



OFFICIAL RULES AND REGULATIONS

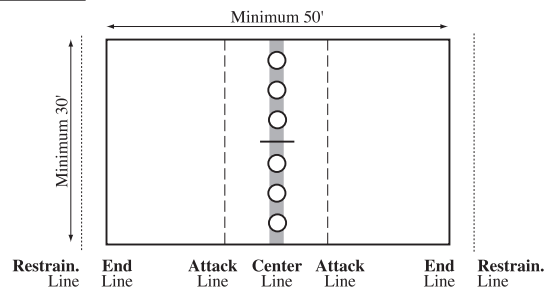
RULE 1 PLAYERS, FIELD AND EQUIPMENT

Section 1: TEAM

- Art. 1 Teams will be made up of 6-15 players. Each game begins with 8 players competing on a side; others will be available as substitutes.
- Art. 2 Co-Rec teams must start all games with no more than 5 male players: 5 male and 3 female, 2 male and 6 female, etc.
- Art. 3 Substitutes may enter the game only during time-outs, or in the case of injury. Co-Rec may not substitute male for female.

Section 2: FIELD DIMENSIONS & MARKINGS *(see Diagram #1)*

- Art. 1 The game may be played indoors or outdoors.
- Art. 2 The playing field shall be a rectangular surface free from obstructions at least 50 ft long and at least 30 ft wide.
IDEAL MEASUREMENTS: 60' x 30'
- Art. 3 The playing field shall be marked with sidelines, end-lines, attack lines and a center hash mark as shown on Diagram 1. There shall be at least 3 ft (preferably 10 ft) of unobstructed space outside boundaries. Attack Line is parallel to and 3 m from Centerline. It is recommended that the center-line be 8 inches wide.
- Art. 4 A restraining line will be located 6-8 ft outside and parallel to each endline. Only active players (those not "out") will be allowed to pass through the area between the end-line and restraining line.





Section 3: BOUNDARIES

- Art. 1 During play, all players must remain within boundary lines.
- Art. 2 Players may pass through their end-line only to retrieve stray balls. A stray ball is one that has not been picked up and is lying on the ground.
- Art. 3 When retrieving a ball, the player must also immediately re-enter the playing field only through their end-line.
-
- NOTE: A player not immediately re-entering the playing area may be declared OUT.*
- Art. 4 A player may be handed a ball from out of bounds, provided the player receiving the ball remains completely within their team's field boundary. Players may not be handed a ball while standing out of bounds.
- Art. 5 A player shall **not**:
- have any part of their body contact the playing surface on or over a side line.
 - exit or re-enter the field through their sideline.
 - leave the playing field (side-line or end-line) to avoid being hit by, or attempt to catch a ball. ****Balls caught out of bounds will not be counted**
 - have any part of their body cross over the center-line and contact the ground on their opponents' side of the court.******
-
- NOTE: A player may, without penalty, step on the center-line.*
- PENALTY (a-d): Player will be declared OUT
- ** Exception to 1. 3. 5.d:** During the "opening rush," many players will cross the center-line. Officials should refrain from calling players OUT at this time unless a definite advantage is gained by the action.

Section 4: EQUIPMENT

- Art. 1 WAKA Dodgeball will supply dodgeballs for each court as the official game balls for the league.
- Art. 2 The number of balls used in a regulation game is six (6).
- Art. 3 Participants must wear shoes, shirts and shorts/pants.
-
- NOTE: No metal cleats will be allowed.*
- Art. 4 All clothes/uniforms are considered part of the player's body.



RULE 2 GAME PLAY

Section 1: THE GAME

Art. 1 Schedule of games and side of court will be determined prior to each game. All players should be prepared to play from 2-4pm.

Art. 2 The object of the game is to eliminate all opposing players by getting them OUT.

An OUT is scored by:

a. Hitting an opposing player with a LIVE thrown ball below the shoulders.

NOTE: If a player ducks or takes a position with their head below where their shoulders would normally be when standing, i.e. crouching, kneeling, sitting, diving, rolling or laying, and this clearly is the cause for the player being hit above the shoulders, the player is out and the throw is considered legal.

b. Catching a LIVE ball thrown by your opponent.

NOTE: When a player catches a ball, they may bring back a member of their team.

The incoming player must be the same sex as the person who threw the ball, and players come in based on when they got out of the game (ie. the first girl out is the first girl to come back in, and so on). Players can not exceed 8 people at a time.

c. Causing an opponent to drop a held ball as a result of contact by a thrown LIVE ball. (usually occurs when a ball is being used to block a thrown ball)

d. An opposing player stepping out of bounds. (See Rule 1, Sect. 3)

LIVE (def.): A thrown ball that strikes or is caught by an opposing player without/before contacting the ground, another player, a **non-held ball***, official or other object.

