



INDOOR DODGEBALL LEAGUE RULES

Last Updated: December 22, 2009



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1. RECENT REVISIONS & UPDATES

Last Updated

December 22, 2009

- Changed the rule regarding female minimums on the court. Teams may now play with four males if they only have one female for a regular season game but will be penalized on their spirit points.
- Added a rule that pinching the ball is not allowed at any time.

April 3, 2009

- Clarified Playoff format – Sportsmanship guidelines and sub policies.
- Clarified that when a player is trying to pass to their own teammate, if the teammate does not catch or contact the ball, the player who attempted the pass is eliminated.

December 22, 2008

- Updated the equipment section to encourage players to wear protective gear if they choose to do so.
- Clarified the sections 'Live and Dead Balls' and 'Catching and Blocking' as they relate to deflected balls.
- Clarified that players need to be standing for a ball thrown to be considered to be a 'dangerous high throw' or a 'head shot'.
- Changed the definitions and repercussions for dangerous high throws. All players must be aware of this rule change.

September 8, 2008

Recent Changes

- Clarified protocol for balls out of play.
- Clarified definitions of live and dead balls.
- Made it mandatory for balls to be thrown over the centre line, defined what it means for a ball to go over the centre line.
- Modified the dribble reset rule. Players may now only dribble one time per possession to reset the 10 seconds.
- Reinstated the Kamikaze rule.
- Added rules regarding deflections, saving a teammate and multiple hits.
- Created new sections for violations, dangerous high throws and head shots.
- Explained what can be done with dead balls.
- Explained rules for eliminated players.

2. SPORTSMANSHIP

The SSC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by the SSC sportsmanship policies, any player or team who does not will be subject to suspensions or league expulsion.

ZERO TOLERANCE POLICY

In order to promote a safe and sportsmanlike environment for its players, the SSC has clarified its stance on unsportsmanlike behaviour. All players must understand the expectations for playing in SSC leagues. Games Coordinators are required by the SSC to ask players to leave the gym/field if they are involved with any of the following acts:

- Swearing directly at another player or the Coordinator.
- Intentionally pushing, shoving or making physical contact with another player or Coordinator.
- Making comments to instigate an altercation with another player or Coordinator.

In addition to being dismissed from the game, a one week suspension (or more) may be assigned by the SSC to the involved player or team.

SPORTSMANSHIP RATINGS

In order to encourage sportsmanlike play, each team must choose and report a rating for their opponent. The sportsmanship rating for your opponent gets reported directly to the Games Coordinator at the end of each game.

Each team will be given 3 sportsmanship ratings per game, one rating from the opponent and two ratings from the GC. The best rating you can receive per game is +3, the worst is -3. The rating refers to Spirit of the Game as well as Accountability for calling your own infractions and penalties.

For a description of how to rate your opponent, see below.

Rating	Explanation
(+1)	The team was a lot of fun and made a genuine attempt to call their fouls.
(0)	The team was OK. There are two scenarios: (1) they were average in both Fun and Accountability; (2) They were strong in one area but weak in the other area.
(-1)	The team was not fun (too intense or aggressive) and generally did not follow the rules and call their own infractions/penalties.

The GC will rate "Accountability" and "Spirit" as separate scores while Team Captains will rate them together. The ratings work as follows:

"Accountability" Rating:

This rating is based solely on how you felt your opponent took responsibility for calling their own fouls. A team that does well on Accountability either: committed few or no fouls so it was not an issue, or committed several fouls and made a genuine attempt to call most of them.

"Spirit of the Game" Rating:

This rating is based on two criteria:

- How fun your opponent was. A high rating would be for a team that appeared to put fun first and winning second and encouraged themselves or their opponent in a positive way.
- The level of respect that the opponent displayed towards the GC.

REPORTING SPORTSMANSHIP CONCERNS

- If during the game you have a concern with the other team, address the issue respectfully with the Games Coordinator at the appropriate time (during play on the sidelines or at halftime).
- If at the end of the game you do not feel that the issue has been resolved, report the details of the issue to the SSC by 5pm the next day by using the online complaint form - [Click here](#).
- If you give a -1 and do not support the rating with a complaint form by 5pm the next day, SSC staff cannot properly act on the issue and the rating will be changed to a zero.

