INDOOR DODGEBALL

League Rules

ESSC

EDMONTON SPORT & SOCIAL CLUB

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1. COVID-19 RULE AMENDMENTS

GENERAL HEALTH AND SAFETY GUIDELINES

Following government and Alberta Health recommendations, players need to understand and follow these guidelines:

- Please complete the screening checklist provided with your registration. If you answer "yes" to any of those questions, please do not participate. The checklist includes items such as coughing, fever, shortness of breath, and travel outside of Canada.
- Players should wash hands prior to heading out to the diamond and bring their own sanitizer.
    - Thoroughly wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
    - Handwashing as soon as possible after the games is highly recommended.
    - At this time, we have sourced some supplies, due to arrive mid-June, however depending on the total teams and timelines of a second shipment, we will lean on teams to help ensure equipment is properly cleaned.
- It is highly recommended that players wear a cloth face mask that covers the nose and mouth when not playing; including arriving, departing, and subbing.
- We encourage teams to avoid bringing spectators to their facility. If you bring children, please do not leave them unattended while playing.
- In the lead up to the game, maintain the appropriate 6-foot social distance between teammates and opponents that are not a part of your household or personal cohort.
- Pre-game captains' meetings & handshakes have been eliminated.
    - Captains will receive a pre-game reminder via email prior to the game.
    - If captains choose to meet, they should maintain a 6-foot distance.
    - Schedules will indicate who the home and away teams are.
    - At the end of the game, teams can verbally acknowledge "good game" to your opponent.
- Please arrive 15 minutes maximum before scheduled game time. There will be absolutely no congregating at parks, facilities or parking areas before and after your game.
- During game play, teams will not change sides of the field, court, or diamond to avoid unnecessary contact.
- Handshakes, high fives, or any other physical contact is not permitted.
- Teams must ensure they limit shared equipment and ensure frequent sanitization between use. Please make sure you are wiping down equipment between each player with the appropriate sanitization tools.
- Teams must spread out along the sidelines, benches, and dugouts, unless they are members of the same household.
- Players must cover their mouth and nose with the pit of their elbow when coughing or sneezing.
- Players must not share water bottles, orange slices, or Spitz.
- Leave nothing on site; take all belongings and garbage with you.
- Teams and/or players who do not adhere to the suggestions put forth by league organizers risk being refused to participate. It is imperative that all participants conduct themselves in a respectful and sportsmanlike manner.

GAME SPECIFIC MODIFICATIONS

- Roster caps
    - Alberta Health has introduced a 50-person cohort "mini-league" restriction. With this in mind divisions of dodgeball may be made up of 6 or 8 team divisions, depending on the max roster size that they chose at the time of registration. Regardless, each cohort will not exceed 50 people.
- Warm-up
    - Warming-up muscles and stretching is important to avoid injury, but there will be no team warm-ups. Players should find an open area and do an individual warm-up.
- Equipment
    - Your coordinator will be supplied with cleaning wipes and will clean the balls between each game.
- Court area
    - Please be courteous of space on the court, communicate clearly with teammates to ensure there's no unnecessary contact.
    - To start the game, all players will be asked to put their back heel to the wall, not their hand.
- Facility
    - Following games, if there's a lineup for any shared amenities, please ensure you maintain an appropriate 6 ft. of distance.

2. FACILITIES

The ESSC rents all indoor facilities and gymnasiums from private facilities or the City of Edmonton Recreation Department. As tenants, players must respect the standards and rules of each facility:

- Alcohol and drugs are strictly prohibited inside any facility and in the parking lots
- Facility Operators and Caretakers should be treated with respect
- Hallways are off limits at schools; do not wander around the facility
- Players are expected to clean up after themselves
- Players must wear clean, non-marking shoes
- Players are responsible for any deliberate property damage within a facility
- The doors to a public school are unlocked 15 minutes prior to the permit start time; if players arrive early, they should wait outside
    - Some facilities will keep the doors locked throughout the night as a safety precaution for the Caretaker.
    - **Doors should never be propped open**
- When the permit time is up, players must leave the building promptly

Facility Complaint Policy: Any player who causes the ESSC to receive an official complaint regarding a facility is subject to a $100 fine and possible suspension or ejection from the League.

3. 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

4. SPORTSMANSHIP

The ESSC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by the ESSC sportsmanship policies, including:

- Controlling emotions and actions at all times
- Treating the facility, equipment, staff, other players, and coordinators with courtesy and respect
- Avoiding retaliation under any circumstance
- Providing feedback in a constructive manner to the GC and being open to feedback from the GC

ZERO TOLERANCE POLICY

The ESSC requires Games Coordinators to remove players from a game if they are involved with any of the following acts:

- Swearing directly at another player or the Games Coordinator.
- Displaying disrespectful or threatening behavior.
- Intentionally pushing, shoving or making physical contact with another player.
- Making comments to instigate an altercation with another player.

