



INT Dodgeball Rules



Updated May 25, 2022

1. Pre-Game – Spirit Points, Equipment, Game Time, Defaults, Fields

Play that is competitive, overly aggressive, rough and/or unsportsmanlike such as pushing, shoving, elbowing, shouldering, tripping, hacking, slashing, sliding, tackling, ball blasting, chirping, name calling, threats and intimidation, is prohibited and will not be tolerated by FCSSC. FCSSC IS FIRST-AND-FOREMOST-FOR-FUN. ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM THE GAME, THE LEAGUE, THE CLUB AND/OR ALL OF THE ABOVE. All players should go out of their way to avoid contact with other players and/or eliminate actions or behaviours that could jeopardize player safety. If accidental contact occurs it is expected that players will apologize for that contact, ensure everyone is alright and stop the game to seek appropriate help as required. **THIS RULE SUPERSEDES ALL OTHERS!**

Spirit of the League: An integral part of all the sports that the Forest City Sport & Social Club offers. It is based on the primary focus of the FCSSC, which is sportsmanship and to have FUN...NOT on competitive and aggressive sport.

Equipment/Set-Up: FCSSC Game Coordinators will provide 6 (smaller size, 7") dodgeballs for each game. In addition, FCSSC's Game Coordinator will keep score when possible (ie. Only one game at a time). If the FCSSC Game's Coordinator is unable to keep score, we ask that each team select a player to assist in keeping score.

Game Time/Defaults:

- Please arrive 15 minutes early so that you can start your games on time.
- Games are 55 minutes in length and consist of as many games that can be played in the 55-minute time period.
- Teams are comprised of six (6) players with a minimum of two (2) women and two (2) men.
- The 6 players that start each game are the ONLY players that can play during that particular game (i.e. for that point). Substitute players must wait until the next game before playing. Teams can alter their roster for each game, as long as the gender requirements are met. Exception: Injured players can be substituted midway during a game if necessary (male for male, female for female only)
- A default will occur if any team cannot field a squad by 10 minutes after the official start time. A team can play with a minimum of 4 people, as long as gender requirements are met. Captains may agree to waive rules regarding gender requirements, but this should be decided before the game starts. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!

2. In Game – General Rules, Throwing, Elimination, Scoring, Winning

General Rules:

1. 6 dodgeballs will be used for each game.
2. To start the game, each team stands at their respective back wall with two dodgeballs each. The timekeeper (or a substitute player) will start the match by shouting, "Ready, Set, Dodgeball".
3. Once play has started, players must remain on their own side of half.
4. Players can lean over the half line to retrieve a ball, but the player cannot touch the middle line or any part of their opponents half of the court. If any part of a player touches the line or other half, that person is out. As well, if a ball is thrown by a player who steps on/over the line, the ball is considered dead and cannot eliminate an opponent. Players can also not jump from their own side of half and land on their opponent's side in the attempt of getting an opponent out. Only the thrower is out in this scenario.
5. Players cannot remain static in areas that conceal or partially conceal their body. e.g., door entrance ways, climbers, etc. Also, players cannot lie down, kneel or crouch before a ball is thrown. Players can dive out of the way of thrown balls and land on the floor (or kneel down), but they must get back up right away. This is to avoid as many head shots as possible.
6. A ball is considered "dead" as soon as it hits the floor, walls, ceiling or any other obstacles around the court (e.g., basketball hoops, etc.). A player is not eliminated after being hit by a dead ball. All other balls are considered "live".

7. Eliminated/Substitute players should stand/sit in the corner at the back wall, and should do their best to no interfere with play. A bench area should be defined (using a bench turned on its side) and this area is out of bounds. Live players may only enter this area to retrieve balls.
8. If you have been hit, raise your hand while you are exiting the floor. That way your opponents will not intentionally strike you again! Players must exit via the nearest sideline or backline to avoid interfering with continuing play.
9. Teams will switch sides of the court after each completed game.
10. Players cannot kick the ball.
11. Players must not squeeze all of the air out of the dodgeballs before throwing them. This makes the balls more firm, which makes them hurt when they land. Please be considerate of other players. Safety first.
12. Players are asked to keep their fingernails trimmed in order to avoid piercing the skin of the dodgeballs.

