



CT Foam Dodgeball 16v16 Rules

Section 1 - Game Management

1. Timing
 - a. A match lasts 50 minutes.
 - b. The team who wins the most games in that 50 minute period wins the match. (A typical game lasts about 4-5 minutes so there is an average of 9-10 games per match).
 - c. Games should start within 1 minute of the conclusion of the previous game. Exceptions are:
 - i. Missing game ball(s).
 - ii. Timeout called by team.
 - d. A game is won when one team eliminates every one of the other players on the opposing team.
 - e. Teams switch ends of the court before starting a game once the game clock has reached 25 minutes.
 - f. No new games will start after the 47 minute mark.
2. There must be at least five female players, five male players and at least ten players overall on the floor at the start of each game .
 - a. Players cannot sit out games unless:
 - i. They are injured
 - ii. They are serving a game suspension for a yellow card
 - iii. The team has more than 16 players present
 - iv. They arrived during an active game.
 - b. If a player sits out a game for a reason not included in Rule 2a, they may not re-enter for the duration of the match.
 - c. If a team requests that or is found to have instructed a player to sit-out a game for any reason not delineated in Rule 2a, that team forfeits that game (though not the entire match). This is a judgment call left up to the discretion of the head referee and the league's Community Coordinator.
 - d. If a team does not have at least five females, five males and at least ten players five minutes after the scheduled start time, they shall receive a one game forfeit. If a team does not have at least five females, five males and at least ten players ten minutes after the scheduled start time, they shall receive a forfeit with a final score of 10-0. The teams can still play the game, but the score will be recorded as 10-0, no matter the outcome.
3. Games are played with six balls. All 6 balls are set on the middle line at the start of each game for the rush. The team who wins the pre-match RPS (rock, paper scissors) best-of-one, will receive their choice of "Ball Control" for the first or second half of the game.
4. "Ball Control" is determined which team is required to throw first if both side each have 3 balls. Ball control switches teams at half time.
5. There can be a maximum of 16 players on the floor for each team at the start of each game.
 - a. Any additional players from the team's roster must sit out so that no more than 16 players are on the court at any time during a game.
 - b. No player may sit out two games in a row unless it is for a reason delineated in Rule 2a.

- c. No player may sit out more than one out of every three games unless it is for a reason delineated in Rule 2a.
 - d. A team that violates any of Rules 2a–2e will forfeit each game in which such a rules violation occurs.
 - e. Players are required to check their names off their team rosters that will be located at center court table. ****Teams are subject to random photo ID checks****
 - f. Active roster players must play in their CLUBWAKA issued team shirt. Anyone not wearing their CLUBWAKA shirt, **repeated failure to wear your shirt will result in not being allowed to play.**
 - g. Subs are prohibited. All players must be registered CLUBWAKA players and part of the team’s active roster. Penalty of using illegal players will result in the forfeit of all games the illegal player(s) were a part of.
 - h. ****Note: It is recommended that teams set their rotations prior to the start of the first game to ensure they do not violate these rules.****
6. Specific to our gym setup at Nomad’s Adventure Quest: each team must have (6) players in front of the starting line at all times during the game. Subsequently, when there are (6) players or less remaining in the game, the back line effectively turns into an out-of-bounds line. If a player(s) step behind the starting line, leaving the box, when there are (6) or less players left, they are OUT.
- a. If a team repeatedly drops below 6 players in the box, while having more than 6 players in the game, **Players will start to be called out.**
 - b. Any catch that occurs when a team does not have 6 players in the box, but has more than 6 players in the game will not count.
 - c. ****Note: When there are 6 or less players left in the game, a referee will retrieve balls which may go in the backcourt. Eliminated players from the outline cannot be behind the starting line.****

