



Dodgeball Rules and Regulations of Play

COURT

- The court is divided into two 30' x 30' areas.
- There is a total court length of 60 feet from end line to end line, and a total width of 30 feet from sideline to sideline.
- Approximately 2-3 feet should be allotted from an out-of-bound area, allowing officials to move freely along the sidelines.
- The queue for each team is a 3' x 12' area and should be located 2-3 feet from the sideline, leaving adequate room for an official to move freely along the sideline.

EQUIPMENT

- Six (6) regulation size balls should be used: 4 Blockers (8.5") and 2 Stingers (5"). Stingers may only be thrown by females when men are on the court. If the game play creates a field of all men then all balls are free to be thrown.
- Ball layout is as follows: Blocker, Stinger, Blocker, Blocker, Stinger, Blocker
- Participants **must wear sneakers (no black soled sneakers)** - no sandals, boots, dress shoes, etc.

TEAM AND PLAYERS

- All players must be at least 21 years of age to participate.
- Teams consist of 6 players on the court with other team members as substitutes. All players must be in uniform.
- Any fully registered player who has received a team shirt and does not wear it the day of the game can be asked for photo ID during check in.
- Teams are Co-ed; however, at least 2 players of each gender must participate at the start of each game.
- Captains will submit an official team roster to NIS prior to the first night of the session. Roster changes are allowed up until the end of the third week of play. After the third week, no new names may be added to a team's roster. Only players on the roster will be eligible to play.
- Players on the court at the start of the game are the only team members allowed to play in that particular game. Once a new game begins, a team may exchange players. Players who do not start a game should be in the starting six for the following game. Each player must sit out once every 4 games if there are subs that permit it.
- A team must field at least 3 of its own players to begin a game.
- Substitute players must sign a waiver prior to playing and pay the \$10/nightly fee the night of the game. Subs must play at least 3 regular season games to qualify for the playoffs.
- If a team is short players for a playoff game and no sub has qualified by playing in 3 regular season games, the captain may ask the opposing captain for approval of subs. This is up to the opposing captains discretion. If he/she approves an email must be sent to NIS prior to arriving at the game.

ROSTER REQUIREMENTS

- Captains will submit an official team roster to NIS prior to the first night of the session. Roster changes are allowed up until the end of the third week of play. After the third week, no new names may be added to a team's roster. Only players on the roster will be eligible to play.
- All teams must have a minimum of 7 fully registered players for the season.
- If a team is short the minimum number of fully registered players by the start of their game for week 4 they will automatically forfeit that game. This rule applies for week 5 as well.
- If a team is still short the minimum number of fully registered players at the end of their week 5 game (end of the regular season) the teams season will end and will be removed from the final 3 weeks of the league schedule.

GAME NIGHTS

- Teams will play as many games as possible within a 45 minute time frame.
- Teams may begin a game with a minimum of 4 players but not fewer than 4, and one of these must be female.
- If a team has only one female and more than 4 males the team must start every game with only 5 players. They may only have 6 players on the court if a ball is caught and then the player enters.
- If a team arrives with fewer than 4 players, it must forfeit a game every 5 minutes until the required number arrives.

MATCHES

- A regulation match consists of a pre-determined odd number of games of a single game type.
- The number of games and/or the time allotted may be altered to best suit time and attendance.

SUBSTITUTIONS

- Substitutions must be made prior to the start of the game.
- No substitutions may be made during a game, except in cases of injury.

GAME TYPE

ELIMINATION GAME

- A game played until all opponents on one side have been eliminated.
- The first team to eliminate all its opponents is declared the winner.

BEGINNING PLAY/RUSH

- A maximum of 6 players will compete on a side with no fewer than 4 players on the court.
- Play begins with all players are positioned behind their team's end line.
- Upon the official's signal, both teams rush to center court and attempt to retrieve as many balls as possible.
- There is no diving or sliding in order to pick up a ball. Players who do will be called out.

