



Indoor Dodgeball League Rules

I. BASIC INFORMATION

A. ROSTERS: Teams may play with any number of players up until the maximum the league allows on the court at one time. This is co-ed play with no male/female requirements. Any player arriving late must wait until the current round completes before joining the match.

B. REFS: League will have refs provided; however, teams may be asked to volunteer refs on an occasional basis. ONLY the captain will be allowed to speak to the REF, for any reason. If a player violates this policy, they may be subject to a yellow card. A second yellow card is the equivalent of a red card. (see below in section C)

1. Yellow Card = removal from current play and out for the current match.

2. Red Card = removal from the game and from the league. Player will not be allowed back without league manager approval.

C. PLAYER EJECTION PENALTY: Any player exhibiting unsportsmanlike conduct, by the perspective of the referee or league, will be subjected to a yellow-card or red-card. A player can only receive one yellow-card before receiving a red-card. Per the referee's discretion, a player can be subjected to a red-card without a prior yellow-card. Player shall be removed from current game only upon receiving a red-card. League officials reserve the right to suspend and / or disqualify any ejected player for future games if behavior is deemed to be threatening in any nature to another player, referee, spectator, tournament staff, park patron, animals or morally offensive. Sportsmanlike conduct is expected on-and-off the field and offline-and-online. Unsportsmanlike conduct can be defined by but not limited to inappropriate behavior, verbal abuse, excessive foul language, intimidation, dangerous play, intoxication, and match fixing. Players removed from the league are ineligible for refunds. Sportsmanlike conduct is expected at all WooPride Sports activities, events, and gatherings.

D. UNIFORMS: Players are allowed to wear whatever they like on the court, so long as they follow the decency rules of the city. Players may not play shirtless or shoeless. Hat, wigs, costumes, and any articles of clothing are considered part of the body, and if hit, will be the equivalent of an out.

E. LEAGUE INTEGRITY: The competitive integrity of all league play is paramount. All participants must adhere to the spirit and letter of the rules. WooPride Sports reserves the right to remove participants for any action that is illegal, harassing, threatening, unethical, and detrimental to the success of the event or constitutes cheating at the discretion of League Officials. Refunds will not be given.

F. SUBS: Subs are allowed during regular play with a fee that is determined by the city manager. Subs MUST sign waivers and pay the sub fee before playing.

If the league contains an end of the season playoffs, no players/subs are allowed in the playoffs and finals unless previously cleared through the league manager. Any person replacing a registered player in playoffs, permanently replaces that player until the end of the season. That player will not be allowed to return to play. Replacement players will not be allowed the day of the match.

Registered players from other teams are not allowed to sub for other teams. If a sub is caught to have not signed the waiver before the games, then they will be dismissed from the game immediately - No Exceptions. It is the captain's responsibility to notify the league of the number of subs , and ensure their waivers are signed and they pay the sub fee.

G. MISSING PLAYERS: If a player misses two games (without notifying the captain), or three games (with notifying the captain) they are subject to replacement by the captains of the team and the league. If a player becomes injured during the season and are physically unable to finish the season, the captain may request to replace the player to the league manager.

II. GENERAL GAME INFORMATION

- A. **GAME LENGTH:** Game length will vary from city to city, but a standard time is 50 minute matches with 5 minutes of warm ups. League managers will notify players to the game length before the match starts.
- B. **MAX PLAYERS ON COURT:** The maximum number of players on the court will be set before the season commences. All other players must sit out and are not allowed to participate in the current match (this includes ball shagging and rotating in while game is live)
- C. **TIME OUTS:** Only captains are allowed to call time outs, once per total match. These timeouts last 30 seconds. The clock will be stopped. Only active players and captains may chat on the court. The team captain may call the timeout at any time during play. Time will continue to run during a time out unless there are less than 5 minutes of play remaining.

III. SPORTSMANSHIP, FAIR PLAY / SELF-POLICING

- A. **HONOR SYSTEM:** Dodgeball is a self-regulated game that relies on the honor system. While referees are there to support the integrity of the game, the responsibility falls on all players to understand the rules and play fairly.
- B. **REFEREES**
 - 1. Referees are to help with rule clarifications and resolve disputes, but their main job is to keep the game moving and maintain the safety of the league. All ref calls are final.
 - 2. Referees may stop play at any time to help with an injury or call a player out, or discuss a call. Any player that is hit with a ball while the referee is on the court is safe. The ball thrown will be returned to the team that threw it.

IV. DODGEBALL SET UP

- A. **BALL SET UP & START:**
 - 1. Uneven number of balls (5 or 7) (decision is based on number of players) are placed on the center line.
 - 2. Ball control alternates between teams in each game until the end of the match.