Click on the links below for full details on the following topics:

- [Full sportsmanship policy](#)
- [End of season sportsmanship rating review](#)
- [How the SSC handles complaints](#)
- [Nominate a Lady Bing Team](#)

3. WAIVERS

- All players must sign a [waiver](#) every season before playing their first game. The waiver can only be completed online.
- Any player that subs in (even if only for one game) must fill out a waiver prior to playing. Captains are responsible to ensure that this is done.
- The waiver outlines the SSC's liability and sportsmanship policies.

4. WEATHER POLICY

The SSC does not cancel any indoor games due to inclement weather. The only time that games would be canceled and rescheduled would be if the facility is closed, teams will be contacted if this is the case.

5. DEFAULTS

- All teams are to be at the facility 15 minutes before their scheduled game time.
- At game time any teams not meeting the minimum player requirements will default the game.
- Defaults are recorded as 8-0.
- If a team defaults, the fee is \$50.
- Teams must provide the fee before their next game.
- If a team fails to pay on time their next game will be played, but will be recorded as a loss to them with a score equal to the default score. The actual score of the match will be applied to their opponent; they will not be awarded a default win. The score of this match will not be changed once the team pays their default fee.
- Teams defaulted against will be refunded \$50 to the credit card that was used to register the team.
- If a team defaults on a second night, their status in the league will be under review.
- Singles players are not charged a default fee if their team defaults. If a singles team is defaulted against, they will receive a gift certificate to the Season Ending Party.

6. THE GAMES COORDINATOR (GC)

Games Coordinators (GCs) are SSC employees, they are not trained referees. They are there to encourage sportsmanlike play and to help to keep the games running smoothly. If players are not calling their own fouls the GC reserves the right to step in and call these fouls. The roles of a GC include:

GYM MANAGER

- Facility Liaison – Open the facility if required, coordinate with the caretaker, and uphold facility standards.
- Game Set-Up – Make sure all required equipment is ready for game time.
- Manage the Time –Start the clock at the scheduled start time and manage the time for the remainder of the game.

- Keep Score – Keep track of the score throughout the game using a score clock or score sheets. Team captains must confirm the final score and report a sportsmanship rating for their opponent to the GC before leaving the gym.

PLAYER LIAISON

- Pre-Game Meeting – Call in both captains for introductions, clarify sportsmanship/gameplay expectations and provide facility or league updates. Team Captains are to communicate their expectations to both the GC and their opponent. At the end of the pre-game meeting Team Captains are required to communicate all information with their players.
- Report Player Comments – Ensure that ideas and recommendations from players are communicated to the SSC staff.

MEDIATOR

- Halftime Meeting – Act as a mediator for the captains at half time for any discussions regarding play or sportsmanship. The GC will also provide feedback and re-establish expectations to both teams at this time. Team captains are expected to communicate all issues to their teammates.
- Call Fouls – Call any fouls that the players do not call themselves, these are recorded on the game sheet and reported to the SSC.
- Enforce Sportsmanship Policy – The GC is required to eject players who are a threat to the fun or safety of their opponents. Players who jeopardize the safety or enjoyment of other players or the GC will not be allowed to continue playing and must leave the facility before the game will resume.
- Disputes – If there is a disagreement between teams during a game, both teams are expected to show respect to each other and the GC. Any disputes will be resolved by the GC if the teams cannot agree. Once the GC has made a call, play will resume without further discussion. If a player has a question regarding the rules, the team captain should address it with the GC either at the half or at the end of the game.

GAME REPORTER

- Game Report – Submit game summary inclusive of the scores, sportsmanship ratings, notes on penalties, recommendations and comments regarding the sportsmanship of each team.
- Sportsmanship Ratings - A major focus of their report and the ratings they give each team is based on how well the team adjusted their style of play in the second half, after hearing the feedback at half-time.

WHAT THE GC DOES NOT DO

- The GC is not a trained referee. Therefore, they will not 'referee' the game - the players are expected to respect their opponents, the GC, and play by the rules of their sport. Players should call the GC by their name – teams that call the GC 'ref' may lose spirit points.
- In any dispute, teams are expected to act in a mature manner and resolve the issue between themselves based on the current rule book. If the GC needs to step-in, their say will be final and the dispute will be considered over. Arguing beyond the GC's decision may cause teams to lose spirit points as this is considered to be a lack of respect towards the GC.

