



LONDON DODGEBALL LEAGUE RULES

Game Play

1. Matches are 17 minutes long. The team with the most games won after time runs out wins the match.
2. If time runs out while a game is in progress, the team with the most players on the court wins that game
3. If each team has the same number of players, the game is ruled a tie.
4. If Team A has more wins than Team B at the end of regulation play and the final game ends in a tie, Team A wins the match.
5. If a team does not have the minimum required number of players and gender (2 male + 2 female) on the court 5 minutes after the game is scheduled to begin, that team loses by default. **(Effective as of 2016>>>) If the game starts between 0-2 minutes of a delay then no team will be penalized and the game will be played in full. If the game starts between 2-5 minutes of a delay then the team that caused the delay will start off down 1 game to 0 and the game will be played minus any time that had expired from the 2-5 minute mark of the delay. At 2 minutes of a delay the game clock will start and the team responsible for the delay will begin 1 game down. This does not apply for games delayed because of other courts being behind.**
6. A team may play short players as long as they have at least 2 players of each sex.
7. **In the event of two teams wanting to start on the same side, the team listed on the right side of the game sheet (Not the Schedule) will get home court advantage and will be able to choose which side they start on.** For Playoffs of League and Tournament play the higher ranked/seeded team will be considered the home team and have the choice of which side to start on.

Starting the Game

8. Six (6) balls will be used in the game; 3 balls (1 large & 2 small) will be spaced out evenly on each side of the court on the centerline. Off the initial rush the center line is soft and there is no penalty for a player crossing it while retrieving a ball.
9. Teams will start each game with 6 players on the floor lined up on or behind the back court line. There must be at least 2 members of the opposite sex on the court (e.g. 4 men, 2 women). As long as you have two members of each sex you can start a game shorthanded.
 - All non-active players must remain clear of the playing area
10. The game begins **after a countdown from 3** and the sound of the officials whistle.
11. At the sound of the whistle, players will run for the balls that are placed on the right side of the court facing the opposite end.
 - **A portion of each players lead foot must be touching the back line or behind it until the signal of a game starting has taken place.**
12. The balls are not in play until one of the following happens.
 - Upon initial possession, each ball must be carried or tossed back to a person behind the "Attack Line". This occurs when the player with possession of the ball crosses the "Attack Line" with both feet touching ground behind/on it. After this happens the ball may be thrown and/or forward progression may occur.

- Once a player behind the "Attack Line" has held the ball with both feet planted behind the attack line it is in play and can be thrown from anywhere within the court. If the ball is thrown before both feet touch behind the "Attack Line" the ball will be given to the other team. **The thrower is OUT**, but anyone hit by this un-cleared ball is still safe, however should the illegal thrower's ball be caught and the catcher's team already is in need of a player, they will get to add that player to the court.
 - The "Attack Line" is usually about 4 feet back from the center line and will be identified by pylons on each side and an identifiable line through the court.
13. At the beginning of a game, if neither team throws right away, the team who won the previous game is required to throw first. If it is the first game of the match, both teams will be counted at the same time. After the game is in progress the team with the most balls on their side (on or off court) will be required to throw first. If no ball from that team has been thrown **or rolled passed the attack line by the time the officials 5 second count has been reached** the whistle will be blown to stop play. At this point, all balls from that team will be turned over to their opponents and play will resume. One thrown ball will stop the count towards that team, however if that team still has more balls the official will again put that team on the clock should they not be active in throwing a ball. If the teams have the same number of balls on each side, the team who has more players will be responsible to throw first. If both teams have the same amount of balls and players, the team that threw last will not be counted.

