

INDEPENDENT CHURCH LEAGUE DODGEBALL RULES

OVERVIEW

The game consists of two teams of six players each squaring off against each other on a volleyball-sized court. The actual “dodge-ball” is a foam ball with Gator-Skin coating. It can be both a weapon and a shield during play. The object of each game is to eliminate all the players on the other team by hitting them with a thrown dodge-ball or by catching a dodge-ball they have thrown at you. Most of the game time is spent throwing dodge-balls at opponents or dodging, blocking & catching balls they have thrown at you.

This league is designed for leisure, exercise and fellowship. The emphasis is on being active, athletic, social and sportsmanlike. We still value excellent athletic ability and we don't discourage higher levels of competition, but not at the expense of mutual respect and fair play.

CLASSIFICATIONS

- Competitive Division is designed for athletic players that take winning more seriously. Normally, cannon armed players will play in this division.
- Recreational Division is designed for teams with an emphasis on fun and fellowship who may have players with limited athletic skills.

ADMINISTRATIVE

Age Limit

- All players must be 18 or older to play without a waiver. Teens (13-17) may play but must have a parent or guardian fill out and sign the ICL Waiver Form before the first night of play.
- A player that is 12 years old may play provided the player's 13th birthday falls on or before the season officially ends.

Players and Rosters:

- The maximum number of players per team to play on the court is 6.
- There are no gender restrictions. Any ratio of women or men is allowed including all male and all female teams.
- You can start any match with a minimum of 2 players.
- Late arriving players can join in at the start of the next game played.
- Players on the court must be listed on the team roster in order to be eligible.
- Teams can have a maximum of 12 players on their roster each season.
- Players may not be on more than one roster at anytime during the season.
- Players must have signed the roster and played on your team for two regular season matches before the roster closes to be eligible for playoffs.
- The rosters will close 2 weeks before the playoffs.

THE GAME

Match Length:

- Teams will be scheduled for a minimum of two matches per night. (20 minutes per match and a 10 minute warm-up period)

Equipment & Uniforms:

- Official game dodge-balls will be provided by ICL. Gator-Skin 8.3” medium bounce, medium density foam balls will be used.
- Participants must wear non-marking gym shoes, shirts and pants or shorts.
- No gloves.
- No exposed jewelry (rings, earrings, bracelets, necklaces may be covered in tape).
- We suggest you avoid wearing baggy clothing. If the ball hits **any** part of your clothing, you are out.

Each match:

- The team that has won the most games when the match time limit is reached is declared the winner of that match.
- Games that are incomplete at the end of the time limit are not counted unless a tie situation is at hand.
- If both teams are tied at the end of regulation play, the match will continue until the current game being played is won by one of the two teams.

Game Set Up:

- The game begins with 6 dodge balls placed 10 ft behind the centerline on designated markings (X) known as the attack line.
- All team members in the game are lined up with both feet behind the line at the back of the court.
- Non-playing team members (benchwarmers) must be seated against the back wall or bleacher.

Court boundaries:

- The court boundaries are the walls, ceiling and if available, the curtain that divides the gym.
- There are no sidelines or end lines.
- The court is divided by a centerline.

The Opening Rush:

- Home team will announce loudly what the current score is and conducts each game countdown: "3, 2, 1, Dodge-ball".
- Teams rush to grab the three balls on their own side of the court and start firing away.
- Players may step on, but not completely step over the centerline.
- Your foot may NOT step completely over the centerline during play and no part of any player's body may touch the area of their opponent's court. (Penalty: Out)

Dodge-ball Retrieval:

- You may reach into your opponent's court to retrieve a ball, but only if you can do so without actually touching any part of their court with any part of your body. (Penalty: OUT)
- Exception is any part of the feet may touch the centerline, but not go over completely.

Live Ball:

- Any legally thrown dodge-ball which has not touched the ground, ceiling or back wall is considered LIVE.
- Rebounds and ricochets off any player, side wall, curtain, or any other object in the gym that has not hit the ground, ceiling or back wall first, is considered LIVE.
- If the ball strikes your body and the ground at the same time, you are still out.
- If you are hit by a dodge-ball thrown by an opponent you are out. If you catch it, the thrower is out.

Dead Ball:

- Any dodge-ball that touches the ground, ceiling or back wall is immediately a dead ball (until someone picks it up and throws it again).