WHAT HAPPENS IF THERE IS NO GC AT THE GYM

- If no GC is present at the game, players must keep time and score. Captains should confirm the score often during the game to make sure that there are no discrepancies.
- Team captains must e-mail in their scores and sportsmanship rating to scores@calgarysportsclub.com by noon the next day.

7. SCHEDULES

- Schedules are posted online 48 hours prior to the first game.
- If the schedules are not posted you may assume the schedule has not been completed. Please do not contact the SSC regarding your schedule until after it has been posted.
- Games can be played anytime between 6:00pm-11:00pm on weeknights and 8:30am-11:00pm on weekends.

- Singles team names are assigned by the SSC office staff. All individuals' names will appear on the schedule with their team name.

8. ROSTERS & SUBS

- When registering a full team, there is no maximum limit to the number of players that you can have on the roster.
- A full team on the court consists of 6 players with a minimum of 2 females.
- The minimum amount of players required in order to not default is: 4 players including at least 1 female.
- Female minimum requirements:
 - In regular season games, if a team only has 1 female player, they may play with 4 males but will be deducted 1 spirit point from the GC 's rating for the match (maximum attainable points will be 2).
 - In playoff games, if a team only has 1 female player they can only play with a maximum of 3 male players on the court.
- A sub-list can be requested from the office. If you recruit a sub, it is your responsibility to ensure they are ready to play (know the rules, will play at the proper level and have submitted a waiver).
- A team that registered as a full team may bring in additional players that are not listed on the roster. They must fill out a waiver prior to playing.
- In the spirit of sportsmanship, captains are expected to replace players with a person of a similar skill level. Bringing in "ringers" for regular season and particularly playoff games is discouraged.
- If you are playing in a league where there are other SSC teams playing before you, your team may borrow players under this condition: to increase your team to a minimum full line-up. The SSC considers it to be an unfair advantage if a team borrows players to bolster their line-up.
- Individual team rosters will be e-mailed out 48 hours prior to game one.
- Subs in Playoffs:
 - Subs are expected to play at the same skill level of the player that they are replacing.
 - The top 4 teams can only bring in subs that have played at least one game in the regular season.
- To help avoid defaults in the **playoffs**, teams, excluding the top 4 (teams ranking 1-4 in the standings after regular season games), are welcome to bring in subs who have not played at least one regular season game with the team.

9. FACILITIES

- The SSC rents facilities from Parks and Recreation or private establishments. As tenants, players must respect the standards and rules of each facility.
- Alcohol is strictly forbidden inside schools or in parking lots.
- Players are expected to clean up after themselves, please do not leave any garbage behind.
- Any player who causes the SSC to receive a complaint regarding a field rented by the SSC will face a \$100 fine and may be ejected from the league. For full details on the Facility Complaint Policy, please [click here](#).
- Facilities are chosen based on quality and location. Some leagues utilize many facilities; the SSC always tries to ensure a fair distribution of locations throughout the city in each division.
- The SSC asks all players to arrive 15 minutes prior to the game start time. This time should be used to change shoes, stretch, warm-up, and any other pre-game preparations.
- We are technically not allowed into the gym until the start of the permit time so be patient. Some schools will allow us into the gym early and some will not, please ask your EC, GC or the caretaker before entering the gym.
- Players must wear clean non-marking running shoes. **PLAYERS MUST BRING AN EXTRA SET OF GAME SHOES TO BE PUT ON AFTER ENTERING THE SCHOOL - OTHERWISE, YOU MAY NOT BE ALLOWED TO PLAY.**
- **Players are responsible for property damage.**

10. EQUIPMENT

- The SSC provides game balls, these will be stored at the gym or brought to the gym by the GC.
- The balls will be set-up by the GC with help from players prior to each game.
- Players are encouraged to wear any protective gear that they feel is necessary for their own safety, this can include head, eye and mouth protection.

