

INDOOR DODGEBALL

Tournament Rules



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1. FACILITIES

The Sport & Social Club (SSC) rents all indoor facilities and gymnasiums from private facilities of the City Recreation Department. As tenants, players must respect the standards and rules of each facility:

- Alcohol is strictly forbidden inside facilities or in parking lots.
- Caretakers must always be treated with respect.
- **Doors should never be propped open.**
- Any player who causes a complaint regarding a facility rented by the SSC will face a \$100 fine and may be removed from the tournament and ejected from the league.
- The Event Coordinator(s) will provide all necessary equipment for game play.
- Players must wear clean, non-marking running shoes. All players must bring an extra set of shoes to change into once they arrive in the facility.
- Players may choose to wear protective equipment such as knee pads. It will be up to the Event Coordinator's discretion to determine which protective equipment is allowed.

Facility Complaint Policy: Any player who causes the SSC to receive an official complaint regarding a facility is subject to a \$100 fine and possible suspension from the tournament and leagues.

2. GAMES COORDINATORS

A Games Coordinator (GC) is a part time employee hired by the SSC 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 SSC and act as a link between the players and the league.
- **Game Reporter:**
 - Record and announce the score throughout the game.

3. SPORTSMANSHIP

The SSC encourages a 'fun-first, winning-second' attitude in all tournaments. All players are expected to abide by the SSC 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 SSC requires Games Coordinators to remove players from a game if they are involved with any of the following acts:

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

In addition to being dismissed from the game, the player(s) or team may be removed from the tournament with no refund and future league suspensions may be issued.

SPORTSMANSHIP RATINGS

- Spirit points are handed out by the Games Coordinator at the conclusion of every game
- For a description of how your team will be rated by the Games Coordinator, see below:

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

REPORTING SPORTSMANSHIP CONCERNS

- If during the game there is a concern with the other team, the issue should be addressed respectfully with the Games Coordinator or opposing team captain at the appropriate time (during play on the sidelines or breaks in the game).
- If the issue still seems unresolved at the end of the game, captains should further discuss the issue with the Games Coordinator and opposing team captain.

4. ROSTERS

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

- All players on the roster must have accepted their MySSC invite prior to the tournament.
- The minimum number of players required in order to avoid a default is 4, including at least 1 female.
- When competing in semi-finals and finals, all players on the court must have played at least 1 game with the team during the round robin.

5. TOURNAMENT SPECIFIC RULES

GAME FORMAT

- Before the first game, captains will meet with the Games Coordinator to introduce themselves, discuss facility-specific restrictions and rules, or sportsmanship issues that need to be emphasized.
- Each round robin match duration can be found on the tournament schedule:
 - 5-minute warm-up.
 - *Game play:*
 - The team that wins the most games wins the match.
 - No single game can exceed 5-minutes in length.
 - Games will not begin with less than 5-minutes remaining.
- Each playoff match duration can be found on the tournament schedule:
 - 5-minute warm-up.
 - 2-minute half-time (optional).
 - *Game play:*
 - The team that wins the most games wins the match.
 - No single game can exceed 5-minutes in length.
 - Games will not begin with less than 5-minutes remaining.
- **Round Robin:** Ties are allowed (a match is only considered a tie if the match ends and both teams have the same amount of games won)
- **Playoffs:** Ties are not allowed

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 shoe.
- The Games Coordinator will provide the game dodgeballs.
- Gloves are not allowed unless previously approved by the SSC.

6. 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 centre 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 centre 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, or 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 Games Coordinator 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 Games Coordinator.

When a player commits a violation in Dodgeball, they 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.