If a player is ejected from a game they must vacate the facility immediately. The offending player will be subject to further follow-up from the ESSC, including possible suspension/expulsion from the League.

SPORTSMANSHIP RATINGS

- Spirit points are handed out by opposing team and the Games Coordinator at the conclusion of every game
    - ***Recreational Division*** – Spirit points are added to a team's points earned from wins and ties, factoring into a team's total points
    - ***Recreational Plus / Intermediate Division*** – Spirit points do not factor into a team's total points; however, they are used as the first tie-breaker in the standings

- Each team will be given three sportsmanship ratings per game:
    - Two ratings from the Games Coordinator:
        - **Accountability** – how responsible the other team was with regards to rules and calling their own fouls (+1, 0, -1)
        - **Spirit** – overall attitude and fun-first mentality of the team (+1, 0, -1)
    - A single rating from the opponent, combining the above two categories (+1, 0, -1)

Rating	Explanation
(+1)	The team was a lot of fun and made a genuine attempt to call their own fouls
(0)	The team was okay. There are two scenarios: (1) they were average in both fun and accountability; (2) they were strong in one area but weak in the other
(-1)	The team was too intense or aggressive, generally did not follow the rules or call their own infractions/penalties, and showed a low-level of ownership

- Teams can receive a maximum of +3 or -3 spirit points in any given game

REPORTING SPORTSMANSHIP CONCERNS

- If at the end of the game a team has an unresolved concern with respect to the other team's sportsmanship, report the details of the issue to the ESSC using the online complaint form
- **If a team submits a sportsmanship rating of -1 for their opponent, the team is required to fill out a formal complaint form online by 5:00pm the day after their game, or the rating will be changed to a '0'**
- The ESSC reserves the right to change a rating if the GC believes a rating is not warranted and/or an appropriate representation of a team's play

5. ROSTERS

League	Ideal Roster Size (F) = Female	Total # of Players Required on the Court	Total # of Females Required on the Court
Rubber	10 – 11 (4 F)	6	2
Foam	10 – 11 (4 F)	6	2

The ESSC welcomes people of all gender identity or expression. Minimum female 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 minimums).

6. SUBS

For all ESSC Leagues, players are responsible for finding their own subs, it is not the ESSC's responsibility to find and/or provide subs for teams.

WHO CAN SUB?

- Anyone 18 years of age or older

REQUESTING A SUB

Recruiting a sub can be done in one of two ways:

1. ESSC Subs List: *'Request a Sub'* online through your MyESSC account to access players who have voluntarily signed up as subs

2. Team Invites: Invite a player not on the subs list to the online team roster, through the MyESSC account function (e.g. friends, family, co-workers, etc)

SUB POLICIES FOR REGULAR SEASON

- Subs should be of a similar skill level to the player that they are replacing. Bringing out ringers could result in follow-up action from the ESSC
- All subs must know the rules, understand the level of play, and abide by all ESSC policies
- In cases where there are multiple ESSC games occurring in a row at a facility, a team can borrow players from the previous game only to increase their roster to the required number of players on the court/field

SUB POLICIES FOR PLAYOFFS

- Teams that have qualified for a shot at the championship can only bring in subs who have played at least one regular season game with the team
- All teams who are not playing for the championship can bring in subs regardless of how many games they have played with the team
- Prior to the first playoff game, teams must have all players who are playing in the playoff game(s) displayed as part of the confirmed roster in MYESSC, otherwise they could receive an automatic loss and will not be eligible for the championship

7. DEFAULTS

WHAT IS A DEFAULT?

A default occurs when, at the scheduled game start time, or at any time during the game, a team has fewer than the minimum number of required players. If a team chooses to leave early and quit the game for any reason, including a lack of players, the team will also be subject to the default rules.

The chart below outlines the minimum players required for each specific league in order to not default:

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

WHAT HAPPENS WHEN A TEAM DEFAULTS?

