eliminated from the game
- If the throw is blocked, but would have hit the player in the head, it is still considered a head shot

The diagram on the following page clarifies the target area for dangerous high throw and head shots:

RUBBER DODGEBALL
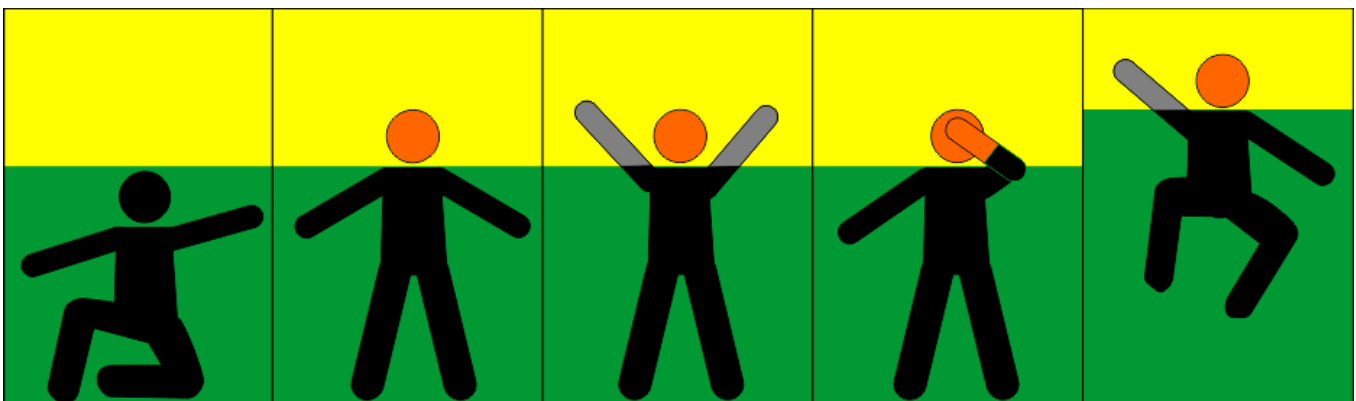
FOAM DODGEBALL

Green – Legal Target Area
Yellow – Dangerous High Throw Area
Black – Hit
Orange – Head Shot
Grey – Dangerous High Throw + Hit