11. REPORTING RESULTS

- After the game, captains must confirm the scores with the GC and report the sportsmanship rating of their opponent.
- Teams who do not report to the GC will be given a 0 sportsmanship rating from their opponent and the score will be processed as the GC has recorded on the game report.
- Mercy will be called when one team gains a lead of 8 points. The score will freeze and teams are encouraged to play the rest of the game for fun.

12. STANDINGS

For all SSC sports, scores are to be reported by the GC to the office by 5pm the day after the game. The SSC admin staff will process scores and post the updated standings to the website within 72 hours of the games. Each set of SSC standings will display notes at the bottom outlining how the standings are calculated.

REALLY REC DIVISIONS

How Teams Are Ranked

Teams are ranked based on spirit points and not on the win/loss record or points earned by each team. Teams will receive spirit points in the following 5 categories:

- Accountability: teams are playing by the rules and are conscientious of their infractions.
- Fun and Excitement: cheering, costumes, and chants, have fun or go home.
- Attitude: your teams approach to the game. Are you there for fun or to win?
- Sociability and Friendliness: this is social club as well, get out there and meet new people.
- Overall Experience (Given by the GC): The GC will give one rating which encompasses your entire team's outlook on the game. If you are here for fun, you are in the right place.

RECREATIONAL

How Teams Are Ranked

- 1st criteria: Total Points are derived from 2 points for a win and 1 point for a tie. Actual spirit points are then added to your points earned from wins and ties to result in your Total Points.
- PLS (Points lost due to spirit rating) can negatively affect your Total Points. Each time a team receives a -1 from two opponents over the season, they lose 1 point off their Total points.
- 2nd criteria: Differential of points scored vs. points allowed (Mercy rule in effect in each game).

RECREATIONAL PLUS AND INTERMEDIATE

How Teams Are Ranked

- 1st criteria: Total Points are derived from 2 points for a win and 1 for a tie.
- PLS (Points lost due to spirit rating) can negatively affect your Total Points. Each time a team receives a -1 from two opponents over the season, they lose 1 point off their Total points.
- 2nd criteria: Actual spirit points earned.
- 3rd criteria: Differential of points scored vs. points allowed (Mercy rule in effect in each game).

13. PLAYOFFS

RECREATIONAL, RECREATIONAL PLUS and INTERMEDIATE PLAYOFFS

- All teams are guaranteed 2 playoff games. The top 4 teams will play for the league championship.
- League champs receive t-shirts and need to attend the Season Ending Party to pick them up.
- Sportsmanship during the playoffs is very important – a team that wins their playoff game but has sportsmanship issues may have their win overturned and may not be allowed to play their final game or participate in future seasons.
 - If a team receives two -1 ratings in a playoff game they automatically lose the game.

- If a team receives one -1 rating, the game will be reviewed by the league. The Club will make a decision based on this review.
- If both teams receive two -1 ratings in a playoff game they automatically lose the game and do not continue to play in the finals.
- There are no ties in playoffs.
 - If teams are tied at the end of the regulation time, a 5-minute overtime game will be played. The overtime game that is played will be the same format as all other games.

REALLY RECREATIONAL PLAYOFFS

The Really Recreational division does not have traditional playoffs, so the SSC has created a fun way to finish out the season.

- Dodgarama is two weeks of round robins showcasing unique dodgeball games.
- Each night you will get to play a variety of games against other teams in your time slot.
- At the end of the second week of round robin play, teams will submit a nomination for their favorite team of the season to the GC. These nominations will be tabulated and a winner will be crowned.
- To help avoid defaults in the **playoffs**, teams are welcome to bring in subs who have not played at least one regular season game with the team.
 - Subs are expected to play at the same skill level of the player that they are replacing.

