



Dodgeball

Rules and Regulations

Teams

Each team will be consisted of eight players (four males and four females) on the court at a time. Each team may have substitute players on the side lines that may be put in the game only between rounds, during a time-out or for an injured player. A minimum of six players may be used in the case that a team does not have enough players. In this case, there must be at least three females on the court. At any point in time, if teams do not have an equal number of males and females to form a team, they may substitute females in place of males. However, at no point in time can a team play with more males than females.

Eligibility

All players must be at least 21 years of age in order to participate in any Silver Spring Social Sports event or sport. Players must be on a team roster, have completed a current registration form and signed a waiver in order to be eligible to play.

Forfeits

Teams may start with a minimum of six players. If any team does not have enough players to start the match, they will get exactly five minutes before a forfeit is called. In the case of a forfeit, the forfeiting team must pay a penalty fee of \$50. This fee will go towards the opposing teams bar tab and must be paid before the forfeiting team will be eligible to play the following week. However, if a team knows in advance that they will not be able to play due to lack of players they may notify Silver Spring Social Sports at least 24 hours in advance in order to avoid being penalized.

Court of Play

The court of play will be the same length as a standard volleyball court. It shall be 60ft long by 30ft wide. The court will be divided into two equal halves. In the center of the court will be a line dividing the courts in half. On each side, there will be another line, the attack line, approximately 3 meters from the center line.

Matches and Rounds

Each team will play for a total of 45 minutes, divided into two twenty minute halves. During each half, the two opposing teams will play as many rounds as time permits, with a ten minute limit on each round. There is no

limit to the number of rounds that a team may play during each half. In the event that two teams are still in the middle of a round at the twenty minute mark, they will be able to finish that round, thus deducting the time from the second half. The only way that a round would be stopped before all players are "out" is if that particular round has reached its ten minute time limit. If any round hits the maximum of ten minutes, it will be called and the team with the most players left on the court will be declared the winners of that round. If both teams have the same amount of players left on the court, it will be ruled as a tie unless it is during the playoffs where there will be a 3 minute sudden death round.

At the end of each half, teams will have a five minute break then switch sides on the court to begin play of the second half.

Game Clock

The game clock will be set for two twenty minute halves. The official will keep track of the time and sound a whistle at the beginning of each match. The official will notify teams when they have hit the ten minute mark of each half and also at the final minute of each half.

Equipment

The ball that will be used for Silver Spring Social Sports dodge ball will be an 8.5" rubber ball. Players may not bring their own ball for play. Players must wear closed toe tennis shoes in order to participate. No open toe shoes will be permitted.

Honesty Policy

Although there will be two officials for each match, each player is expected to leave the field of play once they are hit with the ball. This includes the ball grazing their body or clothes. The officials will do their best to see every hit on the court, but as we all know, this sometimes does not happen. All referee's decisions are final, NO EXCEPTIONS!

The Game

The object of the game is to get all of the opposing players "out."
This can be done by one of the following ways:

- throwing a live ball that hits an opposing player below the shoulders and is not caught by any player on the opposing players team
- catching a live ball thrown by an opposing player
- throwing a live ball which causes a player to step out of bounds while catching or trying to catch the ball
- throwing a live ball which causes a player to step out of bounds to avoid being hit
- causing an opposing player to drop a live ball (this is usually done by using one ball to block another one being thrown at them)

Any thrown ball that hits a non-human object (floor, wall, net, etc.), then hits an opposing player, is a dead ball and no player will be ruled "out". In the situation where a ball hits an opposing player and a non-human object simultaneously, the player is still safe. The referee will immediately call this out to the safe player.

The first team to eliminate all of the players from the opposing team will be declared the winners. During each round of the match, there will be a ten minute time limit. If, at the end of ten minutes, there are still players remaining for both teams, the team with the most players will be declared the winners. During the playoffs in the result of a tie, the teams will go into a 3 minute sudden death round. For this round, the original eight players that started the round will be permitted back onto the court for this round. At the end of the sudden death round, if the number of players for both teams is still equal, we will continue 3 minute sudden death rounds until there is a declared winner. In the event that one of the original eight players has left the game/gym for any reason other than an injury, the team may not substitute a player in his/her place.

Player Save

A player save occurs when a person throws a ball at an opposing player, hits the opposing player, but before the ball hits the ground or any other non-human object, is caught by a member of the opposing team. In this circumstance, neither the thrower nor the player hit is out. All players will remain in play.

Boundaries and Lines

Players must remain in bounds at all times. The only time a player may leave the field of play is to retrieve a ball that has been thrown out of the playing court. Players may only retrieve one ball at a time. In this case, the player has only five seconds to return to the field of play and may only exit and enter the court through their back line. If the player does not return to the field of play in the allotted five seconds, that player is out. **If a player runs or jumps out of bounds in an attempt to dodge or catch a ball, they will automatically be ruled out, even if the ball is caught.**

At no time may a player cross the center court line. If any player crosses the centerline, that player is automatically out.

The Opening Rush

The game will begin with six balls being placed on the center line. All players must be in their back court with at least one foot touching the back line. At the sound of the officials whistle, three members from each team will run up to the center line and grab a ball. Each team's balls will be placed on their right side of the center line. The players must then take the balls behind their attack line and touch the ground with either their hand or the ball before they may throw their ball at the opposing team.

