



6 vs. 6 Team CO-ED DODGEBALL RULES

THE TEAM

We recommend 10 players with at least 2 women. Captains will submit an official team roster ahead of time or on the first night of the season. Roster changes are allowed up until the end the 3rd week of play. In order to participate in the league, all players must be listed on the roster and have signed the waiver.

THE EQUIPMENT

The official balls used will be four 8" rubber-coated foam balls and two 6" "stinger" balls. Players must play in sneakers.

GAME FORMAT & TEAM SET-UP

Teams will play twelve games a night in round robin format. You play 6 rounds and ref 3. Teams who are not scheduled to play at a given time slot must ref the games in progress. Teams will need to rotate **4 refs (two on each side)** to assist in players being eliminated and re-entering the game. The league coordinator will rule on any situation in which teams & refs cannot agree.

There no more than 4 men on the court at any time. If your team arrives with at least 3 players, but less than 6, you may pick up a maximum of two (2) players from another team. When picking up players, you may not exceed 6 players. (A team cannot pick up subs).

In the playoffs teams are not allowed to pick up players, no exceptions! *Roster players must have played in 3 regular season games to be playoff eligible.*

THE START

Games begin by placing the dodgeballs along the center. Players then take a position behind the end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. Teams may retrieve as many balls as possible. By retrieving you must tap the ball back to yourself or to your side of the court. Players are not allowed to grab the balls. This alleviates two players grabbing balls simultaneously and creating conflict.

If you cross the center line during the start you are "out". Reaching over the center line if a ball has slightly moved at the start is okay.

Once the players have retrieved the balls and have gone back to the end line, they must turn and face the opposing team, making sure they are set before a ball is thrown. Players are not allowed to sprint back and then sprint forward to throw a ball before the opposing team even has time to get back to their end line upon ball retrieval.

THE GAME

The object of the game is to eliminate all opposing players by getting them "OUT".

1. Hitting an opposing player with a thrown ball on any part of their body or any part of their clothing.
2. Catching a ball thrown by your opponent before it touches the ground. Trapping is not a catch. Your hands must be underneath the ball.
3. If a player drops a ball that they are currently holding because they try to deflect an oncoming ball with it, they're out.
4. **Reaching over the center line to get a ball, no matter where your feet are, at any point during the game is not allowed. The player will subsequently be called "Out".**

TIME

Each game is 3-minutes. If neither team has been eliminated at the end of 3 minutes the team with the greater number of players remaining will be declared the winner. The game can end in a tie.

Sudden death only exists in playoffs.

DEFLECTIONS

- 1) If a ball bounces off a player on team A, and another player on team A catches the ball before it hits the ground or any other permanent structure (i.e. walls, basketball backboards, plastic court divider, etc), the person who threw the ball is "OUT". The catch must be made within the bounds of the court. Any catches outside of the court boundaries (feet behind the tables) are not legal catches.
- 2) If a player on team A uses a ball that they're currently holding to deflect an oncoming ball, and successfully maintains control of the ball in their hands, the team A player is not "OUT". If the team A player drops the ball in their hands as a result of being hit by an oncoming ball, the team A player IS "OUT".
- 3) As in Deflection Rule 2 above, if a successfully deflected ball is then caught by a member of team A within the boundaries of the court, the team B player who threw it is "OUT".
- 4) If a ball strikes a team A player on any part of their body, and is then caught by another team A player within the boundaries of the court, before it hits the ground or any other permanent structure (i.e. walls, basketball backboards, plastic court divider, etc) the team B player who threw it is "OUT".

Block Deflections:

- 1) If a ball hits another ball, which a player has in their possession, without making contact with any body part, neither player is out. This is considered a "Block".
- 2) Blocking with 2 hands on a 6" black ball is illegal and player is automatically out.
- 2) **All blocks must be made cleanly:** For example, if an opponent's ball hits your blocking ball and then hits your body afterwards, you are out. If you drop your blocking ball as a result of trying to block an opponent's ball, you are out. If a ball hits your fingers or hand first while trying to block, you are out. The hand is not part of the ball. Headshots off your own ball are also "out".
- 3) **Ricochets by a ball which is deflected off of your teammate:** If deflected from a "blocker" ball cleanly by player 1 but hits player 2, only player 2 is out.

STALLING/5-SECOND VIOLATION

It is illegal for the **leading team** to control all the balls for more than 5 seconds. They must roll a ball directly to the opponent. If not done within 5 seconds time will stop. *Play will continue with "balls in hand"*. At all other times, teams are required to make a legitimate effort to throw a ball at least once every 15 seconds.

GETTING YOUR TEAMMATES BACK IN

Every time a player is "OUT" on your team, they will go to the "OUT" box area behind the end line and stand in a line in the order they were knocked out. *If you have more than 6 players your subs will also stand in this line and be first to come in.* The player is not an active player until he/she touches the back line, has a ball in his/her hand, or 3 seconds has passes. When any of these events occur, the player is live and is able to get "OUT" again.

BOUNDARIES

- 1) During play, all players must remain within the boundary lines. Players may leave the boundaries only to retrieve stray balls.
- 2) When retrieving a ball out of bounds, it must be given to the referee to be placed on the center line.
- 3) A player may not leave the boundary to avoid being hit.

Code of Conduct:

Above all else, this league is for enjoyment and exercise for all players involved. Casco Bay Sports will not hesitate to ask players to cease participating for inappropriate acts. Also, we will not hesitate to remove players and/or teams without refund who cannot adhere to its policies and standards.

If we feel that any player is cheating (not calling themselves out) or not abiding by what we feel is correct sportsmanship including disrespect to volunteer referees, league coordinators, or players the following will occur:

- 1) First offense: Verbal warning by league coordinator and/or director to that specific player with team captain present
- 2) Second offense: Dismissal from the current match and that night's play
- 3) Final offense: League dismissal from that season and all future dodgeball leagues.