



# DODGEBALL *Cheat Sheet*

## ROSTERS

- A full team on the floor consists of 6 players, with a minimum of 2 females
- The minimum number of players required in order to not default is: *4 total players including at least 1 female*

## GAME PLAY

- Games Coordinators (GCs) are present to facilitate the gameplay and monitor the action
- A match is 60-minutes in length:
  - A 5-minute warm-up and half-time
  - 50-minutes of games
  - No single game can exceed 5 minutes
- The team that wins the most games in the match is the winner
- Teams win a single game by:
  - Eliminating all of the other players
  - Having more players left on the court when time expires
  - If both teams have the same number of players left, a sudden-death tie-breaker occurs
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed
  - A single tie-breaking game will decide the winner
- Mercy will be called if one team gains an 8-point lead
  
- Substitutions can be made before the start of each individual game
- Teams start the game on their respective back line with a hand touching the back wall
- There are 6 total dodgeballs in play, 3 on each side of the centre line
- A throw must cross the centre-line before hitting the floor, or else the thrower is eliminated
- A player has only 10 seconds to release a live ball, or else they are eliminated
- A player can only possess one ball at a time, if they catch or pick-up a second ball, they are eliminated
- If a catch is made, the thrower is eliminated, and the catching team can bring one eliminated player back into play
  - Players must re-enter the game in the order that they were eliminated
- A player can use a ball to block or deflect another ball that has been thrown
- If a player ever fumbles or drops a ball or pass, they are eliminated

## PENALTIES AND VIOLATIONS

- Players are required to call themselves out if they have been hit
- GC's can also call a player out if they have been hit
- GC's can assess the following when a violation occurs:
  - **Minor Warning** – player is given a warning, but continues playing in the current game
  - **Major Warning** – player is eliminated from the current game
  - **Penalty** – player sits for the remainder of the game and the following game
  - **Ejection** – player is ejected from the remainder of the match
- **Dangerous High Throws:** Applies to Rubber Leagues, but not Foam Leagues
  - A throw that is above the shoulders but does not make contact with the head
- **Head Shots:** Applies to all Leagues
  - 2<sup>nd</sup> occurrence by the same player is an automatic ejection