



REC Dodgeball Rules



UPDATED August 27, 2025

1. Pre-Game – Equipment, Game Time, Defaults

Spirit of the League: The primary focus of FCSSC is FUN! This league is a positive and encouraging environment that is welcoming to players of all backgrounds and playing abilities, with the goal of getting moving, meeting new people, and having fun while doing it! We look forward to an awesome season of welcoming and inclusive play.

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 all right and stop the game to seek appropriate help as required. This rule supersedes all others!

Game Host: You will have an FCSSC Game Host on site to make sure everyone is having FUN during your game! They are responsible for a number of things like waivers, score reporting, rule clarifications etc. to help things run smoothly every week. FCSSC is a self-officated league, so players are responsible for making calls on the field/court. Your Game Host is NOT a referee, but can act as a mediator if there are any disputes, and has authority in the gym! Please ask your Game Host if you have any questions or concerns during your game!

Equipment/Set-Up: FCSSC Game Hosts will provide 5 (larger size, 8”) dodgeballs for each game. In addition, FCSSC’s Game Host will keep score when possible (ie. Only one game in the gym at a time). If the FCSSC Game’s Host is unable to keep score, we ask that each team select a player to assist in keeping score and report the final score to the Game Host at the end of the game.

Mixed Gender Requirements: FCSSC is committed to providing inclusive access to for-fun sport for players of all gender identities.

In this mixed gender league, teams are comprised of six (6) players with a minimum of 2 players of the non-majority gender (for example, a team with 4 men must have 2 players of another gender on the court).

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.
- 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 (majority for majority gender, non-majority for non-majority gender 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!
- Maximum roster size is 12 players per game.

Alcohol/Drugs: ALCOHOL AND DRUGS ARE NOT PERMITTED DURING LEAGUE PLAY! ANY OFFENDERS WILL BE ASKED TO LEAVE THE LEAGUE WITHOUT REFUND. No exceptions.

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

General Rules:

1. 5 dodgeballs will be used for each game.
2. **Advantage Rules:** Advantage is given to the team that is in possession of the majority of balls. When a team has advantage, teams must throw at least one ball within 10 seconds. After throwing that ball, if the throwing team still has advantage, their countdown resets and they have another 10 seconds before the next ball must be thrown. Teams are considered to be in possession of a ball if it is on their side of the court – they don't need to have balls in hand in order to have possession. *(Exception: If a ball leaves the playing area, neither team is in possession of it. If this results in both teams having an even number of balls, Advantage is given to the team that didn't throw last. This remains the case only until the ball is retrieved).*
3. **ONLY the team with Advantage needs to throw their ball within 10 seconds.** The non-Advantage team can hold their ball for longer than 10 seconds, but in order to keep things fun and speed up the pace of play, players should throw their ball in a reasonable amount of time. **Dropping, pushing or kicking a ball to your opponent's side in order to keep the majority of balls on their side (and therefore force them to keep Advantage and throw) is considered unsportsmanlike and is NOT permitted.**
4. To start the game, captains or a representative from each team should play rock-paper-scissors to determine which team starts the first game with Advantage (3 balls) and which will not (2 balls). The timekeeper (or a substitute player) will then start the match by shouting, "Ready, Set, Dodgeball". For each point following the first, Advantage will be granted to the team who did not have it in the point prior.
5. Once play has started, players must remain on their own side of half.
6. Players can lean over the half line to retrieve a ball, but the player cannot touch the middle line or any part of their opponent's 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.
7. Players cannot remain static in areas that conceal or partially conceal their body. e.g., door entrance ways, climbers, etc.
8. 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.
9. 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".
10. Eliminated/Substitute players should stand/sit in the corner at the back wall, and should do their best to not interfere with play.
11. If you have been hit, raise your hand while you are exiting the playing area. 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.
12. Players cannot kick the ball.
13. 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.
14. 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 an opposing player, a "live" ball must hit the player from the SHOULDERS downwards. An opponent that is hit in the head is NOT eliminated - but the thrower of the head ball IS eliminated. If a ball first hits the player in the legs, and then bounces up and hits their head, the player is OUT - the ball's first point of contact is what matters.
2. **HEAD SHOTS:** Players cannot purposely use their head to block a ball. If a ball hits a player in the head while they are kneeling, bent over at the waist, squatting or lying on the ground they are eliminated and the thrower remains in the game. If a player is standing and is hit in the head, the player hit remains in the game and the thrower is removed from the game.
3. If a "live" ball hits a player then rebounds and hits another player on the court (who unsuccessfully catches it), both players are out.
4. If a player catches a "live" ball that is thrown at them, the thrower is OUT. IN ADDITION, the team that caught the ball can return a previously eliminated player to 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). Players returning to the court must return to the starting position at the back of the court before beginning to play again. Reminder: substitute players must wait until the next game.

5. Players can only be in possession of ONE ball at any given time. If a player catches a 2nd ball, then the thrower is NOT out and the catcher must immediately drop the 2nd ball. As well the team whose player caught the 2nd ball is NOT allowed to bring a player back onto the court. The player can throw this ball in any manner from anywhere on their own side of the court.
6. A player that is holding a ball can use it to deflect/block another ball that is thrown at them by an opponent. If the ball touches any part of a player's body while they try to deflect, they are OUT. In addition, if the ball being held is dropped due to the second ball, the person who dropped the ball is OUT. A deflected ball is still considered "live" until it hits the ground. i.e., if it hits another player before hitting the ground, the hit player is out.
7. 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.
8. 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.
9. SELF-OFFICIATED -- It is the responsibility of all players to make a fair and honest call as to whether or not they were hit.
15. 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. Please remember, "it's just dodgeball" and sportsmanship is considered integral to the game. Ultra-competitive players are not welcome.
10. Clothing is considered part of your body if hit by a ball – hitting clothing makes that player OUT.
11. Every time that only 2 players remain on the court (1 from each team), the timekeeper should announce that the two players have "one-minute" to eliminate each other. After the one minute has expired, if the game has not yet ended, each team will return one player to the court. (Again, each team must abide by their order of returning players).

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. Ties are allowed during the regular season, but not during playoffs.

3. Post-Game – Score Reporting & Departure

Score Reporting: FCSSC Game Hosts will report the score for each game. Please be sure to inform your GH of the game's score before leaving the facility! Scores and standings can be viewed through your account at www.forestcityssc.ca

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 the building at that time.

4. Playoff Games

No Ringers: To play on playoff nights players must have played a minimum of 2 regular season games for that team. For dodgeball leagues, games = nights.

Substitutes: A player is only allowed to play for one team in each playoff round. Players cannot sub in for another team during the same round, most particularly in a championship game. Exception: a player may sub for another team in the same league during the same play-off round IF the game is not a championship game (i.e., title on the line) and the team needing a sub would default the game without the substitute player (resulting in both teams being unable to play).

Tiebreaker: Playoff games will only be 50 minutes in length to allow for extra time to resolve a tie. 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).

Playoff Matchups: For more information about playoffs (including details about how matchups are determined), please visit our policies page at www.forestcityssc.ca/page/policies