Game Rules – Game play

1. Players cannot cross the centerline. **(Players feet can touch the line, but just can't cross)**
Players will be called out if part of their body touches across the center line (even if part of the body is still touching the line) onto their opponent's side of the court. If a player jumps across the line they will be called out immediately and can be carded **(no suicide plays allowed!)**. The only exception to this is at the start of a game where the center line is deemed to be soft. This means during the initial rush a player's body may cross the line as long as no clear advantage is gained. After the opening rush the line will be a hard line again for the remainder of that game.
2. To eliminate an opponent with the ball, a player must throw the ball and hit an opposing player, clothing included. "Face Shots" will result in the thrower receiving a warning and being permitted to remain in the game on a first offence. The player hit on a "Face Shot" will also be permitted to remain in the game or if needed a substitution to be made without having to use a time out. If the thrower is charged with a 2nd "Face Shot" at any other point of the evening they will receive a yellow card and removed from that game, a 3rd offence in the same evening will result in that player being issued a red card and eliminated from play for the rest of the evening. If a player is hit in the head while ducking/lying/crouching/turning, on the ground (knowingly making themselves smaller/vulnerable) or jumps (knowingly making themselves taller), these will all count as a clean hit and therefore must remove themselves from the court immediately. If a player blocks a ball from striking them in the head with their hands; it is a referee's discretionary call to decide if the player is out or not. WE WANT OUR PLAYERS TO BE SAFE AND THUS ALLOWED TO PROTECT THEIR HEADS!
 - If a player is deemed to be "intentionally leading with their head", then the ref can allow the thrower to remain in the game, and the player getting hit will be called out.
 - **Players hit in the back of the head will be called out as it is their responsibility to be facing the play at all times or they risk getting hit in the head**
3. When a player is called out they can pass any balls held to a teammate but must leave the playing area. While leaving the court after being eliminated, the player is required to raise their hand thus the opposing team can identify you as an "out player". **The hit player needs to leave the playing court at the quickest exit point and cannot purposely act as a shield for their teammate(s).**
4. Players on the side lines can pass or roll balls to their players in a game but cannot touch any balls that are in the playing area, they cannot step in play nor on the other half of their opponents out of boundaries half of the court. **Players on the sidelines are permitted to**

reach over the out of boundaries half mark, they just cannot physically cross over to the other teams out of bounds area.

5. Any ball thrown by a player already called out will be considered a dead ball. No one hit by these balls will be out until an active player is the one who throws it. Any ball that hits a dead player is a dead ball immediately; no ricocheted outs can be made off of a player after they called out due to another ball. If a player releases a ball prior to being hit, that ball is still live even if the thrower was hit immediately after releasing it.
6. If a player is struck with a ball for a clean out, the struck player must raise their hand at once to indicate that they have been eliminated from that game. However, if a player is struck but the ball is caught either by themselves or by a teammate before it touches the ground, wall, ceiling or goes out of bounds the player is safe and the one who threw the ball will be called out. In other words, the ball is not dead until it hits the ground, floor or goes out of play, it is the player's responsibility to know what happened to the ball they were hit with before going off. If they leave the court and later find out the ball that hit them was caught, they will not be permitted to re-enter play.
7. If a player catches an opponent's throw, the player who threw the ball will be called out, and a team member on the catcher's side will be allowed back into the game, **but must enter through the back of the court. If they come through the side, they will be called out.** If there are already six players still on the floor, the thrower will still be out, but no new player will be allowed back in. The league does not enforce who the next player back on is if there is 2 of each sex already on the floor or if there is 1 male and one female still in play but if there is less than 2 of either sex on the floor, players must return to the floor in a sequence that gets it so there is 2 of each sex on the floor. If there is 2 of each sex on the floor when a ball is caught the team is permitted to put out a player of either sex (it will be their call). This can also happen when one player of each sex is left on the floor..... however if there is 2 male players and 0 female players on the floor or 2 and 1, the next caught ball must result in a female returning to the floor and visa-versa if the scenario was reversed until there is 2 players of each sex back on the floor. Players returning to the floor must alternate by gender until two of each sex is on the floor. So again if there is a minimum of 2 players of each sex on the floor the team will be permitted to choose which sex they add back to the court and if there is one of each sex remaining on the floor, the next person can also be the gender of the team's discretion. **There will be no redo's for players returning to the player surface, if a team sends a player that is not permitted (due to wrong sex) or not the player of the teams preference they cannot then decide seconds later to replace that player with someone else. If it is a player of the non-required gender going on the floor, the player will be called off the court by a game official and a player of the correct sex may NOT return for that team. The returning player must enter the court in a timely manner or they can be refused entry by a game official. Entry occurs as soon as a player crosses the back pylon towards the in play portion of the court, they do not have to actually enter the back court line to be deemed in play. This occurs as soon as they cross the threshold of the back pylon on either side.**
8. If you are hit by a ball and remove yourself from the court, but it is determined that either the throw or the thrower was illegal (ex: Ball was held longer than the 5 second count) the player may return without having to enter through the back of the court.
9. If a player is hit by the ball and leaves the court but then realizes their team mate caught the ball, the struck player is no longer permitted to re-enter play. It is the player's responsibility to make sure the ball is dead before they exit the playing surface.
10. The back boundary line of each court is a soft line and players will be reminded/warned by the officials to play within the back boundary, however if a player camps out behind the back line or is continuously being warned to stay within the boundaries, the game official can call the player out for that game or issue them a yellow card for unsportsmanlike behavior if this continues.
11. During any stoppage of a game including time outs, all players from each team must lineup behind the back line of their side of the court until the officials announce that play has resumed.