- Players must use their hands to retrieve a ball. No other body part (i.e. feet or legs) will be acceptable.
- There is no limit to how many balls an individual player may retrieve.
- Players must run back to the end line and tag up before they begin throwing. Or the ball must cross the back line in front of the wall if it is passed back to a teammate.
- Players may not throw the ball across the line, retrieve it, and throw it at an opponent.
- If a player has both feet cross the center line on the initial rush, they will have to surrender the ball to the other team.

OUTS

- Player shall be deemed out when a live ball hits any part of the player's body or clothing below the shoulders.
- If a player is dodging a high throw and is also hit with a legal below the shoulders throw, the player is out.
- Catching a ball thrown by your opponent before it touches the ground will result in an out.
- Player must return from the queue in the order he/she was put "out" (i.e. first out, first in.)
- A player dropping or losing possession of the blocking ball is deemed out.
- When a player is out, he/she must leave the court immediately and take his/her place in the out line.
- If one foot fully crosses the center line the player during play he/she will be deemed out.
- If a player is dodging a ball and both feet cross either sideline the player will be called out. (A player may go across the sideline to pick up a ball that has gone out of bounds. He/She will not be called out for this.)
- If a player blocks a ball with another ball and the ball then hits his/her body they will be called out.
- All players who are called out should immediately put at least one hand up in the air signifying that he/she was hit and are on his/her way off the court
- Once knocked out a player may not touch any balls on the court. This includes hitting or kicking balls back to teammates.

BLOCKING/SAVES

- Players can defend themselves by blocking the ball in flight with another ball but must retain control over the ball they are blocking with.
- A save occurs if a player is struck by the ball and the ball is in turn caught by a teammate before the ball touches the ground, wall, any inanimate object, or any inactive player. The thrower is the only one eliminated in this instance.

STALLING (the act of intentionally delaying the game)

- It is illegal for a leading team to control all the balls for more than 10 seconds. At all other times, teams are required to make a legitimate effort to throw a ball at least once every 15 seconds.
- If the game is down to 2 individual players and they have each thrown 3 times without an out, then the count will begin at 8 seconds and continue to 15 to speed up play.
- If a referee determines that a player or team is stalling, the referee will warn a player or team. If the stalling continues, at the referee's discretion, player or team will lose possession of all balls on their side.

OUT OF BOUNDS RULE

- If both feet of a player end up over the endline/sideline he or she will be deemed out. One foot out and one foot in will be considered still in when crossing a sideline. One foot across the midline during play following the initial rush will also be deemed out.
- Momentum may carry a player out of bounds while making a catch, provided control of the ball was established prior to going out of bounds. He/she must have at least one foot in bounds when catching the ball prior to falling out of bounds.
- A player may not leave the playing field to avoid being hit.
- Players may not enter the opposing team's section for any reason.

HEADSHOTS

- A headshot occurs when a player is hit directly in the head by a high thrown ball above the shoulder. If a player bent over gets hit in the head it is not considered a headshot and that player is out not the thrower.
- If a player gets hit in the head when his/her head is above his/her waistline it will be deemed a headshot. If the player's head is below his/her waistline it will not be deemed a head shot.
- Any player who crouches down voluntarily and gets hit in the head will be deemed out.
- Any thrower committing a headshot will be deemed out.
- If the ball hits any part of a player's body or the ball being held and then his/her head they are out.

GAME RE-ENTRY

- Each time a player is out, he/she will go to the outside of the court and wait in line the back of the sub line to re-enter the match. If a team has more than 6 players, subs will also stand in this line and be first to come in.
- If a teammate catches a ball thrown from his/her opponent, one member of the team (first in line) may come back in (First Out/First In).
- When a player re-enters from the line they must immediately touch the back wall and will not be considered live until so.
- All players who did not play in the previous game must play in the next game.
- The beginning of the sub line must go girl, boy, girl, boy, etc to the best of a teams ability.
- If a team has a girl on the sideline whether knocked out or didn't start they must enter as first sub.
- If no girl is available on the sideline during the first catch, the team must wait until the 2nd catch to have a player enter the game.

