



# AZ Dodgeball - Official Rules

Updated Sept 2010

1. Eligibility
  - a. All players must be at least 18 years of age to participate.
  - b. Players must be registered by applicable cut-off date.
  - c. Players must be in good standing with AZ Dodgeball LLC.
  - d. If a team uses any player who is not registered and/or in good standing with AZ Dodgeball LLC, that match, and any subsequent matches that the ineligible player participated in, will be forfeited.
2. Teams
  - a. Teams will have least 6 players on the court. There will be a minimum of 10 players on each teams' roster.
  - b. Each team will have a minimum of 2 women and 4 men at the start of the game, with no more than 8 on each side at any time, with at least three of those players being women. A team must have at least three women to have more than six players on the court.
  - c. The people who are on the court at the start of the game are the only team members allowed to play in that particular game. Once a new game begins a team may exchange players.
  - d. No more than 16 total players on the court during the game.
  - e. If a team cannot field the minimum six person (four male, two female) requirement with its own players, the team may recruit substitutes from other registered players during regular season play. Teams may not increase to more than six players with substitutes.
  - f. A team must field at least three of its own players to begin a game.
3. Replacement players
  - a. A team may replaced a player who is injured or unable to participate with a player that is not currently on the roster of another team in the same league
  - b. Replacement players must be in good standing with AZ Dodgeball LLC
  - c. Replacement players must sign an AZ Dodgeball waiver form before participating in any game
  - d. Replacement players and the player they replace may not participate in any game in the same week
4. Game Play
  - a. Playing Field
    - i. The playing field will be a rectangular area divided into two equal sections
    - ii. Players may not enter the opposing team's section for any reason, other than a suicide throw or one-on-one
    - iii. Players may lean into the opposing side, but no part of the player's body may touch the ground in the opposing side.

- iv. Players may pick up balls on the opposing side, as long as the player does not touch the ground on the opposing side.
- v. Any player touching the ground on the opposing team's side will be out, except for a suicide throw or one-on-one.
- vi. Players may not leave the court to pick up a ball that is out of bounds, Leaving the court will result in that player being out
- b. Game Ball
  - i. The game ball for all games will be an 8.5" Baden playground ball.
  - ii. Game ball color will be court-specific. Players may not use game balls from a different court
- c. Game Play
  - i. Game begins by placing five dodgeballs on the center line. Two balls on each side of center hash and one in the middle of the court.
  - ii. Players begin the game behind their end line.
  - iii. Gameplay begins with a signal from the official
  - iv. After the official's signal, players retrieve the balls on their designated side of the centerline.
  - v. One player from each team may attempt to retrieve the center ball.
  - vi. Balls may only be thrown once the player with the ball and the ball in their entirety moves behind the "throw line"
  - vii. A referee may require players to put more than one ball in play if they deem necessary to speed up game play
- d. Burden of Attack
  - i. The team with the most game balls on their side of the court has the burden of attack, i.e. if one team has four balls, and the other has one ball, the team with four balls must throw.
  - ii. A referee may ask a particular player to participate in the attack if they have held a ball for a long time.
  - iii. If there is one player left on a side, the referee will put the burden of attack on the other team if they have at least two balls.
  - iv. If a team does not attack in a timely manner, the referee will give them a five second count. If the team does not attack after those five seconds, the team must surrender all their balls to the opposing team.
  - v. Players or team captains may be awarded a yellow card for continuous slow play.
- e. Outs
  - i. A player is out if they are hit with a thrown ball below the neck before it touches the ground, wall, any inanimate object, or any person who is an inactive player (referees, spectators, etc.)
  - ii. A player is out if their thrown ball is caught by an opponent before it touches the ground, wall, any inanimate object, or any person who is an inactive player (referees, spectators, etc.)
  - iii. Uniforms are considered part of the player's body
  - iv. When a player is out, they must leave the court immediately and take their place in the out line.