14. LEAGUE SPECIFIC RULES

ETIQUETTE AND SPIRIT OF THE GAME

- All players participating in SSC leagues are expected to play with respect for everyone at the gym and with a “fun first” attitude.
- All players are expected to know the rules and manage their actions on the floor.
- Players are required to call themselves out if they have been hit. Not calling yourself out is the ultimate in poor sportsmanship.
- Promote fun and safety throughout the game: let the GC know if you are enjoying an opponent, congratulate your opponent on fun and fair play throughout the game.
- Players that are concerned about a player on the opposing team are required to talk to their team captain so he/she can address the issue with the GC at the appropriate time.
- Players are expected to act in a respectful manner if approached by a GC or an opposing team captain regarding their style of play and to make any requested changes.
- Players should not aim at an opponent’s head while the opponent is in a vulnerable position (e.g. while a player is bending over to pick up a ball or if a player has fallen to the ground).
- Players should make an effort to keep the play moving.
- Players should be mindful of how hard they throw.
- Teams are encouraged to wear fun and unique uniforms to the games.
- At any time the GC may request your name or a name of someone on your team to record on the game report sheet. Providing a false name to the GC is a serious offense and will result in suspension from the SSC.
- Teams are expected to cheer for their opponents at the end of a game. It is also encouraged to give an additional cheer for the GC and thank them for GC-ing the game.

GAME FORMAT

- Before the first game, the captains will meet with the GC to introduce themselves, discuss gym specific restrictions and rules or sportsmanship issues that need to be emphasized.
- Each match is 60 minutes long including a 5 minute warm-up and a 5 minute half time.
- A match consists of as many games that can be completed in the 50 minutes of playing time. No single game can exceed 5 minutes. No game will start with less than 5 minutes remaining in the match.
- To start a game, each team will stand at their respective back line. The GC will place 3 dodgeballs 5 feet back from the centre line on each half court (6 balls in total).
- The GC will start the match by shouting “ready, set, dodgeball” at which time players can rush to the balls.
- The purpose of dodgeball is to eliminate the opposing players from the game by hitting them with the ball below the shoulders or catching balls that have been thrown.

- The team with the last person still in the game wins that game and receives a point.
- There are no substitutions during a game, unless it is necessary due to injury.
- At halftime, the team captains meet with one another and the GC to discuss any issues that arose in the first half. It is the responsibility of each captain to communicate these issues to their teammates before resuming play.
- The team with the most games won wins the match.

SCORING

- A game is won when one team eliminates all opposing players on the court. Each game is worth one point.
- If the 5 minute time limit is reached, the team with the most players remaining wins the game.
- If the 5 minute time limit is reached and both teams have the same number of players on the court, the "sudden death" rule will be in effect. All eliminated players return to the court, the game is restarted, and the first team to have a player eliminated loses the game.
- For regular season games, if the match ends and both teams have the same amount of games won, the match will be recorded as a tie.

GENERAL COURT RULES

- Players may not remain static in areas that conceal or partially conceal their body (e.g. doorways or equipment that may be in the gym).
- Players can not wear gloves while playing dodgeball unless they have a medical reason and have asked the SSC for permission.
- Some gymnasiums will have court size restrictions. For gyms that have an out of bounds line, the following ball retrieval rules will apply.
 - When a ball rolls out of bounds it must return to the court immediately.
 - If there are sub players available: they can retrieve the ball and place it back inside the court boundaries on the side that it exited (the ball must be placed on the floor by the out-of-bounds line, it cannot be thrown to a teammate).
 - If there are no sub players available: a player on the team (who is on the court) nearest the exited ball must raise their hand that they are leaving the playing court to retrieve the ball. This player must proceed directly to the ball and return it to the court, once they have re-entered the playing court they can lower their hand. This player must return to the court from the end line (not the sidelines). While the hand is raised for ball retrieval this player is not in play, offensively or defensively and cannot be hit or hit anyone.

LIVE AND DEAD BALLS

Live Balls

- A ball is live once a player gains possession and until the ball touches anything other than an active player (floor, wall, spectators, benches etc...) with the exception of when it touches a ball held by an active player, in which case the ball is still live.
- Possession is gained when a player picks up a ball or catches a ball.

Dead Balls

- A ball is dead once it hits anything other than an active player (floor, wall, spectators, benches etc...) with the exception of when it touches another ball being held by an active player, in which case the ball is still live.
- A player can direct a dead ball with either a ball in their possession or with their feet. They should not use their hands to direct a dead ball unless they are picking it up.
- If two balls collide in mid-air they are both considered dead.

THROWING AND PASSING

Throwing the ball is the most common way of eliminating opponents.

- A throw is defined as a ball that touches or crosses the centre line upon first contact.
- All players must release the ball within 10 seconds.