BLACK BALL

- Only girls may throw the black ball when the court is co-ed. If both sides are male then all balls are live.
- If one team has a girl/girls in play and the other team does not the black balls will be considered live as soon as either team holds them.
- If the team with no girls has the black balls they may not use them as blockers. If they do the 15-second count will automatically begin on that ball and will continue until the ball is rolled over.

OVERTIME

- There is only overtime in playoffs not regular season. A team may put any player they choose on the court for that game. The rule under “Teams and Players” does not apply.

UNSPORTSMANLIKE BEHAVIOR/CARDS

- Any player that is behaving in a way that is deemed unsportsmanlike will receive either a yellow or red card. These include but are not limited to any cursing or inappropriate comments towards officials and opponents.
 - 1st Offense: Yellow Card – 1 game suspension
 - 2nd Offense: Yellow Card – 3 game suspension
 - 3rd Offense: Red Card – Player may no longer play in any games that night
- If a player receives a Red Card any other offense during the season automatically start as a 2nd offense.

WINNING THE GAME

- The first team to legally eliminate all opposing players will be declared the winner.
- A 7-minute time limit is established at the beginning of each game. If neither team has been eliminated at the end of the 7 minutes, the team with the greater number of players remaining will be declared the winner.
- In the case of an equal number of players remaining, the first team to lose a player after the whistle/buzzer goes off loses the game.
- If at any point during the game period a team is up by 15 games a mercy rule will be enforced.

PLAYOFFS

- All roster players are allowed to participate in the playoffs.
- Photo ID, Facebook Page, or Email from NIS sent to the player will be required for check in during the playoffs.
- All teams will make the playoffs in a 4, 5, 6, and 8-team league. In a 7-team league the top 3 teams will make the playoffs. The number of teams who make the playoffs in leagues with a total number of teams above 8 will vary.
- Final standings and team position for playoffs will be determined in this order: Win/Loss Record, Score Differential, Head to Head (if applies), Points/Runs Allowed, Points/Runs Scored.
- Substitutes may participate in the playoffs if they have participated in at least 3 regular season games. Subs will have to pay the weekly fee to participate in the playoffs as well.

FORFEITING

Forfeit is strongly discouraged. Your teammates and opponents count on you to have a full team and competitive game. Each team must have at least 5 players, including 1 female to start a game.

FORFEITING IN ADVANCE:

- If a team knows in advance that it is going to forfeit and not show up, a team member must contact NIS by 12:00 pm the day of the game. If NIS is notified on time, the team will be given losses for all scheduled matches but no further penalty.
- If a voicemail message is left or an e-mail sent, it is not considered notification unless a reply to the team is received. Failure to do so will result in forfeiting all matches, and the team will be ineligible for league playoffs and/or removed from the remainder of the schedule.
- Any team that does not notify NIS in advance of their scheduled game or at all will need to provide one full-rate individual deposit for the next season/sport they register for.

FORFEITING AT GAME TIME/AFTER 12:00 PM:

- Any team that forfeits after 12:00 pm the day of the game will be assessed a \$50. fee that will be given directly to their opponent. This money will go directly to the team which did not receive notice that they would not have an opponent that given night. All participants are expected to be able to make arrangements for subs or to notify NIS prior to 12:00 pm about their plans to participate in that week's games.
- Captains will forfeit his/her free season/credit if this occurs.
- If a team shows up short players, the remaining members who are present should mix with the opponent and play a scrimmage.

REFUNDS

Refunds are not provided once the season begins or day the season is scheduled to start. If you need a refund because you are unable to play prior to the season we are very happy to reimburse you for your registration as follows:

- Up to 2 Weeks Prior to League Start: FULL REFUND (minus \$5 processing fee)
- Up to 1 Week Prior to League Start: REGISTRATION MINUS \$20
- Less than a week until League Start through the Season: Refunds Not Available. Credit available for a future season if no longer to play due to injury.

Sportsmanship and FUN!!

Above all, this league is for FUN and the enjoyment of all those involved. NIS and its officials will eject/expel players for inappropriate behavior. In addition, NIS will remove any players and/or teams who cannot adhere to its policies and standards without refund.