- a. Teams may switch sides once the $\frac{1}{2}$ mark has hit and the current game is complete, depending on the gym format. This is not mandated but optional.
3. Starting Advantage will be determined by paper-rock-scissors during regular season games. Winning team gets the choice of court side preference or opening match ball control. For Playoff and Championship games, the higher seeded team shall receive the starting advantage.
4. Play begins with each team lined up behind their respective back line with one foot completely behind the line or hand on the wall.

IV. DODGEBALL GAME STRUCTURE

A. RUSHING:

1. On the whistle, players rush to grab balls on the right side of the court only. They may not take the balls on the opponent's side of the court. Any balls that are left on the line after 5 seconds are free for any other players to take.
2. If a player rushes before the whistle, the ref will reset the line. If this happens 2x, the ref will give all the balls to opposing side.
3. A player must bring the ball past the ball safety line before the ball is considered LIVE.
 - a. The safety line is designated by a marker 3ft behind the center line.
4. If a player throws the ball before the safety line, the ball is not considered live.

B. BURDEN / BALL MAJORITY

1. The team with ball majority is obligated to throw.
2. As soon as a team has ball majority on their side of the court, **a 10-second countdown will start.**
 - a. Any ball that is OUT OF PLAY is not considered on the court. The moment the ball enters the court, the countdown commences.
3. Announcement of ball control and turnover will be called as such:
 - a. Refs will use a hand signal to indicate which team has majority and begin the 10-second count.
 - b. Refs will give a 10-second verbal warning plus the number of balls to turn over for the original ball majority countdown:
 - i. Example: "10 seconds, throw 2 balls!"
 - c. A verbal 5-second countdown warning will be called by the refs.
4. When a team's original ball majority is cleared, the burden countdown will reset.
 - d. Example: If a team has 4 balls (in a 7-ball game) when the throw clock starts, they are obligated to throw one ball to reset the throw clock. If additional balls come over to their side while there is a throw clock, they are not obligated to throw more than 1 ball per the original ball count. When the throw clock resets, the team is now obligated to relinquish the new ball majority.
5. If the countdown ends at zero seconds and ball majority has not been relieved by the team with the burden, play will stop, and that team will **give up all the balls** to the opposing team.
 - a. A turnover of ball possession happens once the last ball necessary to turn over control has crossed the opposing team's clear line.

6. Any mode of delivery, excluding kicking, is acceptable to deliver ball control. Throwing, rolling, bouncing are all acceptable ways to release ball control – all can give balls to the other team.
 1. Players **may not place/set the balls** on the opposing side to release control (i.e, setting it directly over the line).
 2. Players who are out, may not throw, roll or place any ball on the opposing teams court at any anytime. This includes to change the ball control.
 3. Kicking the ball across the court is not permissible and will result in the player being called out.

VI. OUTS

A. A player is OUT when:

1. A player is hit by a ball directly and then that ball dies by hitting a non-player object, floor or ceiling or spectator/ref.
 - a. If a player is hit by a ball, that has not died, the following actions may take place:
 - i. Continue to throw additional balls.
 1. If a thrown ball hits a player and pops up, the player that was hit can make valid throws and catches until the first ball that hits them dies.
 - ii. Their thrown ball is caught.
 1. If a player is hit with multiple thrown balls and catches one in that play, the catch is good but the catcher is out. This is referred to as a “catch and out”.
 - iii. Deflect another ball either with their ball or their body.
 1. If a thrown ball hits a player and that hit player blocks a second ball into their teammate before the first ball dies, the deflected ball is still live and can create an out on their teammate or a catch if the teammate secures it.
2. A player is hit by a deflection, off another player’s blocking ball or another player.
 - a. A thrown live ball can create multiple outs.
 - b. Opposing balls that hit midair automatically die and cannot create an out.
 - c. Balls thrown from the same side that collide are still live and can result in outs.
3. The ball hits a player in the **head** when the player has **three points of contact on the ground**, or is in a **falling/dropping** motion when struck in the face.
 - a. 3-point of contact is when at least three parts of your body are touching the ground. Example: One leg and one knee on the ground. Both knees on the ground. One hand and both knees. Sitting down completely.
 - b. Falling or dropping is when a player is in a downward motion attempting to dodge or make a catch. Example: Player is dropping down to knees for a catch. Player is diving to avoid a ball and is hit with said ball or another thrown ball.
4. A player is out if they throw 2+ headshots during a match. The first headshot thrown is a warning unless the ref determines it was intentional head hunting (see headhunting section).
5. A player’s thrown ball is caught by an opponent whether directly or indirectly as a deflection/ricochet.

