



# Dodgeball - Game Play Rules & Guidelines

## General

1. All players are on the team's roster.
2. Players must have signed Intramural Waiver form prior to participation.
3. All players must present their valid Sask. Polytech ID card to participate.
4. Respect of others and enjoyment of the game is the priority.
5. Have fun!

## Players

1. Maximum number of players on the court is six. Minimum of five players are needed to begin an official game.
  - a. A roster of 6-10 people is encouraged.
  - b. Each team is encouraged to have at minimum one female on the roster, though it is not mandatory.
2. If a team has fewer than five players at match start time they will be granted five minutes (after scheduled start time) to wait for rostered players to show up. After the five minutes is up, the match is defaulted.
  - a. Exhibition match can take place following default if teams want to share players and play for fun.

## The Court

1. The playing field will be the volleyball court boundaries. The centerline and the two attack lines will be used as well.
2. A player return area will be located at the end of the court. Eliminated players and substitutions must remain on the sidelines unless they are retrieving balls.

## Game Play

1. Teams should be assembled and ready to begin play at least 5 minutes prior to the scheduled start of their game.
2. A match will consist of 5 games. Each game will have a three-minute time limit with a one-minute break between games.
  - a. All games will be played regardless of the outcome. Teams will be awarded points based on the number of games they win.

3. To start, teams will be lined up on opposite sides of the court with one foot on their boundary line. Once the Wellness Coordinator gives the go ahead to start the game, players then can race to the center line for the balls.
4. There are six dodgeballs on the centreline. Before dodgeballs are in play, the teams need to bring the dodgeballs back behind the volleyball attack line to activate play.
  - a. If the dodgeballs don't cross the boundary line after the game has started, they will be considered "dead balls", which means they won't count if they are thrown at the opposing team.
5. During play, all players must remain inside the boundary lines. On the line is considered out.
6. Players may not cross the centerline to throw or retrieve a ball.
7. Players may pass through **their** end line only to retrieve stray balls. The player must also **immediately** re-enter through the end line.
  - a. **NOTE:** A player not immediately **re-entering** the court to avoid a throw may be declared out.
8. Eliminated players and substitutes may retrieve balls that are outside the court area. Any balls retrieved by players not on the court **must** be placed on the centre line. Players may only retrieve balls that are on their side of the centerline extended.
9. The object of the game is to eliminate all opposing players by putting them out. An out is scored by:
  - a. Hitting an opposing player with a LIVE thrown ball below the shoulders (a player hit in the head while ducking or dodging is considered out).
  - b. Catching a LIVE thrown ball by your opponent (a catch is good if the hit player catches the ball before it touches anything else.). If you catch a LIVE thrown ball from your opponent, one eliminated player from your own team may also re-enter the game, in the order they were put out.
  - c. Causing an opponent to drop a held ball by a thrown LIVE ball (Occurs when a ball is being used to block a thrown ball), a ball deflecting off a held ball is no longer LIVE. If a deflected ball hits a player the player is not out.
  - d. An opposing player stepping out of bounds illegally is deemed to be OUT. Each team will receive one warning per match before a player will be eliminated.
10. A LIVE ball is defined as a ball that has been thrown and has not touched anything, including; the floor, walls, another ball, another player, official or another item.
11. Players may only carry a maximum of two balls at any time.

12. It is illegal for either team to control all 6 balls for more than 5 seconds. The team with all 6 balls must make an effort to get at least 1 ball across the centerline. If this is not done a five second violation will be called. Play will be stopped and the balls will be divided equally between the two teams. The referee will resume play with “balls in hand”.
13. The first team to legally eliminate all opposing players will be declared the winner of that game. If neither team has been eliminated after the time limit, the team with the greatest number of remaining players will be declared the winner. If teams are still tied, they will be awarded equal points for that game.
14. When a player is hit with a live/active dodgeball they are out and go to the sidelines.
  - a. The player is not to engage in the game while exiting the court.
  - b. Players who are out are asked to not pass the dodgeball to teammates, they will roll the dodgeball in the direction it came.
15. Players who are out may re-enter when a player on the court catches a live/active dodgeball without it encountering any object or surface.

## Notes

1. Defaulted games will receive a score of 5-0 on the scoresheet.
2. Games cancelled or postponed due to conflicts with gym times will be rescheduled if possible. If a game cannot be rescheduled, the game will be officially recorded as a tie.
3. Extra players are encouraged to keep score. Wellness Coordinators can help if teams are short extra players.
4. If Wellness Coordinators feel at any time your footwear is not suitable for the gym, they will ask you to change footwear or ask you to leave the gymnasium floor area.
5. Wellness Coordinator will ensure:
  - Game Play Rules and Guidelines are being followed
  - Captain responsibilities are maintained
  - Safe play
6. **Unacceptable/Unsportsmanlike Conduct enforced.**

Behaviour displayed by the players and spectators is expected to be encouraging, sportsman like, cooperative, fair, honest and inclusive. Any behaviour that endangers others and/or is considered disrespectful will not be tolerated. If a team or a player has displayed offensive behaviours or unsportsmanlike behaviour endangering others such as:

  - Discrimination of any kind
  - Violence and/or abuse; physical, sexual, or verbal
  - Profane or obscene language

- Defamatory, inflammatory, insulting, or disrespectful comments
- Argumentative, Intimidating, Demonstrative
- Deceitful or Unfair

Player(s) and/or spectators who choose to display unacceptable and/or unsportsmanlike conduct will be subject to the league rules and guidelines, which include a procedure of ejection from the sport for the remainder of the season.

The procedure is as follows:

- *1<sup>st</sup> offence*: The team or player will be warned by a Wellness Coordinator.
- *2<sup>nd</sup> offence*: The team or player will be ejected from the game and asked to exit the facility. The incident will be on record.
- *3<sup>rd</sup> offence*: The team or player will be ejected from the game and suspended until the incident report is reviewed by league management. At this point there is a possibility of being suspended or discontinued for the remainder of the season pending the extremity of the incident(s).