- A player is allowed to “reset” the 10 second possession by bouncing the ball once over the centre line. This is allowed one time per possession.
- Players may pass the ball to their teammates by kicking it along the ground, throwing it or handing it off. If the receiving player does not catch or fumbles the ball - the player who attempted the catch is eliminated. If the receiving player does not make any contact with the ball and the ball does not cross centre, the passing player is eliminated.
- Players may pass a ball to their teammate by directing a dead ball with a ball already in their possession.
- Kamikaze throws are allowed. This is when the thrower jumps over the centre line and throws the ball at an opponent. They land on the opponent’s side of the court and are therefore eliminated. This is also called a suicide play.
- The following throws are illegal:
 - 360 Degree Spinning Throws.
 - Throws made while jumping off a wall, bench or any other apparatus.
 - Pinching the ball: players may not misshape the ball during play. Pinching the ball means gripping it to the point where the player’s hand is closed around a small portion of the ball where two edges of the ball may meet. If a GC deems that a ball has been misshapen to gain an advantage prior to being thrown, the throw will not be deemed legal, but may be caught for an out by the opponent.

CATCHING AND BLOCKING

- If a player catches a ‘live’ ball that is thrown at him/her – the thrower is eliminated. In addition, the team who caught the ball may return a previously eliminated player back onto the court. Players who re-enter the game are admitted based on the order they were eliminated (the first person eliminated would be the first to return to the game).
- If a ball strikes a player(s) and is caught by a teammate while it is still live, the player(s) that the ball originally struck is safe. The opposing player that threw the ball is out.
- If the ball strikes a player(s) and is not caught by them or their teammate while it is still live, all players that touched the ball are out.
- A player already in possession of a ball cannot catch another ball.
- Players may use a ball in their possession to block/deflect another ball thrown at them. If that player dropped the ball or it was knocked out of their possession – they are eliminated from the game. A ball deflected with another ball held by an active player is still considered live.
- If a player deflects a ball with their body and their teammate catches it, the player who deflected it is “saved”.
- A ball that is caught and hits the ground at the same time (often called a ‘trap’) is considered a dead ball, and no one is eliminated or comes back on.
- Pinching the ball: players may not pinch the ball while blocking. See above under “Throwing and Passing” for a definition of pinching the ball.

ELIMINATING PLAYERS

When a player is eliminated they must immediately raise their hand and leave the court. They must keep their hand raised until they are off the court and must not interfere with the play. Eliminated players leaving the court are encouraged to do so at the back of the court. Eliminated or sub players must not interfere with the play while standing on the sidelines.

A player is eliminated if they:

- Are hit by a dodgeball (coming from the opposition *or* their own team) below the shoulders and the ball is not caught by any member of their team.
- Are contacted on any part of their clothing below the shoulders.
- Throw a ball and it is caught by an opponent.
- Accidentally or intentionally touches the court on their opponent’s half. Players may lean over the half-line to retrieve a ball but may not touch any part of the opponent’s court.
- Throw a Head Shot (see section below).
- Are in possession of more than one ball at a time.
- Hold onto a ball for longer than 10 seconds.
- Dribble the ball on their own side of the court.
- Dribble the ball over the centre line (to reset the 10 second clock) more than once per possession.

- Throw a ball and it does not reach the centre line (even if they made a genuine attempt to throw the ball across centre).
- Fumble the ball.
- Allow the ball to be knocked out of their hands and it hits the wall or the floor.
- Allow the ball to be knocked out of their hands and it hits a teammate (if the teammate catches it, they are still in).
- Place the ball onto the floor.

Re-entering the game

A player will re-enter the game if a teammate catches a ball thrown by the opponent.

- Players are required to re-enter the game in the order that they were eliminated.
- Players re-entering the court are encouraged to do so at the back of the court without disrupting the play.

INFRACTIONS AND PENALTIES

Warnings and Penalties

Violations, high throws and head shots in SSC Dodgeball are plays that may or may not be intentional, but are dangerous and/or unsportsmanlike and are considered to be serious offenses.