12. Though the back line is soft for movement purposes, in order for a catch to be legal at the back of the court a portion of the person catching the ball must be on the back line or in the playing area. If a catch is made without any part of the body touching the "IN" boundaries at the back of the court then the catch will not count and the player attempting to catch will be called out. A part of the body must be touching the back line or in play, a portion of the body crossing the pain of the back inbounds does not count as being in play.
13. A player can only be called out by direct hits or violation of boundaries. It is the referee's discretion during a close call and/or "trapped ball" **Trapped balls do not count as a catch or a hit.** A trapped ball is when a player is hit and/or catches a ball essentially at the same time it hits the ground. All referee decisions are final!
14. Rebounds off of the walls and/or court netting and/or any other dividers are considered dead balls and do not count towards getting a player out if hit. At the same time if a ball strikes a player and then the ball hits a wall or the separating divider, his team cannot save the hit player nor can the thrower be caught out. If a ball is thrown across half and then returns back to the original half it came from it is deemed a dead ball once it crosses that center line. So a thrown ball that hits a player on the opposite side and then bounces off of them or a ball and then comes back across center without touching the ground could not be caught as a "caught ball" **or count as a ball to hit a player for a kill shot.**
15. No player can catch anyone on his/her own team out; nor will they be called out if they drop a pass from his or her own teammate
16. Players re-entering the game, must enter through the back of the court and are considered active **as soon as they cross the back pylon** and into the soft back line portion of the court. They do not need to actually enter play by crossing the back line. **If an official feels too much time has passed before a player has returned to the court, they can refuse that team from returning a player.**
17. Players may hold as many balls as they please. They can also make a fair catch while holding another ball. If a player blocks a ball up and bump it up in the air, then decides to drop one of the balls they are holding to make the catch they can do so with the catch counting and the dropped ball not counting as a "dropped ball" due to contact from the initial ball they blocked. Dropping of a ball for this purpose must be deemed deliberate in the official's eyes or they will be called out for the initial ball knocking their ball out of their hands as this would be the reason determined for the ball being dropped to the floor.
18. A player may block an oncoming ball with another ball. If a thrown ball is deflected upward and is caught by a teammate, the thrower of the ball will be called out. If a player deflects a ball with another, but drops their ball in trying to deflect the on-coming ball unintentionally (read rule 16), the player who dropped their ball will be called out (even if the deflected ball is eventually caught). If a thrown ball is deflected off their blocking ball but then it hits the blocker, the player is called out (live ball until it hits the ground, wall, etc.)
19. If a player catches a ball (has full control) and then goes out of bounds the catch will count and a player on that team may return to the floor, the person who threw the ball will be out and the person who caught the ball will also be out. The player catching the ball in this scenario must have both feet in bounds and control of the ball for the catch to count.
20. Players are allowed to reach across the centerline/sidelines to pick up balls on the opposing side. They will however be eliminated if any part of their body touches the opposing side of the court. This does not apply for the center line for the opening rush of a game. (please refer to rule #1)
21. If a ball hits more than one player on any throws, all players hit on that throw will be called out. Therefore the ball remains live until it hits the ground (accept for the scenario in rule 27), wall or goes out of bounds.
- 22. If balls ricocheted mid-air they will remain live until they go out of bounds or hit the ground/ceiling.**