If any of the team's balls are left on the center line at least ten seconds after the opening rush, any team may retrieve these balls. However, they must still be taken behind the attack line before they are thrown.

FOFI (First Out First In)

FOFI is applied when an individual catches a live ball being thrown at them from the opposing team. In this case, one of the catcher's teammates may return to the field of play. The order in which players return to the game is done by who goes out first, hence, first out, first in. The thrower of the ball on the opposing team will be out. Players that go out must line up in the order that they go out in order to keep track of who comes back in. All players involved in the current match must line up on the same side of the court. All players who are sitting out for the current match must line up on the opposite side of the court.

Head Shots

Head shots are illegal. Any player who throws a ball at an opposing player's head will automatically be out. However, if the player on the opposing team ducks and the ball hits their head, the official will make the call whether the "thrower" or the player hit will be out of the game. Players are not allowed to purposely take an illegal hit in order to get an opposing player out.

If a ball hits a player in any spot below the shoulder, then bounces up and hits their head, that player will still be called out.

General Rules

Once the game has started and each team member has crossed back over the attack line with their balls, the players holding the balls have only five seconds to throw the ball or they will be called out. Players may not pass any balls to other players on their team. For instance, if a female player picks up or catches a ball, she may not hand off the ball to a male player to throw and vice versa. Once a ball is thrown at one of the opposing players, it is automatically dead if it hits anything besides a player of the opposing team. This includes the floor, wall or another ball. Once a ball is dead, the team who has the ball on their side then has ten seconds to pick up the ball and another five to throw it before it is forfeited to the other team. The referee is not required to count out loud for this rule, as it would make the game very confusing. The referee will use his/her own judgment when making a call on this rule. Players may not roll the ball across the court; they must attempt to make a throw. When the ball is thrown, it must bounce on the opposite side of the centerline; otherwise, the player throwing the ball will be called out.

Pinching

Pinching is a technique where a player pinches the rubber on the ball to get a better grip. Unfortunately, this technique causes damage to the balls and therefore, is not allowed at any time during the game. Any player caught pinching the ball will be called out.

Ball Shaggers

Teams may permit up to two players from their roster to be used as "ball shaggers". Ball shaggers are players that are not participating in the current round. Ball shaggers can retrieve balls that have gone out of bounds and return them to the field of play. Ball shaggers may never step onto the field of play. In this instance, the team must turn one ball over to the opposing team. Also, if a team wishes to have ball shaggers, they must be wearing a shirt other than their team jerseys. These shirts will not be provided by the league.

Time Outs & Substitutions

Each team will be allowed one sixty second time out per game. In the event that a player calls time out, the referee will blow their whistle to notify the opposing team. All balls will remain "live" balls until the referee blows the whistle to stop play. Any person hit by a ball in between time out being called and the whistle being blown will be called "out."

Substitutions can only be made between rounds.

Tie-breaking Procedures

Ties in the standings will be broken in this order:

1. Head to head
2. Overall point differential PF-Pa

3. Common games point differential
4. Coin toss

If there are more than 2 teams that are tied, all the teams must have played each other in order for the results to go to head-to-head. Otherwise, we will go on to the next tie breaker which is the overall point differential and continue down the above procedure order until we have found a winner.

Scoring

The winners of each round will count as one point towards the total for each match. The team that has the most points at the end of the match will be declared the winners. At this time, the captain of both teams must sign the score card held by the official. If at any time the captain of either team disagrees with the score card, they must immediately notify one of the league coordinators.

Playoffs and Championship

The playoffs will hold the same rules as the regular season. However, in the playoffs, no games will result in a tie. Any match that results in a tie will continue in sudden death until there is a declared winner. (See sudden death rules) Also, playoff games will run for 45 minutes. These matches will have two 20 minute halves and a five minute halftime. The teams will switch sides of the court during this half.

Only the top teams in each division will advance to the playoffs. In the case that two teams have a tie record, the winner of the match between those teams will decide who advances to the playoffs. In the case that the two teams did not play, the total points earned for each team will determine who advances. The number of teams that make it to the play offs will be determined by the number of teams that sign up.

Referee/Official Complaints

We understand that teams will not always agree with calls made by the officials. However, all decisions are final. If a team has a question or complaint with an official's call or judgment, they must notify their team captain. Only the team captains may approach the officials with complaints and this cannot be done during a match. Complaints to the officials may be done in between games only. Please remember, our officials are only human and mistakes will probably be made. Unfortunately, we do not have the luxury of "instant replay," so please remember to respect the officials calls at all times.

Conduct

Silver Spring Social Sports is a social league where players can come out, meet people and have fun playing the sports they love. At no point in time will we tolerate obscene language, fighting, yelling at the officials or any other negative behavior. The officials reserve the right to eject players from the game for any of the above reasons. In the instance that a player is ejected, it will automatically be reported to the league coordinators, who will decide if any further actions need to be taken. Fighting and the use of obscene language may result in suspension or ejection from the league. Any player ejected from a game must immediately leave the establishment.

Get ready for a fun and exciting season of Dodge Ball with Silver Spring Social Sports!