



## Official Dodgeball Rules

### OVERVIEW

- HAVE FUN!! This league is meant to be a fun social league!
- Games played at UACCNJ- 60 North Jefferson Rd, Whippany. Gym is located in the back.
- Teams will consist of 6 players (4 men/2 women) on the court at one time. Teams may play with a minimum of 4 players, as long as at least two are women.
- There will be five balls placed at the middle of the court at the start of the game.
- At the start of play each person can only grab one ball at the line and may not throw any balls behind the line, player must take ball back themselves. You can't roll balls back to teammates.
- The object is to eliminate all of the other team's players to win the round.
- Teams will play as many games in 45 minutes. Team who wins most games wins the match.
- The team with the most players left at the end of the round will win that round.
- If teams have an equal number of players at the end of the 5-minute round, there will be a 1-minute playoff.
- Substitutions will only be allowed in-between rounds.

### **BEGINNING OF THE GAME AND PLAY FORMAT**

- The game will begin with the referee placing five balls along the middle line of the court. The Attack Line will be the center line of the court. Players **must** be behind the Attack Line when throwing the ball at opposing players. Players will never be allowed to cross the center of the court for any reason including attacking or retrieving balls.
- Teams will stand behind the back, end-line and await the referee to blow the whistle to start the round. Teams may not leave until the whistle is blown and may only take their designated balls in the beginning. Once the balls are retrieved, the players cannot "attack" the other team until they have taken the ball behind the end line.
- Five-minute rounds. The referee will keep track of the time and update teams as time is expiring. If both teams have the same number of players remaining at the end of the regulation, an additional one-minute, sudden death overtime will be instituted. The first team to eliminate any of the other team's players will win the round.

\*At the start of play each person can only grab one ball at the line and may not throw any balls behind the line, player must take ball back themselves.

\*When you are OUT, please line up in the order you went out!

## **TEAM SIZE**

- Teams will consist of 6 players per side (4 men/2 women). Teams may have as many players as they would like on their team, but can only substitute new players after a round has been completed. Teams may play with a minimum of four players, as long as at least two are women. Teams cannot play with more than four males without consent from the opposing team. All substitutes must remain in a designated safe out of bounds area.

## **REFEREES**

- Each week there will be a referee on hand to get the games started and determine the outcome on all rules disputes. The referee will also determine who has been eliminated from each round and who is allowed to re-enter the game. The referee will also rely on people using the honor system when they have been eliminated because with so many balls flying around it is difficult to see everything. Any player that argues with the ref or shows poor sportsmanship may be removed from the match or the league.

## **FORFEITS**

- Teams will forfeit 1 round for every 5 minutes passed the designated start time that they do not have the legal minimum amount of players. If no players are present from a team by 15 minutes after the designated start time the entire match will be forfeited and the team that is present will receive a win all rounds in the match.

Exception: Teams with less than the legal number of players may still play a “legal” game but only with the opposing teams consent. All teams consenting to play a legal game with less than the allowed minimum waive their right to a forfeit win. Teams may pick up players during the regular season in order to field a full team. No substitutes will not be allowed during playoffs.

## **GAME TIMES**

- The schedule is posted online at [www.jerseyclubsports.com](http://www.jerseyclubsports.com). Teams will be given an allotted amount of time to play 1 match, which will be 45 minutes. “Warm-up” time is to be included in the allotted amount of time that teams will have for their match.

## **THROWS (PLEASE READ)**

No throw may be made above the shoulders of a player on the opposing team. If this action becomes persistent, the referee has the authority to ask the violating player to leave the game/match.

No unnecessary hard throws, especially a man throwing at a woman. You will be ejected without warning if this happens.

Repeated head shot throwers (more than 2 accidental or 1 blatant shot) will be called for dangerous play.

Continuous dangerous play in the next game will result in player being ejected from the match and suspended from next match.

## **ELIMINATION OF PLAYERS**

- Any player hit by the opposing teams' ball, on the fly, will be eliminated. Eliminated players must stand out of bounds, in a designated area, in the order that they were eliminated. They may throw out of bounds balls back to their teammates, but not at the opposing team.

- If a thrown ball is caught by an opposing player the player throwing the ball will be eliminated. Additionally, the team that caught the ball will be allowed to bring back a player in the order they were eliminated (starting with the first person removed).

- This also includes catching a deflected or ricocheted ball off of one of your teammates. Balls caught off of the wall, backboards, etc. will not result in any elimination.

- **Throws at someone's head (whether intentional or not) are not allowed. Anyone that strikes another player in the head will be eliminated and need to sit out until the next round at the referee's discretion, unless the player ducks in to a thrown ball.**

- Players may block the opposing player's throw with their ball. If the ball is knocked out of their hands while blocking it, that player will be eliminated.

- Teams may give their retrieved ball to another player to be thrown.

- Once all of the players are eliminated the team with players remaining has won the game. Players may now substitute and the referee will set up the start of another round.

**ALL RULES ARE SUBJECT TO CHANGE AT ANY POINT DURING THE SEASON. RULES WILL BE ADDED OR CHANGED IN ORDER TO KEEP THE GAME AS FUN AND FAIR AS POSSIBLE DURING THE ALLOTTED TIME.**

## **NEW RULES:**

### **Retrievers**

Retrievers are individuals designated to retrieve balls that go out of play. Teams are responsible for providing retrievers. Or you may use players that are out as retrievers.

- Retrievers may not enter the court at any time.
- Retrievers are only allowed to field balls from their side of the court.

### **Out of Bounds Rule**

- If any part of the player's body touches the endlines the player shall be deemed "out". You MUST stay in the court or you are OUT!! You will get one warning!
- Momentum may carry a player out of bounds while making a catch. Providing control of the ball was established prior going out of bounds.

### **Stalling**

The act of intentionally delaying the game.

- If a referee determines that a player or team is stalling, the referee will warn player or team. If the stalling continues, at the referees discretion, player or team will lose possession of all balls on their side.
- If both teams are stalling a reset should occur

## **LEAGUE POLICIES**

Non-roster SUBS must pay \$10 at the gym and register online each week as a non-roster sub.

NO ALCOHOL IS ALLOWED DURING GAMES.

All injuries MUST be reported to a Jersey Club Sports representative immediately.

### **GAMES:**

Matches will be played within the allotted time.

### **FORFEITS:**

If you know in advance that your team is going to forfeit a game, we encourage you to call ASAP to help us schedule your opponent a game however this does not mean that your team will not receive the loss as a forfeit.

### **STANDINGS:**

The updated standings will be posted weekly online. The standings will display each teams rank. Rank is based on points/winning percentage.

### **PLAYOFFS:**

Playoffs will begin immediately following the end of the regular season. The top four teams will make the playoffs. Playoffs are single elimination and matches are a best of eleven.

### **WAIVERS:**

In order to participate in the league, each participant must sign the waiver.

### **SPORTSMANSHIP:**

The number one rule is to have fun. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. Any behavior deemed unacceptable may result in suspension and/or ejection from a game or the league. Abuse of staff will not be tolerated. Fighting will be an automatic ejection from any game and in most cases ejection from the league for the remainder of the season.

### **GAME CANCELLATION/RAINOUT:**

Games may be canceled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints, etc. We will make every effort to play all scheduled games, thus we will not cancel games until absolutely necessary.

If the game is cancelled, we will change the voicemail immediately. It is then the captain's responsibility to inform all teammates of the cancelation. The games that are cancelled will be made up towards the end of the season if time allows.