23. Balls are always to be thrown, not kicked. Any kicked ball in aggression/frustration will result in the player being called out from the match (Yellow Card) and may receive a Red card at the referee and commissioner's discretion. (Exception 1: The reasonable use of all limbs is acceptable to deflect balls upward in an attempt to make a catch. Exception 2: A player may lightly kick a ball over the center line to beat out a count-down.)
24. A legal throw involves the player having full control of the ball before throwing. A ball swatted from the air/ground will not count as a throw.
25. Squeezing or pinching the ball while throwing is not allowed (over time it ruins the balls – which are expensive!). If the referee feels a player is squeezing or pinching a ball, the player will get a warning. A 2nd warning will result in a yellow card, a 3rd will result in a red card. If a player is hit by a ball that was thrown by squeezing or pinching the ball, it is at the discretion of the referee as to whether or not the player that was hit is out.
26. **Honesty is essential in dodgeball. If a player is hit, it is the player's responsibility to call themselves out, whether the referee sees it or not. That being said, the referee has the final say in any hit/no hit.** If a team feels that one or more players are not playing honestly during the match, the Team Captain can point this out to the referee and the opposing team's Team Captain in between games. This must be done in a polite manner or the official can issue the complaining player a yellow card for unsportsmanlike behavior.
27. Unsportsmanlike conduct will result in a removal from the match (Yellow Card), as judged by the referees.
28. If the last player on each team is eliminated on the same play, the team with the player struck last will win the game. In the event that no referee can make a call on any play and no player admits first elimination, the referees can make the decision to have the game continue with no one being called out.
29. When the match comes down to one-on-one, the ball is no longer dead when it hits the ground. That means the player can be eliminated by a ball that bounces off the ground or rolling and hits them. The referee will inform the players the ground is in-play. A ball bounced off the ground and then caught will not count as a "caught ball".
30. After 1 minute of play in a one-on-one situation, each team will be allowed to return one player of the opposite sex, of their choosing to the court. The referee will announce the floor is now NOT in play.
31. If there is a dispute about a call during a match, it is at the referee's discretion to call a game stoppage and discuss the dispute with their partner and each team's Captain at center court. Just because a team or player(s) are upset about a certain situation, this does not mean an immediate mid game stoppage to discuss this will be granted. **This will be done at the full discretion of the game official(s). If granted all other players are required to stand at the back of the court.** Any player yelling at the other team during this time can be ejected from the match (Yellow/Red Card) at the referee's discretion. **The game clock will be paused during this time.**
32. Yellow and red cards will be used to discipline players for unsportsmanlike behavior. Minor offenses will receive a yellow card (out for the remainder of the match) and major offenses will receive a red card (out for the night). If issued a yellow card you will not be permitted to participate in the remainder of that match. If a player receives two yellow cards or one red, they will not be allowed to play for the remainder of the evening. If you receive the red or second yellow card at any time during your final Match of the night, a one Match suspension will be given for the following week. If you are issued a yellow card in the second half of your last game of the night you will be suspended for the first match of the following week. Repeat offenders will be reviewed by league officials and further discipline will be handed down if deemed necessary.
33. League Executives have the right to amend any rule, as they feel necessary. They must provide a valid reason for the rule amendment, and their decision will be expected to be followed and respected. The individual making the call will be expected to have that rule implemented immediately, publicly announced, and added to the written official rule list as soon as possible. Any of these rules implemented can be brought up for review at the next AGM meeting.

League & Tournament Playoff Rules (Does Not Apply Tournament Round Robin)

1) NO GAME CAN START WITH LESS THAN A MINUTE REMAINING IN A MATCH.

- This means that if 1 team is winning and there is less than a minute left when the previous game ends the match is over. So if team A wins a game to make it 3-2 but there is now under a minute left on the clock for the match, that match is over and team A wins 3-2. Team B will NOT get a chance to tie the game on numbers by starting another game.

*Exception to this rule is for any 1st place or 3rd place playoff game of a tournament and for the finals of League playoffs. In these cases the games will be permitted to be played out until time expires giving the trailing team an opportunity to tie the game by having a player advantage before time expires to force a sudden death final game.

2) A PLAYOFF MATCH CAN'T BE WON ON NUMBERS BUT IT CAN BE TIED ON NUMBERS:

2a)- This means that if the match is tied and time runs out, then that game will be continued and played out in it's entirety as a sudden death game until one team eliminates all the players from the other team.....So if Team A and Team B are tied 2-2 when the time runs out Team A has 4 players on and Team B has 2 players on the court, the game will continue until one team wins outright. There is no clock at this point and a game official will announce that **"this is the final game!"**

Should a tied match start a game with just over a minute remaining, an official is to announce that this will be the final game either prior to the start of the game or as soon as the game clock hits what would normally be the last minute of play.

2b)- For the 2nd variation of this rule, the match can be tied by the number of players remaining on the court should time expire on the game clock and the losing team has more players left on the court than their opponent. This means that if Team A is winning 3-2 and at the end of the game clock but Team B has a 4-2 player advantage, Team B wins the game and makes the match 3-3.