- **Minor Warning** – The player should apologize and play continues.
- **Major Warning** – The player will sit out for the remainder of the game. The team will play short-handed for the remainder of the game.
- **Penalty** – The player will sit for the remainder of the current game and the following game. The team will play short-handed for the game in which the player commits the penalty. The team is allowed to field six players for the next game.
- **Ejection** – The GC may choose to eject a player from a game or match. Once a player has been ejected they must leave the facility immediately. The team can field six players for the remainder of the match.

As these consequences can be a result of minor incidents, further action will not necessarily be taken by the SSC. The SSC does reserve the right to review each situation on a case-by-case basis and if further action is warranted, it will be taken.

Violations - Gamesmanship

The following items may cause a team to lose sportsmanship points from their opponent or the GC. The GC may issue a minor or major warning depending on the severity or frequency.

- Players cannot keep possession of the balls in order to stockpile the balls on their side of the court.
- Teams can not use delay tactics by hoarding balls on their side of the court.
 - If one team has more balls on their side of the court than players, they are encouraged to pass the balls to the opposing team's court. Any player can do this. This includes eliminated players, substitutes and "live" players.
 - It is unsportsmanlike to hit a player that is attempting to pass a ball to their opponent.
- Attempts should be made to keep the game moving, teams should not "let the clock run out".
- Players or teammates should call themselves out, see eliminations section above. GCs may call players out if they do not call themselves out. In addition, the GC may issue a major warning or a penalty.

Violations - Sportsmanship

The following items may cause a team to lose sportsmanship points from their opponent or the GC. The GC may issue anything from a minor warning to an ejection.

- Yelling at an opponent or the GC.
- Arguing calls with an opponent or the GC.
- Calling anything against your opponent.
- Displaying unsportsmanlike behaviour (e.g. throwing a ball against a wall in anger or frustration).

Any issues that teams have should be addressed by their team captain politely with the GC at the appropriate time (between games, at the half or at the end of the match).

Dangerous High Throws

A dangerous high throw is considered to be anything thrown with force above the shoulders when the player is standing upright that does not make contact with a player's head. A player will receive at least a minor warning from the GC.

- On a player's first dangerous high throw, there are three possible outcomes:
- In an instance when the GC sees a player make a high throw that is not deemed to be aggressive or threatening to their opponent, the GC will issue a minor warning.
- If a player or their teammate clearly identifies that they have made a dangerous high throw, the player should immediately remove themselves from the playing surface but that player can wait in the queue and return to the game.
- If the GC identifies a player making a dangerous high throw that clearly puts another player at risk due to the height or velocity of the throw or how directly it was thrown at a player and the player does not call themselves, the GC will issue a major warning.
- A second dangerous throw, whether identified by the player, a teammate or the GC will result in at least a major warning. The GC has the sole discretion to issue an ejection to a player on a second high throw if they deem that their actions are reckless and/or overly aggressive.
- If a player uses a ball or their hand(s) to block a ball coming towards their face, that player is not out. The person who threw the ball will be considered "out" and can return into the rotation.
- If a player is blocking their face and gets hit by another ball below the shoulders at the same time, the player is out.
- A "lob" is not considered to be a dangerous high throw.

Head Shots

A head shot is considered to be anything thrown with force above the shoulders when the player is standing upright that contacts a player in the head. The first time that a player commits a head shot, they will receive at least a major warning.

- The first point of contact determines if a player is eliminated. For example, if the ball hits a player's arm and then hits the player's head – the player who gets hit is eliminated.
- Balls thrown (accidental or intentional) that strike an opponent in the head (above the shoulders) will not be tolerated. An opponent that is hit in the head is NOT eliminated – but the person who threw the 'head shot' is eliminated. Disqualification from the match will occur when a player has 2 shots that result in contact above the shoulders during a single match.
- If a player is ducking, crouching or diving and they get hit in the head with a ball, the player that was hit is out and the player that threw the ball remains in the game and should apologize.
- Players may not use their head to block a ball.
- The GC will have the discretion to disqualify players that are intentionally 'ducking' into the ball with their head.

Multiple Offense Rule

The GC may eliminate any player from a game, match or competition that they feel is continually abusing the rules and the spirit of the game. This rule will be enforced strictly at the discretion of the GC. The GC may issue any of the above warnings or penalties if a player has multiple offenses in one match.