Art. 3 A player may block a thrown ball with a ball being held, provided the holder does not lose control of the held ball as a result of the contact with the thrown ball. **The held ball does not need to strike the ground to cause the holder to be out, only be knocked loose of the holder's grip. Even if the holder regains control of the held ball, they are still out. Any actions by the holder after the initial loss of control are ignored.**

NOTE: A player may drop the ball they have blocked within order to catch a deflected ball. Officials must be sure to recognize the difference between a loose ball and an intentionally dropped ball. A loose or dropped ball contacting a live ball causes it to become dead.

Art. 4 A live ball deflecting off a held ball and/or striking the holder remains live only to the holder. Following the deflection/striking of the holder,

a) the holder legally catches a live ball, or b) the live ball



dead by contacting the ground, another player, a non-held ball or ball held by another player, official or other object. RESULT: In a, the thrower is out. In b, the holder is out.

- Art. 6 A live ball deflecting off the body of Player "A" remains live only to player "A". If "A" legally catches the deflected ball, the thrower is out. Teammates of "A" may not legally catch the deflected ball. In fact, touching of the deflected ball by another player causes it to become dead.
- Art. 7 Once a player is OUT, they must drop any balls in hand and exit the playing field at the nearest sideline. If an OUT player intentionally contacts a live ball before exiting the playing field, opponents will be awarded a free throw.

Section 2: TIMING, TIME-OUTS AND SUBSTITUTIONS

- Art. 1 A 6-minute time limit has been established for each game.
- Art. 2 Each team will be allowed one (1) 15-second time-out per game.
- Art. 3 Only the refs starts and stops the clock.
- Art. 4 All players are in jeopardy until the court monitor/official recognizes AND signals, the beginning of a time-out or end of regulation time.*
* **Exception:** All LIVE balls in flight at time of an official's signal (to end regulation time or begin a time-out) remain LIVE, and may eliminate an opponent, until they become dead.
- Art. 5 During time-outs, teams may substitute players. Substitutes may be players who did not start the game, or players who wish to re-enter after having been declared out.
- Art. 6 Following the time-out, play will resume with the same number of players and balls on each side as when time-out was granted.

NOTE: Co-Rec may not substitute male for female.

Section 3: BEGINNING THE GAME

- Art.1 Prior to beginning a game, an equal number of dodgeballs are placed along the center line on each side of the center hash mark. A standard game consists of 6 balls, 3 on each side of the hash mark. (See pg. 1, Diagram 1)
- Art. 2 Players then take a position behind their end line.
- Art. 3 Following a signal by the official, teams may approach the center-line to retrieve the balls. Teams may only retrieve balls placed to the RIGHT (as they face the center line) of the center hash mark. If balls remain on the center line after a team has retrieved and moved their balls beyond the attack line, those balls may be retrieved by either team.



- Art. 4 A **False Start** will be called if players cross their end line prior to the official's signal to start the game. Result: Play will be stopped and one ball from offending team's side will be moved to opponent's side of hashmark. Repeat for each infraction.

Section 4: OPENING RUSH RULE

- Art. 1 Each/every ball retrieved at the opening rush must first be taken beyond the attack line and into the team's backcourt before it may be legally thrown at an opponent.
Example: Following the opening whistle, a player rushes and is the first to secure a ball from the center-line. That player must then carry or pass the ball into their backcourt before it may be legally thrown at an opponent.
- Art. 2 Once a ball is moved beyond the attack line it may be thrown from anywhere within the boundaries

Section 5: DECLARING A WINNER

- Art. 1 The first team to legally eliminate all opposing players will be declared the winner.
- Art. 2 If neither team has been eliminated at the end of regulation, the team with the greater number of remaining players will be declared the winner.
- Art. 3 If an equal number of players remain after regulation play, a shoot-out style overtime will be played.

Section 6: OVERTIME

- Art. 1 The first overtime period of any game will begin with a minimum of three (3) players from each team. If less than three players were standing at the end of regulation, players must be added. The players starting the first overtime may be any rostered players, not necessarily those left after regulation. Overtime will consist of a normal 1.5 minute game. Winner will be based on outcome of that game.
NOTE: If after 1.5 minutes, there is still a tie, winner will be determined by rock, paper, scissors (best 2 out of 3)
-

Section 7: STALLING AND 5-SECOND VIOLATION

The following procedure will be used to prevent “stalling.”

Art. 1 It is illegal for a team to control all the balls for more than five (5) seconds. If a team controls all the balls – *i.e. all balls are located on their side of the center-line* – they must make a legitimate effort to get at least one ball across the attack line and into the opponent’s backcourt. If this is not done within 5 seconds, a “5-second violation” will be called. A team may avoid a 5-second violation by throwing or rolling a ball into the opponent’s backcourt. This does not include throwing a ball over and through an opponents end-line.

NOTE: *Only a court monitor or official may call a 5-second violation.*

PENALTY for 5-Second Violation(s):

First violation: Stoppage of play and balls will be divided evenly between the teams. Play will continue with “balls in hand.”

