

# Dodgeball

## JOPA Sports Dodgeball Rules

### TEAMS

- Minimum # of Players on Roster - 7
- Maximum # of Players on Roster - 10
- All players must sign the waiver/roster form to be allowed to compete in the league.

NOTE: To curve forfeits, a team can play with a minimum of 5 players but has to have 7 players registered. The team with the most players to show can decide whether they want to play with 7 players or if they want to meet the other teams numbers. It is preferred that all teams have their players at the game. The team with their full roster should play with the normal 7 players per the director.

### RULES

LIVE Ball - Any ball thrown at an opponent that does not touch the wall, ceiling, ground or another ball.

The object of the game is to eliminate all opposing players by getting them 'OUT'. This done by:

1. Throwing and hitting an opposing player with a LIVE ball that strikes the player below the shoulders.
  - Any player hit in the face will be allowed to stay in the game, unless the player intentionally dodges the ball so that it strikes them in the face.
  - If a player accidentally ducks into a ball that is thrown below the waist and the ball hits that players face, then they are considered out.
  - The face rule is to protect players from someone aiming at their head. It should NOT be used to bend or cheat the rules and opposing team.
2. Catching a LIVE ball thrown by your opponent results in the person that threw the ball being OUT.
3. 2 Player Switch - When someone on your team catches a LIVE Ball, one teammate is allowed back on the court.
  - To allow fairness, teams should line up on the side line so that players that have not played that game or the first person that was out during that game be allowed the first back in during a 2 player switch.
  - If you catch a LIVE ball, and then get hit, you are out but one of your teammates are allowed back in.
4. Save - If a teammate is hit with a ball and one of their teammates catches the same LIVE ball, the person that is hit is saved and the person that threw the ball is out.
  - NOTE: This will NOT be considered a 2 Player Switch since the catch saves a teammate from being out and get to stay on the court.
5. Out of Bounds - The out of bounds is used to contain the game. Balls do fly out of the court, teammates on the sideline should fetch the balls for the teams. If no teammates are able to retrieve the balls then a player may step out of bounds to get the balls with NO consequences. (Being hit etc...)
  - If a player uses the out of bounds line as a way of trying to get away with an out, that player will be susceptible to suspension of games and/or banishment from league.

### GAME FORMAT

#### Matches

- 25 minute games.
- 7 Players on the court.
- Please warm-up before games to reduce injuries.
- There should be 5 minutes between games to allow for warm-ups.
- Team with the most wins will win the match.

- Last games will be played out to determine who wins the last game.
- If there is a tie between the two teams at the end of the match, one last game will be played to determine the winner.
- (7 - 0) Mercy's will be decided by the losing team. If the losing team wants to keep playing then the game must go on. No winning team will make the decision to finish or not.

### **The Opening Rush**

- Each game will start with an Opening Rush. 6 balls will be placed at half court, dispersed evenly across the court.
- Each team must be touching the back wall on their side of the court with a foot.
- A court monitor or volunteer (either teams audience or teammate) from the sideline will start the game by voice. Cadence should sound something to the sort of 'Ready, Set, GO!'
- Both teams will rush to half court to obtain a ball or two.
- Balls can NOT be thrown until you AND the opposing players have crossed back past the 1/4 mark line. So NO sneaking shots in early.
- The game will advanced until all players from one team are out.

### **5 Second Violation**

- In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds.
- As long as the other team has one ball, the other team CAN stall to run out the clock.
- If rule is violated, the opposing team will be able to place another player on the court.

### **Timeouts & Substitutions**

- Each team is allowed one 30 second timeout during each match. Substitutions can only be made during a team timeout or an injury timeout. (Injury timeout subs can only replace the injured player).

### **Honor System**

- Allows both teams to communicate and agree upon a ruling and/or decision during a match. If both teams cannot come to the same decision, the court monitor will make a final, non-wavering decision. Meaning that the monitor's decision can not be overruled or changed.
- Any individuals caught cheating or bending rules will be punished with a suspension of games and/or banishment from the league. The Dodgeball Director and/or the JOPA Sports staff will make the final decision on suspensions or banishments.

NOTE: Fights will result in a banishment from the JOPA Sports Facility. JOPA Sports tries to provide a safe atmosphere for all customers and does not condone hateful, spiteful violence.

### **Note from Director:**

We want everyone to enjoy their time playing dodgeball so please be courteous and genuine. Dodgeball can be a very dangerous sport so please protect yourself at all times. When throwing at an opponent, please aim for the legs. Although below the shoulders is legal during game play, balls can get away from a thrower resulting in players being hit in the face and serious injuries. Aiming for the legs can also reduce the chances of the opposing players catching your ball which is a perk. All JOPA Sports Dodgeball rules are an interpretation of the National Amateur Dodgeball Association's rules and code of conducts. Some rules have been changed, omitted and/or expanded upon. JOPA Sports Dodgeball League follows in-house rules only. Suggestions can be made to help improve games and play so that everyone has an enjoyable time. Remember to protect yourself and have some fun.

Any questions, comments and/or complaints can be made to the JOPA Sports Dodgeball Director and/or JOPA Sports Administration.