6. A player's ball is caught while the opposing player is fully in bounds, even if momentum eventually causes the player to step out of bounds after a valid catch. After a successful momentum catch is made, the catching player is in a pending state and cannot make any valid plays like dodging side to side, catching or throwing until they return back into play.
7. A player intentionally blocks with their head.
8. A player's blocking ball is knocked out of his/her hand by a thrown ball and the blocking ball dies by hitting an inanimate object or spectator/ref.
 - a. If a player or teammate regains control of the blocking ball before it dies, the player is safe.
9. **A player touches any surface out of bounds.**
 - a. The only exception is if momentum forces the player out of bounds.
 - b. Any surface out of bounds can be a the center line, side lines, or a back line.
10. **A player touches any surface on the opponent's side.**
 - a. This includes the center line whether in play, or retrieving balls out of bounds.
11. A player is pinching the ball to the point where the rubber is pushed against the rubber. Refs may offer one warning for first time offenders. After, players shall be called out and given a yellow or red card. Pinching is not permitted at any time, including when throwing or blocking.

B. ELIMINATED/OUT PLAYERS:

1. When you are hit with the ball, drop any ball in your possession, put your hand in the air and exit the court as quickly as possible without interfering with play.
2. You may not purposefully interfere with the match in any way, once you are out. Any purposeful interference is subject to a yellow or red card. Refs will give the ball to the opposing team if interference is deemed intentional.
 - a. If a ball touches an out player, as they are exiting, that ball is considered dead.
 - b. If an out player purposefully touches a live ball, the ball is returned to the opposing side.
3. Eliminated players should line up in the order that they were removed from play. Once you have a minimum of 5 players OUT, you may have players stand on the other side of the court (gym providing) to shag balls for your teammates.
4. If any player "line-jumps" to get into play faster, the team will forfeit the match.
5. Eliminated players should line up in the order that they were removed from play or remember their order in the out queue.
6. Players that are out should shag out of bounds to maintain flow of the game.

VII. SAFE PLAYERS

A. A player is SAFE when:

1. A player takes a direct headshot from a ball while maintaining 2 points of contact. The ball is immediately considered dead. Players jumping upwards are safe if hit in the face.
 - a. Players that instinctively protect their face with their hands will not be called out, unless they are attempting to make a catch (interpretation is at ref's discretion).
2. A player catches a ball, either from a direct throw or from a deflection ricochet off your blocking ball or off a teammate's body or blocking ball.
 - a. When the player catches a ball, the first player in the outline, comes back into play.
 - i. Player must immediately re-enter court from the sideline.
 - ii. If a player enters play, out of order, the team forfeits the match
3. A player is hit with a ball and a teammate catches the ball before it dies by hitting an

- inanimate object or spectator/ref .
4. A player blocks a thrown ball with their blocking ball.
 5. If opposing thrown balls collide midair and one hits a player, the player is safe because both balls died upon collision.
 6. A player drops their blocking ball (due to impact) but recovers it before it touches the ground or inanimate object, or another player recovers the ball before it touches the ground.
 7. The ball hits the ground or inanimate object immediately prior to hitting the player.
 8. A player is hit on the fingers while holding a ball. This is called the “handmeld rule” and the ball and the hand is considered the same object. However, if the player is hit on the wrist or below, the player will be called out.
 9. A player falls out of bounds due to momentum, while actively making a catch. This is conditional. Momentum is only when:
 - a. A player is sliding on the ground and cannot physical slow their body while they are in movement.
 - b. A player is running across the court and is unable to slow down or trips.
 - c. A player is knocked by another player and cannot control their movements.

VIII. RATE OF PLAY

A. Rate of Play & Countdown

1. Teams must put balls on the court during play. Teams may not influence the 10-second ball majority countdown by withholding balls off the court or by not shagging balls for teammates. Teams that try to affect speed of play by intentionally removing balls from the court will be warned first and then forfeit game(s) after second offense.
 - a. The ref will do their best – including possibly stopping play ahead of time – to let the stalling team know that they are stalling. Refs have the discretion to card or eliminate players during a flagrant stalling situation.
2. Game stalling by rolling balls back and forth, will result in a “no block” penalty after 3 consecutive back and forth rolls, without any thrown balls.
 - a. No block means that a player cannot use a ball in hand to block another ball. A blocked ball that becomes dead will result in an out. If a blocked ball is caught by a teammate, the player who blocked the ball is safe (this will not be a catch). If the blocked ball is deflected into a teammate and then becomes dead, both players are out.