Second violation: **FREE THROW** for the opposing team - a penalty in which one player is allowed an unobstructed throw at their opponent(s) without risk of elimination. This is possible because a caught “free throw” does not result in an “out” for the thrower.



Third violation: Ejection of one (1) player from offending team.

NOTE: The stalling procedure does not apply to overtime periods.

- Art. 3 The 5-second count will cease, when in the opinion of the monitor/official, a ball is at the **disposal** of the trailing team.
- Art. 4 A ball may be considered at a team's **disposal** without being **secured** if, in the opinion of the monitor/official, players of the trailing team are not making a legitimate effort to do so.

Rule 3 OFFICIALS AND THEIR DUTIES

Section 1: COURT MONITORS AND OFFICIALS

- Art. 1 All contests will be supervised by registered players.
- Art. 2 Rules will be enforced primarily by the "honor system." Players will be expected to rule whether or not a hit was legal or whether they were legally
- Art. 3 Court monitors may call out players that don't abide by the honor system
Players must abide by ref's calls and leave the court. Only captains may argue a call



Section 2: UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct may include, but is not limited to:

1. Foul language
2. Hits above the shoulders or with intent to harm
3. Unnecessary roughness
4. Arguing with officials, volunteers, WAKA staff, participants or fans
5. Abuse of the "honor system"





COURT MONITORS AND OFFICIALS RESPONSIBILITIES

ONE OR TWO COURT MONITOR(S)

Primary responsibility is to signal the start/end of games and timeouts, keep time and track eligible players. A secondary responsibility is to rule in cases where teams can not agree. Because of this, monitors must attempt to observe all the action on the court. Although it may not be possible to see all questionable plays, the monitor must be diligent in his/her observation of the game. When ever possible, the monitor should allow teams to reach a decision, before making an official "call." Even if a monitor clearly observes a player not going out after being legally hit or stepping out of bounds, they must resist making a call until an official request is made. (Monitors who observe abuse of the honor system may call Technical Fouls on players. This does not require a warning.) When a player requests that a monitor make a call, play should be stopped and the monitor should make one of three calls:

1) the player is out, 2) the player is not out, or 3) didn't see the play – play on. Regardless of the call, play will continue with no further discussion of the play/call.

NOTE: Play continues until the monitor's signal. A player's request does not stop play – the monitor's signal does.

THE COURT MONITOR'S DECISION IS FINAL!

DESCRIPTION OF OFFICIALS' RESPONSIBILITY

All Semi-Final and Final Round matches will be officiated by no less than three N.A.D.A. Officials. Their responsibilities are as follows:

REFEREE

Primary responsibility: Keep official time & score, signal start/end of game, grant/signal timeouts and track eligible & number of players remaining. Also, centerline infractions.

Secondary responsibility: Rule whether a player was legally eliminated.

FIELD JUDGE (Corner/Field Judge in 3 official game)

Primary responsibility: Observe players and rule whether a player is legally eliminated by a thrown/caught ball. In a three-official game must also rule whether a player illegally steps out of bounds on their nearest sideline or endline.

Secondary responsibility (4 official game): Rule whether a player illegally steps out of bounds.



-10-

CORNER JUDGE (4 or 5 Official game)

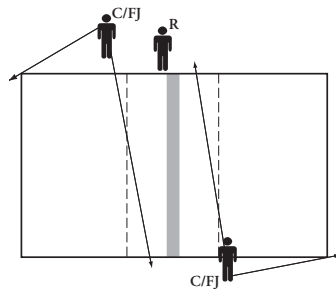
Primary responsibility: Observe players and rule whether a player illegally steps out of bounds.

Secondary responsibility: Rule whether a player is legally eliminated by a thrown/caught ball.

NOTE: Officials' responsibilities are combined in a three or four official game.

POSITION AND FOCUS AREA

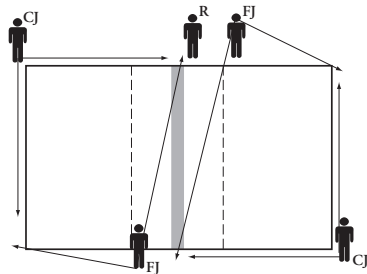
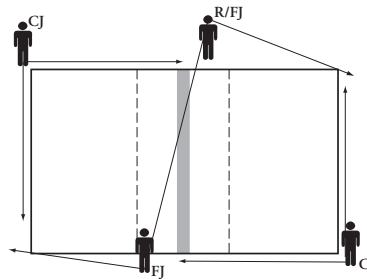
The following diagrams show the ideal position of each official and their focus areas. Officials have the liberty to move within their position to improve sightlines and angles, but should not stray into other official's focus areas.



THREE OFFICIALS

1 Referee, 2 Corner/Field Judges

FOUR OFFICIALS
1 Referee/Field Judge, 1 Field Judge,
2 Corner Judges



FIVE OFFICIALS

1 Referee, 2 Field Judges, 2 Corner Judges