Section 2 - Getting Out and Getting In

7. A player is out if they get hit by any “live ball”. A “live ball is:
- a. A ball thrown and hits a player directly.
 - b. A ball that deflects off another ball and hits a player on any part of their body, **including the head.**
 - c. A ball that hits off any body part of a teammate, excluding their head.
 - d. A ball that hits a player's foot **as/or** before the ball hits the ground.
8. A player is still in if they are hit with a “dead ball”. A “dead ball” is:
- a. A ball that hits the floor, wall or ceiling.
 - b. A ball that hits off a player that has already been hit and is walking off the court.
 - c. A ball that hit directly off of another player’s head, see Section 10 for exceptions.
 - d. A ball that hits off a ref, spectator or player on the sideline.
 - e. A ball that is kicked.
 - i. Feet may be used to roll a ball(s) to the other team (on the ground).
 - ii. If a player kicks a ball at another player, the head ref can call that player out and give them a yellow card for unsportsmanlike conduct.
9. Further explanations of Rules 7a-d and 8a-d are:
- a. A player is out if they are hit by a thrown ball, or a deflected ball, before it hits a wall, the ceiling, the floor or any person along the sideline that is not in the game (referee, out players, or spectator).
 - b. If a ball deflects off of a teammate (or another ball) and hits a player before it hits the wall, the ceiling or the floor, the second player hit is also out even if it hits that person in the head (accordingly, one thrown ball can potentially eliminate numerous opposing players).

- c. If a player uses a ball to deflect a thrown ball, then the ball hits any player (including the original person) anywhere (including the head).
 - i. If the player drops the ball they used to deflect the thrown ball, that player is out.
 - ii. A player is OUT if the player drops any ball they are holding as a result of being hit by a thrown ball. This rule applies even if a teammate subsequently catches the thrown ball.
10. A player is OUT if any part of their body (a foot, a hand, etc) touch **on/or** over any out-of-bounds line or the center line.
 - a. **Players may not cross the centerline during a game. Players are not out unless they touch the court on the other side of the centerline. However "suicides" are not league. Any player jumping across the center line will be ejected from the game.**
11. Caught Balls
 - a. If a player catches a "live ball", the player that threw the ball is out and a the player at the front of out line for the team that made the catch will re-enter the game.
 - b. If a live ball that deflects off a player and is subsequently caught by a teammate, before becoming a dead ball; the player the ball deflected off is not out and the player who threw the ball is out.
 - c. If a player catches the ball in bounds and their momentum carries out of bounds or a player runs out of bounds and catches a live ball; the player who caught the ball is not out and the person who threw the ball is also not out, and no new player re-enters the game.
****Note: this does not include centerline.****
12. If a player catches a ball and in the process drops a ball they are holding, the player who threw the ball is out, a player from the catching player's team in the out line re-enters the game, and the player who dropped the ball is also out.
 - a. Exceptions to rule 12 include:
 - i. A player that drops the ball they are holding before the ball that they subsequently catch is thrown.
 - ii. A player that throws the ball in their hand across the midline before they subsequently catch the ball thrown at them.
 - iii. A player that passes the ball in their hands to a teammate, who subsequently catches the ball before it hits the ground.
13. When a player is out, they have five seconds to exit the court.
 - a. If they intentionally attempt to deflect live balls while going out of bounds, **They will be subject to ejection from that game and the next without warning.**
 - b. The five second clock starts as soon as a player is hit and/or called out.
14. When a player is out, they are to enter the out line in the order that they went out. The first player eliminated goes to the front of the out line, the second player eliminated goes to the second spot, and so forth.
 - a. The out line starts just out of bounds, in the back corner of the court.
 - b. The line should run parallel to the sideline, 5 feet off of the out of bounds line, or behind the blue line.
 - c. Active players in the game must stand in line and re-enter the game in the correct order.
 - i. **If a player is not in line when a catch is made and it is their turn to re-enter the game, no player will be allowed to enter.**
 - ii. **If a catch is made before an eliminated player actually reaches the out line, they may not return to the game.**
 - iii. If a team is caught "line-jumping" – if players cut in the out line – the team forfeits the game in which they are caught doing so.