IX. SHAGGING BALLS

A. PLAYERS WHO ARE IN PLAY:

1. A player who is active/alive may run out of bounds to retrieve a ball by exiting the back of the court. While off court, the player can not be hit by opponents. Once the player retrieves the ball, player must immediately return to play.
 - a. If a player does not exit the back of the court, player will be called out.
 - b. If the player does not re-enter from the back of the court, they will be called out.
 - c. If player delays returning to the court the player may be called out by the ref
 - d. Player may not cross the middle line to collect balls. If they do, player will be called

out.

2. Active players may NOT take balls out of bounds. All balls must be left on the court. If a player takes a ball off the court, the ball will be awarded to the other side.
3. If you are the LAST PLAYER on the court, you may not go out of bounds to shag a ball. If you do, you are out.
4. If a ball from another court enters the boundaries of the court you're currently playing on, the ref should immediately blow the whistle and clear the wrong ball away. If a player is clearing the ball and gets hit, they may be considered safe or out at the discretion of the ref. Play only stops when the ref is on the court.

B. PLAYERS WHO ARE OUT/NOT IN PLAY:

1. If you are OUT, you may "shag" balls for your teammates. You may retrieve balls for your teammates so long as it is on your side of the court and is in OUT OF BOUNDS territory. You may not cross over the middle line.
2. OUT PLAYERS may roll the balls to players on the court. They may not roll balls to the opposing team for any reason.
3. If a player who is OUT OF BOUNDS touches a ball in play, that ball will be awarded to the other team.
4. Players may not stand on the opposing sides outside area to shag balls. Any ball that is on an opponents side, out of bounds, is the opponents ball.
5. There must be at least 5 OUT players before a team decides to send over players to the opposite side of the court to shag balls. However, once a player chooses a side to shag balls, they cannot leave that side.

X. END OF MATCH/GAME

A. Game (Not Match) ends when the last player is eliminated or when time runs out. The referee will blow the whistle and balls will be reset on the line. If it is a double elimination, the referee will determine a winner, or call a tie.

1. The team that wins the most games within the allotted time will be declared the winner of the match, though individual games won/lost will count towards a score differential.

B. Captain Certification: At the end of the final game, captains must sign to certify the score of the match. If the captain fails to do so, the captain waives their team's right to challenge the published score.

XI. OVERTIME

A. Overtime occurs only in playoffs, when the teams are tied and there is no time left in the

game. All players will return to the court, and the teams will be given 2 minutes to complete a match. The winner will either be the winning team, who eliminates all their opponents, or, when time is up, the team with the most remaining players on court.

- a. When 2 minutes is up, all players must freeze on the court, if the game has not completed. The referee will count the remaining players.
- b. If the teams are tied, we will continue with sudden death, with a no blocking rule, and the first team to eliminate a player will be the victors.

XII. INJURY

SUB-SECTION B: INJURIES

If a player is injured during the game, play immediately stops. Time will stop, and the player's health will be managed as a priority. The game will continue once the player has been safely removed from court (if necessary). The referees will complete the game with the time allotted, and if able, make up any lost time.

- a. If the player would have been out before the injury, the player will be considered out.
- b. If the player is safe but unable to continue in play, the last player out may take the player's place.

If any player receives an injury to the head resulting in dizziness, mobility issues, confusion, or otherwise physical impairment, the league is obligated to call 9-1-1 per our concussion policy. The injured player, once treated, is not allowed to return to play without a doctor's note.

XIII. HEADHUNTING/HITTING PLAYERS IN THE HEAD

A. HEADHUNTING (the act of targeting a players head, purposefully) is not allowed. Any player caught headhunting will be called out and subject to a yellow or red card.

1. Players that continuously hit players in the head—purposefully or not—may be called OUT by the ref and are subject to a yellow or red card.
2. Continuously throwing at head levels whether you hit a player or not is prohibited. The headhunting rule will apply to players that repeatedly throw at head height.

APPENDIX:

DODGEBALL POSITIONS

1. **THROWERS** – These are your active players who have the biggest arms and can be the most effective weapon in your box of tools.
2. **CATCHERS** – These are your players who focus on making game saving catches to revive dying rosters.
3. **CORNERS/DEFENSE** – These are your active defensive players who use balls as shields to protect other players from opposing team's attacks.
4. **SNIPERS** – These are your strategic arms who calculate the right time to make an attack without the other team noticing.
5. **SHAGGERS** – These players are nimble and quick who are able to retrieve balls for those players who are in greatest need. Shaggers are also players who are “out” and waiting to come back into play.

6. DISTRACTION – Your basic lunatics who like to make themselves targets to help the team win!