



Major Changes from Last Season are in **BOLD**

Dodgeball Rules

Play Baltimore Dodgeball Rules are based on International Dodgeball Federation Official Rules with the following exceptions/changes:

Players:

The Coed team is composed of 5 males and 3 females on the court at one time. You must have a minimum of 6 players at start time otherwise you must forfeit. You have a 5 minute window before a forfeit is called. The other team may not override a forfeit, but you may scrimmage against/with each other after the referee calls the forfeit. There is a maximum of 8 players that can play in any game. Other than the 8 designated players, nobody else may play in that particular game. However, substitutions can be made between games. The team roster must consist of at least 10 players.

Non-Registered Player Substitutions:

If a team asks another team for permission to add a player because they are short and that request is approved, then the outcome of the game will stand as played. No more than two players (maximum one male and one female) will be accepted as substitutes for a game to be played without automatic forfeit. This means if your team is short more than two players or more than one of either gender from the absolute minimum requirements, you are automatically forfeited. Non-registered players may play no more than one week and MUST sign a waiver. We have added this rule to eliminate un-needed forfeits.

Match:

You will play one match per night against one opponent. A match consists of as many games as time permits, with the winner of the match being the team that wins the most games. One match lasts exactly 40 minutes, with a 5 minute intermission approximately 20 minutes into the match. The ref will keep the official time and score.

Rules:

If a catch is made prior to the ball touching the ground, a player from the "Catching" team may return to the game using the FOFI (First Out, First In) Method. Again only one of the 8 designated players is allowed to come back in the field of play. To avoid any confusion, players that are "out" should form a line on the sideline in the order they are out.

No Head Shots. Do Not Aim for your Opponents Head! Repeat offenders will be removed from the game. We do play with foam balls, but injuries can occur. If you are inadvertently hit in the head and you are male you are still out, if you are female you are still in, or another female from your team can enter in your place while you recover.

No High Balls. No throw may be made above the shoulders of the tallest player on the opposing team. If this action becomes persistent, the referee has the authority to ask the violating player to leave the game/match.

General:

Before the game may start, all players must be behind the white "free throw" line. The game is started when the referee tosses one ball to each team and then the referee blows the whistle. The third and fourth ball will be placed on the center line. No players may move towards the balls on the center line until the whistle is blown. The first throw of each game must be done by a female player and cannot be thrown deliberately out of bounds. The players have 5 seconds to get rid of the ball once the referee blows the whistle to signal the start of the game. If a female does not throw the ball within the first 5 seconds, the ball will be forfeited to the other team. After both initial throws of the game by the female players, any player from either team may attempt to retrieve the third ball on the center line.

Balls caught, touched, or picked up by any player must be thrown by that player. Players have 5 seconds to throw the ball once in their possession. Failure to do so results in forfeiture of the ball to the opposing team. If one player has a ball in his/her hand, blocking an opposing team's thrown ball does not reset that person's 5 second count. Meaning everybody on the court only has 5 seconds to throw the ball.

Players may not deliberately pass or deflect a ball to another teammate. You may save the ball from going over the line by hitting it back towards your team, but you may not pass the ball to your teammates. This is most common in girl players passing the ball to guy players on her team. To be clear, the referee WILL ONLY CALL this if it is OBVIOUS that a player has passed the ball to his/her teammate. The reason for this change is because the game was stopping too frequently on questionable calls. If one person is consistently guilty of doing this, the referee has the authority to sit him/her out for that game/match.

Once a thrown ball touches an object other than a person in play, that ball is ruled dead and no plays may be made on that ball. Other objects include the ceiling, another ball (even if a person is holding that ball and it drops from his/her hand), etc. That means, if the ball hits any of these items, it is dead.

EXCEPTION: The walls surrounding the court. We are lucky to have a gym that is well suited to playing dodgeball. If a ball hits a player and then ricochets to the wall, the ball is still active, and if caught, the hit person is still in, an out player on the catchers team can come in, and the ball thrower is out. If the ball hits the wall first, it is immediately a dead ball.

Ricochet Rule:

If a ball hits someone on your team and then hits another player on your team before hitting the ground, the second player is ONLY out if he/she made an effort to try to catch the ball. (If he/she *does* catch the ball, then neither he/she nor the first person who got hit is out, and the person who threw the ball from the opposing team is out.) That is, if it hits somebody and then accidentally hits another player when he/she is not looking, that other player is to remain in the game.

Lines & Out of Bounds:

Players are not allowed to cross the center court line at any point during the match. If they do, they will be called out. However, the line is neutral, so touching the line does not result in a penalty, it is when the player crosses the line that he / she is out.

Players are not allowed to jump out of bounds when trying to dodge a ball. (This typically happens in the back corners of the court.) If the player jumps entirely out of bounds, the referee will call that person out!

Out of Bounds Balls:

When a ball lands out of bounds, whichever team is on the side where the ball lands is able to have their inactive players retrieve the ball and throw it into the field of play. **If an active player is easily able to retrieve an out of bounds ball they are allowed to do so.** If the ball lands outside of these areas (like out a door) the referee will retrieve the ball, if deemed necessary.

Complaints:

If anyone on your team has a complaint with a call, he/she must let the captain know. **The captain is the only person on the team that is allowed to approach the referee with a complaint and may only be done in between games and not during a game.** Additionally, there will be no negative talking to the opposing team. A violation of either of these rules is punishable by game/match/league suspension. The referee's call is **FINAL**.

Playoffs

The top teams will go to playoffs. The top teams will be determined by record, then head to head play, and then head to head games won. If a tie persists, a coin flip will determine the winner.