3) IF A GAME IS TIED AT THE END OF THE GAME CLOCK, THE MATCH WILL BE DECIDED BY ONE SUDDEN DEATH GAME PLAYED OUT IN FULL:

- A sudden death game is played exactly the same as any normal game would be played. So 6 on 6, balls at center etc. There is no time restraint however and the game will be played to completion. Please keep in mind that teams DO NOT get a new timeout if it goes to overtime but can use theirs if it wasn't used during the 17 minute match.

Scenarios when a game goes to sudden death:

a) If the time runs out and the team trailing has player advantage which would give them a point that ties the match.

b) If a team ties up a match but there is now less than 1 minute remaining in play.

c) If the game is tied when time runs out, that game continues as a sudden death match as explained in rule 2.

4) MERCY RULE - ANY TEAM UP BY 4 GAMES/POINTS WITH LESS THAN 3 MINUTES REMAINING IN THE SECOND HALF:

- This means that if a game ends to make the score 5-1 and there is less than 3 minutes remaining in the match, that match is over and the leading team at that point will be declared the winner. If a game starts before the 3 minute mark (so say with 3:42 remaining) and it is already a 4 game deficit, play does not stop at the 3 minute mark "mid game". If after that games conclusion, the score still shows a 4 or more game deficit the match would be determined over at that time.

Game Rules - Uniform

1. The recommended uniform includes:
 - i. Closed toe athletic shoes, **must not leave marks on the floor**
 - ii. Shirt with the player's number on the front and back (League Play)
 - iii. Shorts/pants
 - iv. Safety gear optional (mouth guard, jock strap, knee pads, etc.)

Game Rules - Substitutions

1. Each team is granted one 20 second timeout during a match. During that time, any player can be substituted for an active player of the same sex and the game clock will be paused. The opposing team can also use this time to substitute a player but if they choose to do so they forfeit their time out for the duration of the match.
2. Timeouts must be called by someone on the court.
3. Timeouts are granted when an official acknowledges the timeout call by a team and not when the whistle is necessarily blown.
4. The team who called the time out are responsible to throw first once play resumes.
5. The only other time a player can be substituted into a match is in the event of an injury.

If in the **officials' discretion** play was stopped due to a **legitimate injury** stoppage, the team will not be charged with their time out. However if the team has an eligible substitute player of the same sex, the injured player must be replaced at the time of the injury stoppage if that player cannot resume play when the officials are ready to continue with game play. If the player is unable to return and there is not an eligible substitution available at the time, the team will unfortunately have to play down a player.

Game Rules - Violence

1. Any player crossing half-court as a result of any dispute may be ejected indefinitely.
2. Any player leaving the bench as a result of a dispute may be ejected indefinitely.
3. No aggressive nature towards a player, official, LDL staff member or fan will be tolerated at any time and will result in severe punishment and/or ejection from the league.

Game Rules - Penalties

1. Honesty Penalty: As noted, honesty is essential in dodgeball. If a player is hit, it is the player's responsibility to call themselves out, whether the referee sees it or not. A player is expected to leave the game upon an obvious and/or direct hit/catch on their own honesty and volition. If a player does not leave the playing area in a timely fashion after an obvious and/or direct hit/catch regardless of a referee's call then it is at the referee's discretion to card the player.
2. Suicide play: A suicide is NEVER allowed. This entails jumping from you side into the air, throwing the ball in mid-air and landing on the other team's half. This will result in an immediate out of the player who attempted the suicide play and will be carded.
3. **A team losing due to forfeit will be tagged with a 3-0 defeat (effective 2016)**

Player Eligibility

1. A player must be the following to be eligible for playoffs:

- A registered player on the team's roster submitted to the league
- Played during at least one evening of regular season games for the team.
- Borrowed players wishing to participate in the playoffs for their secondary team must notify the league themselves or have their team rep notify the league of this intention by week 5 of any season.

2, "A" Pool Male players can only play for a "C" Pool team during the regular season and are not permitted to play for any "C" Pool teams during the playoffs. "A" Pool female players can play for any other Pool during the regular season and playoffs due to a lower amount of female participants/availability within our league.

3, Each team is permitted to borrow up to 1 male and 1 female player from another team in another Pool. Players can never be borrowed within the same Pool/Division aside from playing in a cross over game that involves their alternate team that they have already been assigned to.

Alcohol & Drug Policy

In co-ordinance with the Thames Valley District School Board policy regarding Community Use of Board Facilities, the London Dodgeball League imposes a very strict NO ALCOHOL & DRUG POLICY.

Any players/team found using either substance in one of our schools will be removed and banned from the league immediately without refund!