Ricochets:

- The ball is still LIVE after it ricochets off the sidewalls, curtain, another player or an opponent's dodge-ball.
- If a ricochet hits you, you are out.
- If you catch a ricochet, the thrower is out.
- If your teammate is hit by a LIVE dodge-ball, ricochets off and you catch it, you have just saved your teammate AND the thrower is out, even if the ball ricochets off your teammate, then ricochets off a sidewall or curtain.
- If you catch it before it hits the ground you have saved your teammate and caused the thrower to go out.
- If a dodge-ball thrown by your teammate hits an opponent and then ricochets back and hits you, you are not out.
- If you try to catch a ricochet but you drop it, you are out.
- Only a ball thrown by an opponent can get you out, not one thrown by your own teammate.

Going “Out”:

- As a player, you must call yourself “OUT” when a LIVE dodge-ball thrown by an opponent hits any part of your body or clothing.
- For the Competitive Division, if you are hit in the head or face by a live dodge-ball thrown by an opponent, you’re OUT. The thrower is NOT out.
- For the Recreational Division, if you are hit above the neck by a dodge-ball then the thrower is OUT, you are not.
- An opponent catches a LIVE dodge-ball you have thrown.
- Any part of your body touches the opponent’s side of the court. Exception is any part of the feet may touch the centerline, but not go over completely.
- You drop the dodge-ball while in your possession when using it in an attempt to deflect another dodge-ball, you’re OUT.
- You do NOT follow the Court Conduct guidelines.
- You are unable to control your temper or you yell at an opponent and say “You’re out!”, “I got you!”, “He/she is cheating!” “Really?!” or some other remark challenging the opponents integrity.
- You use fingers or other body gestures at your opponent.

“Out” Players:

- Once out, players are out for the remainder of that game. (NOTE: Catches do NOT allow you to bring an Out player back onto your team during the game.)
- Once out, you must immediately drop any dodge-ball in your possession, raise a hand to indicate you’re out, leave the court and sit or kneel down along the back wall until that game is over.
- As an out player, you may NOT stand or leave the bench area to assist in dodge-ball retrieval.
- You CAN help your teammates by tossing or rolling to them dodge-balls that stray to the bench, so long as you stay seated.
- No delays allowed in returning the dodge-balls into play.

Blocking:

- You can defend yourself by blocking a thrown dodge-ball with a dodge-ball in your possession.
- You must maintain control of the dodge-ball while in your possession; if you drop it while deflecting the thrown ball, and it touches the ground, back wall or ceiling, you are out.
- When deflecting a shot, your hand is considered part of the ball you are holding. You are not out if your hand is struck while deflecting the shot. However, if you deflect the ball to any other part of your body, you are out.
- If you deflect a ball into a teammate, they are out.
- The block must be “clean” if the thrown ball hits your body off the deflection, you are out.

Head Shots:

- Competitive Division -Head shots are legal, but are not encouraged. If you are hit in the head or face by a live dodge-ball thrown by an opponent, you’re out. The thrower is NOT out.
- Recreational Division-There are NO HEAD SHOTS ALLOWED! If you are hit above the neck by a live dodge-ball you are NOT OUT. The Thrower is OUT.

Stalling:

- Stalling is an illegal tactic.
- A team that has possession of all 6 of the dodge-balls has 5 seconds to attack their opponents.
- If an attack does not occur within 5 seconds, a minimum of 1 ball must be rolled to the opponents attack line or beyond.
- Only 1 minute is allowed between games during a match.
- Stalling to delay the beginning or the end of any game will be a forfeit of that game.
- No delays allowed in returning the dodge-balls into to play.

Timeouts:

- There aren’t any timeouts allowed during the game.
- The clock continues to run to the 20 minute time limit.

Substitutes:

- Substitutes can be made prior to the start of any game.
- No subs allowed during the current game.
- Substitutes that are present for the match, but are not in the current game, must sit on their teams "bench".
- As a Substitute, you may not stand or leave the bench area to assist in dodge-ball retrieval.
- You CAN help your teammates by tossing them those dodge-balls that stray to the bench area or to outside hallway, but must remain seated until the end of the game.

RULES**Enforcement of rules:**

- Enforcement of rules will be done by using the honor system since these are self-officiated games. Integrity is paramount!

Resolving Disputes:

- Teams must resolve disputes quickly, fairly & efficiently.
- Referees, team captains and or coaches must work out any impasses.
- Any discussion that turns into a loud argument or game delay may result in a forfeit and suspension of the game by the Court monitor/s and or Independent Church League Board members.

