



**Pittsburgh 2019**

## **Rules & Regulations**

**Our intent is to have a FUN league, in which players enjoy the classic game of dodgeball. We understand that in the heat of the moment, each of us can become passionate, but it is important to know that we are playing in an ADULT, LGBTQ+, VOLUNTEER based dodgeball league. Please do your part to ensure sportsmanlike behavior to our volunteers, players, sponsors, and community at all times, both on and off the court.**

**Players who do not abide by the rules and regulations herein may be disciplined within the confines of the sport, up to and including being removed from play. No refunds will be administered due to disciplinary action for infractions.**

**By refusing to follow the rules, regulations and code of conduct you will forfeit your right to play in any Stonewall Dodgeball leagues. You may also be restricted from participation in any future Stonewall Dodgeball games or social events.**

**LET'S HAVE FUN!**

**Leadership reserves the right to make decisions in the spirit of fairness, even if a strict interpretation of the rules indicates a different ruling.**

**Dates and times:**

- Ref Trivia Night! Saturday, January 5<sup>th</sup>, 2018
- Regular Season: All games played on Sundays between January 6<sup>th</sup> – February 24<sup>th</sup>, 2018
- Make Up Week and/or Fun Mix-Up Week: Contingent on regular season cancellations due to inclement weather: March 3<sup>rd</sup>, 2018
- Final Tournament: Sunday March 10<sup>th</sup>, 2018

**The basics:** Throw a ball at someone to get them out. If it hits them (their clothes or hair included), they're out. If they catch it, you're out, and they get a player back in. You must wear athletic shoes appropriate for playing in a physical sport. While not required, you may wear kneepads, sports goggles, athletic tapes and mouth guards. No gloves are allowed. Pinching a ball (so rubber touches rubber inside the ball) is not allowed.

**Matches:** The team with the most games won in the match wins. Matches are 45 minutes. Switch sides after each game. Referees should announce the last game when approaching the 45 minutes. The match is over when that game completes, not at exactly 45 minutes, so some matches may go over. Don't start games with fewer than 2 minutes to go.

**Teams:** 12 players may play from a team at a time. The rest are benched and must wear pinnies provided by the league to help refs identify those players who should not be on the court, but may be walking around the court to help collect balls. Benched players don't come in on catches. 6 players is the minimum you can play with before a forfeit is required. No substitutes from other teams are allowed. The team forfeits 10-0 if they can't make the minimum players 5 minutes after the game is scheduled to begin. All registered team players must play at least 1 game per match if they are wearing their Stonewall shirt and not injured.

**Captain responsibilities:** Up to 2 captains total (co-captains) will be recognized. Ensure at least 4 players total become certified refs per team (does not have to be captains). The captain/s will need to coordinate the refs each week. During the match, liaise between your team and the refs, ensure good sportsmanship and the rules are being followed. Only captains may discuss calls with the refs. No players are allowed to argue with or berate the referees. Only captains may call timeouts. At the end of each match, ensure scores are recorded accurately on the scoreboard.

**Starting the game:** Each game will be played with 7 balls. These balls will be lined up on the center line for the start of each game. 3 balls on one side of the center line will be assigned to your team and 3 balls on the opposite side will be assigned to the other team. There will be 1 ball in the center that both teams can rush to try to obtain. At the start of each game teams will line up behind the back line. When the ref blows the whistle, run to get the 3 balls on your

designated side (will be assigned at the beginning of each game). In addition, try to obtain the center ball before the other team does (no sliding to the line to grab this ball). False starts result in losing a ball to the other side. You can step over the centerline on the initial rush, but doing so any time after that means you're out.

**Live ball/dead ball:** A ball is live when it's thrown from behind the center line. Live balls can hit players or be caught, resulting in outs. A ball becomes dead when it:

- touches the floor or any other boundary, including a wall, other parts of the building, or the net
- touches another ball not being held by a live player
- touches a player who is already out or a non-player
- is caught
- comes back across the center line

*Note: A live player isn't technically out the moment they are hit; they are out moments later when the ball that hit them becomes dead. For traps (when a player makes a catch using another surface or object such as the ground or wall), both players are safe.*

**Boundaries and exiting the court:** Players are out if their body/clothes touch the floor beyond the center line (unless it's during the initial rush). Players may step out of bounds only to get a ball that is out of bounds, and they must enter and exit quickly. No standing out of bounds after collecting a ball, but the player is safe until they return to the court (one foot back in). Don't take balls with you when exiting the court. The last player left may not exit the court, so their team should probably help get balls for them. Violating any of these sideline rules will result in an out. Catches count only if the player has two feet in bounds when they catch it. If they make the catch and then fall out of bounds due to momentum, they're not out due to stepping out of bounds. As soon as a player is eliminated, they can in no way interfere with the ongoing game while proceeding to the outline. This means no swatting oncoming balls or kicking or passing balls to fellow team members as they exit the court.