Throwing the Balls and Eliminating Players:

1. To eliminate a player, a "live" ball must hit a player, anywhere on their body. Anyone who is hit by a dodgeball is eliminated, with few exceptions, explained below.
3. HEAD SHOTS: Player safety is a top priority for FCSSC. Head shots can happen in dodgeball but should NOT be a common occurrence. Aim low and be sure of your throw before release. If a player is hit in the head the game must immediately pause so that they thrower of the headshot can apologize and ensure that the player they hit is ok. Once the hit player is safely off the court, play can resume with the team whose player was hit in the head throwing first. In the interest of player safety, Game Coordinators may remove players, teams and/or stop play at anytime should repeated or malicious headshots occur.
4. Clothing is considered part of your body if hit by a ball – hitting clothing makes that player OUT.
5. If a "live" ball hits a player then bounces and hits another player on the court (who does not catch it), both players are out.
6. If a player catches a "live" ball that is thrown at him/her, the thrower is OUT. IN ADDITION, the team that caught the ball can return a previously eliminated player to the court. The returning player must enter through the back of the court. The player that returns to the game MUST be the first player who was ruled "out" during that particular game (and the order of returning players should be maintained...i.e. the third player to be eliminated will be the third player to return to the court). Reminder: substitute players must wait until the next game.
7. Players are allowed to hold 2 balls at the same time. If either ball is dropped and becomes dead as a result of using the balls to block a thrown ball, the player is out. Any other time one or both balls are dropped does not result in the player being eliminated.
8. A player that is holding a ball can use it to deflect/block another ball that is thrown at them by an opponent. However, if the ball being held is dropped due to the second ball, the person who dropped the ball is OUT. For clarity: If a thrown ball is deflected into the air, but as a result of the deflection the ball used to block the thrown ball is dropped, the deflected ball must be caught before the dropped ball becomes dead in order to prevent the player from being eliminated. This rule is also in effect if a second throw hits the player and the ball becomes dead before the deflected ball is caught.
9. A deflected ball is still considered "live" until it hits the ground. i.e. if it hits another player, or any part of the body of the player who deflected it, before hitting the ground, the hit player is out.
10. A live ball that rebounds off of a player (ie. from an unsuccessful catch, hits off their body, is deflected by another ball, etc.) may be caught by any other in-bounds player prior to the ball becoming dead (hitting ground or wall). As usual, the thrower is OUT, and the catching team can return a player. Also the player the ball hit first, is NOT out.
11. If a thrown ball hits an opponent and comes back across the centre line, the ball is considered to be dead and only the person who is hit is out.
12. When each team is down to one player ("one on one"), both players cannot use balls to block thrown balls. Teammates on the sidelines are encouraged to remind the player still on the court by yelling "NO BLOCKING!" The No Blocking rules helps to speed up the conclusion of the game. If neither player is eliminated after one minute of no-blocking play, each team will return one player to the court (the player who was slated to return next). The "advantage" rule is still in effect for one-on-one play.
13. To keep play moving, players must respect the rules of Advantage. The team with advantage must throw a ball within 10 seconds. The 10 second countdown restarts when a ball is thrown by any team. If a ball has not been thrown within 5 seconds, a clearly audible countdown will begin. If a ball has not been thrown within 10 seconds, the team with advantage must forfeit all the balls on their half of the court to the opposing team in a timely manner. Advantage is given to the team that:
 - a – has the most balls on their half of the court; or
 - b – if the number of balls on each half is equal, has the most live players; or
 - c – if the number of live players on each team is equal, has not thrown last; or
 - d – if neither team has thrown, that last won a set
14. Remember: FCSSC IS SELF-OFFICIATED. Points and standings are determined in large part by FCSSC's Spirit Point System. Honesty and sportsmanship are required to win. Players are expected to make a fair and honest call about whether they were hit. If a player/team accuses another player of being out, it is up to the player in question to decide whether they were hit or not. Squabbling between players is counter to the spirit of the league and a waste of fun, playing time. Please remember, "it's just dodgeball" and sportsmanship is integral to the game. Dishonest and/or overly-competitive players are not welcome

Scoring/Winning

1. Matches will consist of as many games that can be played in the 55-minute time period (except playoffs which are 50 mins in case of a tie).
2. Each game won will count for one point.
3. If a game is still being played when time expires, the team with the most live players on the court at the time will win the game.
4. Ties are allowed during the regular season. If a match is tied at the end of a playoff game, a 3-minute overtime session will break the tie. (the current game should be continued for 3 minutes)

3. Post-Game – Departure & Score Reporting

Discrepancies: All games are self-refereed. Any disputes will be discussed amongst the two team captains. Please play honestly and call your own infractions (in the kitchen, net, etc). If a dispute cannot be settled the point should be re-served

Score Reporting: Captains from each team are responsible for reporting or confirming game scores within 48 hours of the completion of the game. Scores can be reported or confirmed via our website at www.forestcityssc.ca. Score reporting reminders are NOT sent via email in the new system, so captains are asked to remember to log in to their accounts to report the scores.

Departure: Each week after your game, it is important to leave the court in a timely manner. Teams could be playing after you and will need to get their game started on time. It is also possible that the facility could be closing upon the completion of your game and all staff and FCSSC members will need to depart at that time.