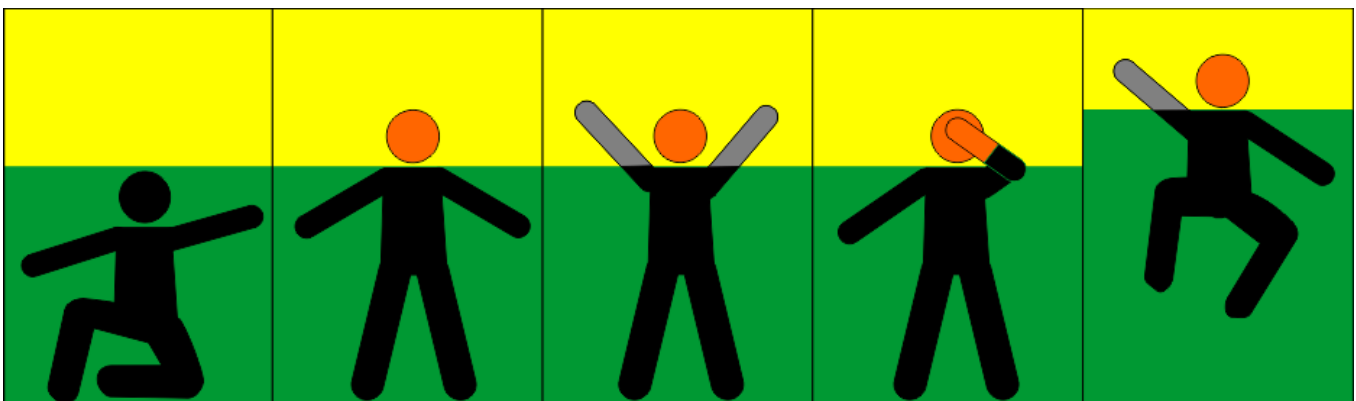
HEAD SHOTS

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.

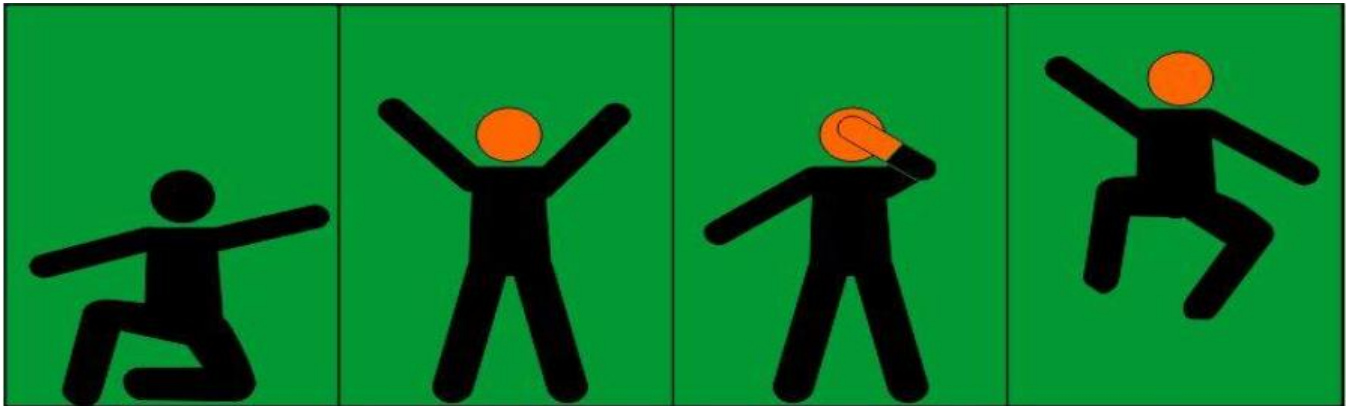
- 1st Head Shot:
 - Results in a **Major Warning or Penalty or Ejection** regardless of who made the call.
- 2nd Head Shot:
 - Results in an **Ejection** from the match.
- When a head shot occurs, the player who was hit is not eliminated from the game.
- If the throw is blocked, but would have hit the 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



FOAM DODGEBALL



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

7. REPORTING AND STANDINGS

After each game/match, both captains must ensure that the scores are written on the appropriate standings print-outs provided by the SSC. Teams that do not report scores will receive a zero for that game/match.

HOW TEAMS ARE RANKED

At the end of the round robin, teams will be ranked based on the criteria below:

1. Matches won + spirit points are derived from 2 points for a win, 1 point for a tie and 0 points for a loss. Actual spirit points are then added to your points for wins, ties and losses to result in your total points (Games Coordinators will award a 1, 0 or -1 to each team following the match).
2. Number of games won. Differential of points scored vs. points allowed (mercy rule of 8 in effect for each game).
3. The winner of the match between two equally ranked teams will be given the higher standing.
4. Rock, paper, scissors.

8. WEATHER

The SSC does not cancel any indoor games due to inclement weather. The only time that games would be cancelled is if the facility is closed. Teams would be contacted in that scenario.