- v. If an out player moves out of their way to intentionally get in the path of a ball thrown by an opponent, the closest teammate at the point of contact will be out.
  - vi. Teams may get an out player back into play by catching a ball thrown by your opponent before it hits the ground, wall, any inanimate object, or any person who is an inactive player (referees, spectators, etc.). The player who enters the game must be the first out player during the current game.
  - vii. Players can not move ahead in the out line.
  - viii. When a player re-enters the game, they are not eligible for play until they turn into the playing field. When a player re-enters the court, they may go behind their out line, or if there is no one else out, outside the sideline. If a player enters the court immediately, they are active once they step on the court.
- f. High Throws – The referee may call a player out if they throw a ball high or out of control. This is up to the referee’s discretion.
- g. Head Shots –
- i. If you have a third point of contact on the ground and are hit above the shoulders, you are out.
  - ii. If you are dropping to a third point of contact and are hit above the shoulders, you are out.
  - iii. If you are hit above the shoulders with only your feet on the ground, and the throw is not deemed a high throw by the ref, neither player is out.
- h. Suicide Throw –
- i. A suicide throw is when a player jumps across the center line and throws a ball at an opponent before touching the ground on the opposing team’s side of the court.
  - ii. A player that unsuccessfully performs a suicide throw is out
  - iii. A player that successfully performs a suicide is safe and must run back to their side of the court immediately after they throw the ball. After a successful suicide, a player is immediately eligible to be hit with a ball
  - iv. If a player is performing a suicide, the player performing the suicide must not initiate physical contact with the target. The target has the right to the space that they occupy at the time that the suiciding player jumps, from the ground to the ceiling. If the suiciding player makes contact with the target, the suiciding player is out.
  - v. If a player throws an illegal headshot when they perform a suicide, they are immediately awarded a yellow card
- i. Saves
- i. A save occurs if a player is struck by the ball and the ball is in turn caught by a teammate before the ball touches the ground, wall, any inanimate object, or any person who is an inactive player (referees, spectators, etc.). No player is eliminated in this situation, including the thrower.
  - ii. A player may deflect a thrown ball with a held ball and not be called out. If the player drops the deflecting ball, s/he is out. If the thrown ball hits another player after being deflected without hitting the ground, the player that was hit by the ball is out.

- iii. A ball is considered dead once it hits the ground, wall, any inanimate object, or any person who is an inactive player (referees, spectators, etc.).
  - j. Jailbreak - If a team has only one remaining player on the court, that player may try to shoot their ball in the opposing team's basketball hoop. If the basket is successful, everyone in the out line is allowed back on the court.
  - k. Sudden Death
    - i. If, at the end of the game, there is only one person on each side, the entire court becomes playable for either player.
    - ii. Players may make a jailbreak shot on their basket if they have not already made one in that game
    - iii. If a jailbreak shot is made in sudden death, the referee will stop play and both teams will return to their respective side
  - l. Honor System –
    - i. Rules are primarily self-governed. Outs are enforced primarily by the honor system.
    - ii. Referees are available to handle disputes, not to tell every player when they are out.
    - iii. The referee's decision is final. Arguing with the referee may lead to ejection from the match, yellow cards, red cards, and/or recommendation to be banned from the league.
    - iv. If there is a discrepancy, or if you feel your referee was unfair or biased, the team's captain may bring it up to the Commissioner after the match
    - v. Referees may sit players and give warnings for unsportsmanlike conduct
    - vi. Upon recommendation from the referee, any player may be brought up for ejection and a lifetime ban from AZ Dodgeball. Reasons for this will include, but not be limited to:
      - Abuse of the honor system
      - Unsportsmanlike conduct
      - Excessive arguing with a referee
      - Excessive vulgarity
      - Kicking a ball
      - Intentionally aiming at the head
      - Unnecessary roughness

## 5. Cards

- a. Yellow Cards –
  - i. The referee may issue yellow cards for unsportsmanlike conduct during any match.
  - ii. A player that receives a yellow card is removed from their current game and may not play in the subsequent game for their team. Their team must play with one fewer player than they began each game with.
  - iii. A player may not substitute the player who received the yellow card
- b. Red Cards
  - i. The referee may issue red cards for gross misconduct during a match
  - ii. If a player has received a yellow card previously in the match, a red card will be issued if the player earns another yellow card. Two yellow cards in one match = one red card.

- iii. A player that receives a red card is removed from that match and may not play in the team's subsequent match. Their team may not substitute the player who received the red card for the entire match
  - iv. A player that receives a red card may not participate in the team's subsequent match. The player's team may only have a maximum of seven players in the match immediately following the match where the player received the red card.
  - c. Multiple Red Cards – If a player receives two red cards in one season, they will be ejected from the current season, and may be banned from play for life pending review from the AZ Dodgeball Executive Council.
- 6. Assist Player – Each team must have an Assist Player to help retrieve balls that go outside the playing area during their match. The assist player may be a substitute on the team's roster or a player on another team. Each team is responsible for finding their own assist player.
  - 7. Spirit of the rule – Referees are instructed to officiate games in the best interest of AZ Dodgeball. During the game, referees may make judgment calls and decisions based on the best interest of the league. These judgment calls are not intended to provide any specific team or player with a competitive advantage, simply to make the league more enjoyable for all.
- 8. MOST IMPORTANT RULE –

**HAVE FUN!!**