



DODGEBALL RULES

GENERAL RULES

- o All captains are expected to greet each other before the start of a game and ensure their teams follow the rules.
- o All teams are expected to shake hands after the game.
- o All teams are expected to help the other team play a cooperative and fair game with the understanding this is recreational fun and with players of various abilities and game knowledge.
- o Any on court disagreements should be handled by captains until an agreed resolution is reached. Captains are also expected to ask any players from their team to leave the court if they are taking the game too seriously.
- o Any serious verbal confrontation should be reported via email to NSSC within 24 hours and/or to a NSSC representative. The reports will be reviewed and if the same player is involved again they will be suspended for the season.
- o There is zero tolerance for threatening / abusive language directed towards a player and/or spectators. This will result in an immediate suspension for the season and a possible lifetime ban
- o Any physical confrontations will result in a lifetime ban from NSSC

Facilities - The NSSC rents all indoor facilities and gymnasiums from private facilities or the City of Nanaimo. As tenants, players must respect the standards and rules of each facility:

- o Drugs and alcohol are strictly prohibited inside the facilities or on the property. Failure to follow these rules will result in a suspension for the season and will forfeit their registration fee.
- o Facility Operators and Caretakers should be treated with respect.
- o Hallways are off limits at schools; do not wander around the facility.
- o Players are expected to clean up after themselves.
- o Players must wear clean, non-marking shoes.
- o Players are responsible for any deliberate property damage within a facility.
- o The doors to a public school are unlocked 10 minutes prior to the permit start time; if players arrive early, they should wait outside.
- o Some facilities will keep the doors locked throughout the night as a safety precaution for the Caretaker.
- o When the permit time is up, players must leave the building promptly.

STARTING AND RE-STARTING PLAY

- To start a game, each team will stand at their respective back line, or with one hand on the back wall.
 - 6 balls will be places on the centerline.
 - The game master will start the match by shouting “Ready, Set, Dodgeball,” at which point the game is live. Each team will be allowed to collect 3 balls to start the game.
 - All players will be allowed to cross the center line only on the opening rush.
 - A ball is not live until it touches the back wall. This can be done by throwing it, carrying it, or kicking it.
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BALL PLAY

LIVE BALLS

- A ball is live once a player gains possession by picking it 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.
- Players can only have possession of one ball at a time. A player that picks up a 2nd ball is eliminated from the game.
 - Players are only allowed to have possession of a 2nd ball if they catch a ball thrown by an opponent. They will then be allowed to hold both balls while abiding by the ten second rule.

DEAD BALLS

+ SOCIAL CLUB

- 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
 - Teams that have 4 or more “dead” balls on their side of the court will have 10 seconds to pick up a ball and make it live unless the opposing team already possesses a live ball.
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THROWING & PASSING

- 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 fails to catch it. The player that threw the ball is eliminated.
 - Also, If you throw a ball that is intended to hit your opponent and you hit your teammate you will be eliminated. (Even if the ball crossed the centerline).
- Any live ball that is thrown must cross the center line. If it doesn’t the thrower is eliminated.

- o The only exception to this rule is if a teammate catches the ball (a pass) or it hits another ball in the air.
- o **Illegal Throws:** the opposing player who is ‘hit’ is not eliminated if any of the following occurred:
 - o Head-shots (players that throw headshots repeatedly will be asked to sit out a game)
 - o Kicking the ball
 - o Spiking or slapping the ball
 - o Squeezing the air out of the ball (or pinching a small portion of the ball)
- o 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.
- o **Head Shots**
 - o A player will not be eliminated if they are hit in the head with the ball. However if you duck, bend down, lie down, kneel down or anything of that sort a headshot will result in a hit.

CATCHING & BLOCKING

- o If a player catches a live ball, the thrower is eliminated
 - o The catcher’s team is also permitted to bring back one previously eliminated player.
 - o Players return in the order that they were eliminated from the game.
- o If a player catches a live ball that has hit a teammate, both players are safe and the thrower is eliminated
 - o On the flipside, if the ball is not caught, all players that touched the ball are eliminated
 - o **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.
- o A ball can be used to block/deflect another ball that has been thrown.
 - o However, if a player ever drops a ball in their possession they are eliminated.
 - o If the ball hits the hands of the player trying to deflect the ball they will be eliminated.
 - o If a player deflects/blocks a ball with a ball in their possession and the ball hits them or a teammate, that player is eliminated.

ELIMINATION

- o 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.
 - o All players are expected to call themselves out. If a player repeatedly fails to do so, they will be asked to sit out a game. If it continues they will be asked to leave the match.
- o A player is eliminated if they:

- o Are hit by a dodgeball below the shoulders and the ball is not caught
 - This includes any part of the player's clothing
- o Touch the floor or wall on the opponent's half of the court
- o Gain possession of more than one ball
 - Except when they catch a ball thrown by an opponent.
- o Hold onto the ball for more than 10-seconds
- o Throw a ball that doesn't cross the centerline (only exception is if the ball hits another ball in the air)

RE-ENTERING THE GAME

- o When re-entering the game:
 - o Players are required to re-enter the game in the order that they are eliminated.
 - o Players should re-enter the court without disrupting the play.
 - o Players are considered live once they have touched the back wall.
- o Each match will be 55 minutes long with an optional 3 minute half time.
- o Each team will play every game with 6 players with a minimum of 2 players of each sex.
- o If a team doesn't have the required players they will be forced to play short.
- o Teams will only be allowed to sub players at the start of each game.
- o Each team has to have at least 4 players or they forfeit the match (10-0)
- o A game will be worth 1 point for the winning team. Teams will play as many games as they can in the 55 minute time limit.
- o The team with most points at the end of the match will receive 2 points in the standings.
- o Matches will not end in a tie. If a match is tied after the 55 minute time limit. Both teams will select one female and one male player to play a tie breaker game. Catches will not result in a player coming back into the game. This will no end in a 1v1 duel if the teams go down to 1 player each.
- o In any game that goes down to 2 players (1v1) the game will be stopped. Each player will receive 2 balls in hand and will touch the back wall. The game master will re-start the game (Ready-Set-Dodgeball) at which point all boundaries will be removed until one of the players is eliminated.