**Deflections:** This is when a ball bounces off a player, or a ball the player is holding. These rules are simple:

- Deflecting a ball into yourself means you're out (including your head).
- Deflecting a ball into someone else does not get them out. A thrown ball can get at most one person out.
- Deflecting a ball that is then caught is treated as a catch (as if you caught it).

**Maintaining ball control during deflections or catches:** If you deflect an incoming ball with the ball you're holding, you must maintain control of the ball you were holding immediately following the deflection, or else you're out. The same goes for catches if you're holding a ball at the time of the catch.

**Referees:** Referees are here to ensure the integrity of the game. A referee's main priority is to keep the game moving and to rule on any unclear plays. All ref calls are final. Don't argue with them. There are three refs per match. Teams that fail to provide adequate refs when assigned will be penalized two games per ref. Refs can call you out, but they shouldn't have to. Any player who knows they should be out but doesn't go out will be warned (possible suspension from next game or remaining games for match if there is a second occurrence). Referees are advised to coordinate roles. Referees can stop play by blowing their whistle and walking on the court, at which time all live balls are declared dead until the ref resumes play with their whistle.

**Stalling:** We play with 7 balls. Your team cannot hold 4 or more of the balls for more than 10 seconds. It will be at the ref's discretion to determine if a team is stalling. If the ref believes the team is stalling and holding 4 or more of the balls, they will give a warning and start counting to 10. If the team has not started throwing the balls after 10 seconds, all balls will be awarded to the other team. Placing balls just over the center line doesn't count as giving up control of the balls. Deliberately throwing balls so they return without giving the other team a chance to take control of them is still considered stalling.

**Headshots:** Shots directly to the head do not result in an out. Exception, if you're on the ground (defined as three points of contact with the floor), headshots on you do count. No deliberately blocking the ball with your head. If you are hit in the head and you catch the ball, the catch counts. You deserve it! Otherwise, the ball is immediately considered dead. If you deflect a ball into your own head, you're out (that's not a direct headshot). If you are hit in the head attempting to dodge or bending to grab a ball you are out.

**Outline:** When you're out, line up on the side of the court (near the far back line, away from the center line) Players come in on catches in the same order they got out during the game (players on route to the outline cannot come in on catches). Returning players are active upon having 1 foot in bounds. Out players may not step or reach into the court. Do not touch balls that are in play. Out players may retrieve out of bounds balls from their side of the court and must promptly provide them to the players in the game.

**Timeouts:** One per match per team, 30 seconds long, pauses official game time, starts when the ref blows the whistle, all out players besides captain(s) should stay in the outline, and all live balls are dead when the ref begins the timeout.

**Shirt Numbering:** Every player must have a number between 00 and 99 (unique within their team) ironed onto the front of the shirt (left breast of the shirt). Numbers will be provided to teams. Please do not include decimals or any other special characters. This will assist the refs in making calls during the game. Only registered players may play. All players must be wearing their Stonewall Dodgeball shirts (must be current season due to sponsorship on the back) with unique number to play. You will not be able to play without the approved, numbered Stonewall shirt.

**Injuries:** Injured players may remove themselves from play for up to two minutes and then return to play. Injured players who cannot return to the game may be replaced by another team member. The replacement player should be the next player on the out-line who would enter on the next catch. If all 12 players are on the court when player is injured, any of the benched players may replace the injured player.

**Tie breakers:** Ties are allowed during regular season. For tournament/playoff matches, ties are broken by playing one final game to completion. During a tie breaker game, no deflections are allowed (you will be called out). You can only dodge or catch a ball thrown at you during a playoff tie breaker.

**Slaughter rule:** If the point differential of any match reaches 10 points, the match is declared a victory for the leading team and the score is recorded as-is. The match is over. The refs will mix the teams up and restart play in open-gym style (scores don't count anymore).

Stonewall will provide marking tape, balls, pinnies, whistles, etc. Every week there will be a 10 - 15 minute period of setup before the first match and after the last match. This will include politely moving and replacing items that belong to the facility that are in the way on the court. We appreciate help from players in setting up our equipment and then resetting the facility to the way it was once we leave each night.

Fun is mandatory!!!