- When a default occurs, the opposing captain must choose one of the following options:
    - Enforce the default fee and mercy score
    - Waive the default fee and enforce the mercy score
    - Waive the default fee and play a regular game, not enforcing the mercy score
- In all above scenarios, the team being defaulted against is responsible for stating to the GC and Team Captain of the defaulting team, which option they have chosen prior to the playing of any fun games
- In the case of a default, teams are encouraged to use the time slot to play a fun game; however, the playing of a fun game does not alter the results of scenario a) or scenario b) above

8. LEAGUE SPECIFIC RULES

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

9. GENERAL PLAYING GUIDELINES

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

RE-ENTERING THE GAME

- When re-entering the game:
    - Players are required to re-enter the game in the order that they eliminated
    - Players should re-enter from the queue at the back
    - Players should re-enter the court without disrupting the play
    - 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:**
    - The player should apologize and play continues
- **Major Warning:**
    - The player will sit out for the remainder of the game
- **Penalty:**
    - The player will sit for the remainder of the current game and the following game
    - The team will only play short-handed in the game in which the player committed the penalty

- **Game Misconduct:**
    - Results in the player being ejected from the match and the facility
    - 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 is hit by a dangerous high throw (with the exception of a head shot), both that player and the thrower are eliminated from the game
- If a player is jumping, dangerous high throws are still in effect
- A 'lob' is not considered a dangerous high throw

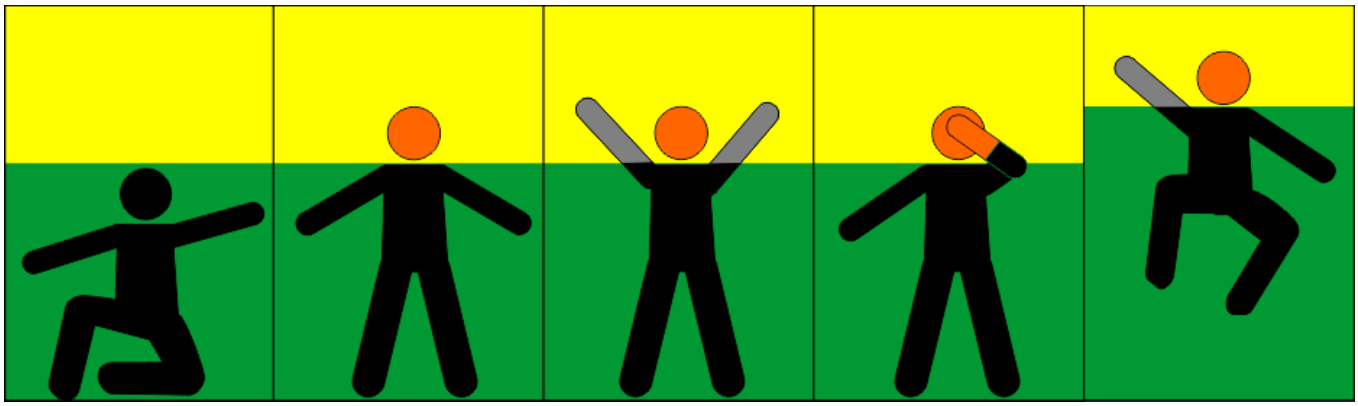
HEAD SHOTS

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

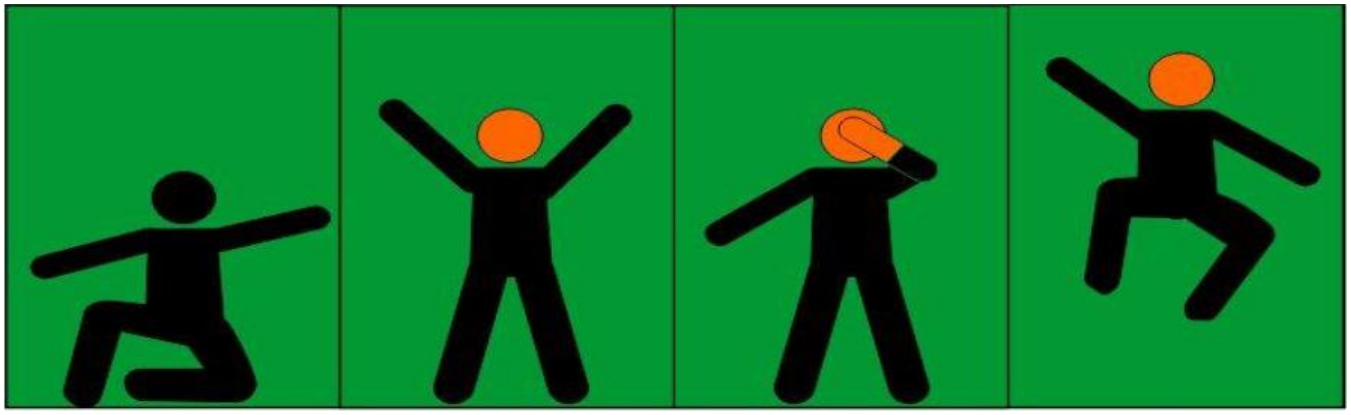
The diagram on the following page clarifies the target area for dangerous high throw and head shots:

RUBBER DODGEBALL



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

FOAM DODGEBALL



Green – Legal Target Area
Black – Hit
Orange – Head shot