



# DODGEBALL *Cheat Sheet*

## ROSTERS

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

## GAME PLAY

- A match consists of as many games that can be played in 50 minutes. No single game can exceed 5 minutes. No game will start with less than 5 minutes remaining in the match. In regular season ties are allowed.
- If the 5 minute time limit is reached, the team with the most players remaining wins the game. If both teams have same number of players "sudden death" occurs. The GC will explain this scenario.
- Mercy will be called if one team is up by 8 games. The score will freeze and teams have the option to play for fun.
- Teams start the game on their respective back line. Each team will have 3 balls on their side, 5ft from centre.
- The GC will start the match by shouting "ready, set, dodgeball!"
- Dead Ball - A ball is dead once it hits anything other than an active player (floor, wall, spectators etc.) except when it touches another ball being held by an active player.
- Live Ball - A ball is live once a player gains possession and until the ball touches anything other than an active player.
- 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.
- All players must release the ball within 10 seconds.

## PENALTIES AND VIOLATIONS

- Players are required to call themselves out if they have been hit. They should not call your opponent's violations.
- Players may pass the ball to a teammate by kicking it along the ground, throwing it or handing it off. If the receiving player touches the ball, but does not catch it, they are eliminated.
- Whether or not the receiving player touches the ball, if it does not cross the centre line **in the air**, the thrower is eliminated.
- Players may use a ball in their possession to block/deflect another ball thrown at them. If that player drops the ball they are eliminated from the game.
- A player already in possession of a ball cannot catch another ball. If a player does they are eliminated.
- A Dangerous High Throw (N/A for Foam) occurs when the majority of a thrown ball is above the shoulders of a player when they are standing upright or jumping, but does not make contact with that player's head. If a player identifies they have made a High Throw, that player is eliminated.
- A Head Shot occurs when a thrown ball contacts a player in the head when they are standing upright or jumping. Balls thrown (accidental or intentional) that strike an opponent in the head will not be tolerated.
  - If a player is ducking, crouching or diving- and they get hit in the head with a ball, it is not considered a Head Shot.