CONDUCT**Player-Coach-Team-Spectator Code of Conduct:**

- No head shots allowed in recreational division. (Competitive division is allowed head shots.)
- No foul language will be allowed or tolerated.
- No verbal threats to other players on or off the court will be said or made.
- Do not call out an opponent.
- Do not be argumentative with other players, court monitor/s, or spectators.
- No cheating.
- No arguing with opponents, teammates, fans or ICL staff before during or after the games.
- Possession of alcohol or illegal substances on the facility grounds is strictly prohibited.
- Smoking or drinking on facility grounds is strictly prohibited.
- Personal integrity is paramount.
- Court monitor/s and or Independent Church League Board members have the right to eject, suspend or disqualify anyone that may have violated any of the above codes of conduct.

Spectators:

- All spectators must follow the Court Conduct rules to the extent as if they were playing.
- The dodge-ball gym is not a place for small children.
- Everything that can be hit by a dodge-ball will be hit by a dodge-ball including spectators.
- ***There is no safe viewing area for spectators.***
- Spectators enter the gym at their own risk and can expect they will probably be struck by a wayward dodge-ball.
- Court monitor/s and or Independent Church League Board members have the authority to eject any player, spectator or fan at their discretion.

Penalties & Sanctions:

- Every player is accountable for their own behavior, no matter what "the other guy" did.
- The Court Monitor can impose technical fouls among players or teams that are in direct violation of the Court of Conduct guidelines.
- The following are such sanctions:
- Technical fouls can be awarded for misconduct before, during, or after any game.
- Players who accumulate 1 technical foul can be removed from the current match or game(s) (at the discretion of the Court Monitor.)
- Players who accumulate 2 technical fouls over the course of 1 or more games may be suspended

for the remainder of the night and from the next set of matches (at the discretion of the Court Monitor.)

- Players who accumulate 3 or more technical fouls may be suspended for the remainder of the season and must apply to the ICL Board for reinstatement the following season.
- A team whose players accumulate FIVE technical fouls over the course of the matches will be suspended for the remainder of the games that night and the next night of games, and will be placed on probation for the remainder of the season.
- A team whose players accumulate SIX or more technical fouls will be suspended for the remainder of the season (with no refund).
- The Court Monitor or ICL Board members may award additional technical fouls for actions inappropriate for an Independent Church League that occur on school or facility grounds before, during or after a game. This includes, but is not limited to: swearing, threatening, fighting, drinking and/or jeopardizing leagues use of facilities and failing to follow the direction of the Court Monitor.
- Penalties and sanctions may be appealed by delivering a written protest to the Independent Church League Board within 72 hours of the penalty or sanction.

RESPONSIBILITIES

Court Monitor:

- Has the responsibility of ensuring the facility is setup for league play each night.
- The CM is responsible for starting all games on time and for keeping track of regulation time on the court during play.
- The CM is responsible for settling disagreements and to make rule interpretations if necessary.
- The CM has the authority to remove from the facility anyone that fails to adhere to the code of conduct. The CM will report the infraction to the ICL Board for possible further action if deemed necessary. If property damage occurs, then the CM will report the incident to the Facility Manager.

Referees:

- There will be 2 referees for all games played. (Note: Division coaches or captains will be the referees)
- Except for the first and last teams playing for the evening; teams “up next” awaiting to play, will provide one referee each to officiate. The “next to last” teams that have just finished playing will provide a referee each for the last games of the night. (ie...6:00pm game is refereed by 6:30pm teams, 7:00pm by 7:30pm, 7:30pm by 8:00pm, 8:00pm by 7:30pm)
- Two failures to provide a referee during the season may warrant a forfeiture of game/s or possible suspension/s by the ICL Board.

AUTHORITY

League Authority:

- Court Monitor and ICL Board members have the authority to eject any player, team or spectator at anytime.
- They also have the right to suspend or eject (without refund) any player, team or fan that does not conduct themselves in a sportsmanlike manner.
- If an appeal is made by any player, team or spectator, the ICL Board will review the written protest and make final resolution within five business days of receiving the written appeal.
- Suspended or ejected players may not participate or attend league activities while the ICL Board is determining the decision.
- The League will make the final ruling on any situation not currently covered in these written rules, and reserves the right to update or modify rules throughout the season without notice.