Section 3 - Starting Play

15. All game day captains for both teams must meet with the head referee prior to start of game.
 - a. Only these players from the two teams may speak to referees during the games.
 - i. A team can have up to 3 captains in the meeting as long as one is a registered captain or co-captain.
 - ii. If a registered captain or co-captain is not at the meeting they waive rights as a captain for that game.
 1. Exception is if they are running late and their team leaves one of the 3 spots open for them. The captain must check in with the head referee upon their arrival. We will void captains for the game if the late captain does not check in with the head referee before entering the game.
 - iii. A game day captain does not have to be a registered captain, but a team is limited to two of these captains.
 1. The community coordinator or head referee has the power to veto gameday captains based on prior behavioral issues.
 - b. Sign in rosters will be handed to the head referee.
 - i. All late arrivals must check in with the head referee.
 - ii. Players who arrive during a game cannot enter an active game. They can enter the next game that commences after their arrival, and must first check in with the head referee.
 - c. Lead captains for each team will perform RPS (rock-paper-scissors). The winner has the option of selecting "ball control" for the 1st or 2nd half or their choice of sides for the start of the game.
 - d. The team that loses the RPS gets their choice of sides if the winning team elects for "ball control" or obtains "ball control" if the winning team selects its side.
 - e. In the playoffs, the team with the better seed has the option to pick their side or to elect for "ball control".
 - f. Players who arrive during a game cannot enter an active game. They can enter the next game that commences after their arrival, and must first check in with the head referee.
16. 6 balls are placed on the half court line, 3 on each side.
17. At the referee's whistle, players can run to the centerline (up to three players per team) and retrieve the balls on their right at the half-court line.
 - a. Teams can run to their left, but cannot touch or retrieve those balls.
 - b. If any player(s) touch a ball on his or her left at the start of the game, a false start penalty is called.
 - c. After a false start, the team that commits the violation loses a ball from its side. That ball is placed on the other side, and the start is attempted again.
18. Five feet behind the half-court line is the marked "clear line". **Only 3 players to enter this zone are safe.**
19. Balls may be played once the ball itself crosses the clear line and when the opposing players have retrieved their balls and are beyond the clear line. This rule is only applicable on the initial rush.
 - a. Only the first three players from each team in the "clear zone" will be considered safe.
 - b. Any balls left on the line after all players from both teams have left the "clear zone" may be played by anyone.
 - c. All players must vacate the clear zone within 10 seconds or they become a live player.
 - d. If a ball is thrown before it passes the clear line, any player hit by the ball is not out, and the person who threw the ball is also not out, unless that ball is caught.
 - e. If a ball is thrown beyond the clear line and hits an opposing player while that player is in their clear zone, the person hit with the ball is not out and the person who threw ball is not out, unless the player catches the ball.

- f. A player(s) can toss their balls back to their teammates while in the clear zone and still be safe as long as they do not step/cross over the clear line.
 - g. The player and ball become active when the player steps/crosses the clear line.
20. When a player is out, he or she may only pass a ball that is already in their possession. They may not touch any other balls or their team will lose all the balls on the side of the court.
- a. If a teammate in the out line touches a ball that is still on the court, their team will have to pass all of the balls on their side to the other team.
- Note: No Warnings will be issued.**

Section 4 - Ball Control

21. "Ball Control" determines which team is required to throw first if both side each have 3 balls. Ball control switches teams at half time.
22. No team may maintain possession of a majority of the balls (4-6) for more than 15 seconds. The 15 second clock starts every time a team has 4 balls on their side of the court and only resets once they drop to 3 if they have "Ball Control" or 2 if they don't, even if only for a split second.
- a. **** Note: only balls in the active playing surface count toward a side's possession. Unless intentionally thrown out of bounds to preserve ball control.****
 - b. A team loses possession of a ball when it crosses the half-court line.
 - c. If a team throws a ball across the half-court line, and in doing so yields possession of a majority of the balls, should that ball return to its side of the court on a deflection either off of a player or the back of the court, the 15 second clock restarts.
 - d. While teams may roll balls across the court, they may not place balls directly over the half-court line.
 - i. Should a team place a ball directly over the half-court line, the head referee shall kick the ball to the opposing players.
 - e. There is no player-to-ball ratios, as long as the 15 second clock is being met and a player(s) is actively using the balls.
 - i. If a player(s) is not actively trying to use ball(s), referees may feed them to the other team.
23. With five seconds left, the head referee should commence a five second count.
24. Should a team fail to yield ball control in 15 seconds, play stops and all balls must go to the other team on the other side of the court.

Section 5 - The Clock

25. The clock shall run continuously from the start of the match until its conclusion.
26. The referees shall stop the clock for each of the following:
- a. If there is an injury on the court..
 - b. In the event of a power outage, a natural disaster, a safety risk (water on the floor, an itinerant interloper, etc.), or other acts of God or man or beast that put player safety at issue.
 - c. At the discretion of the referees.
27. Each team has one timeout each half of a match. **Timeouts do not carry over from the first half to the second.**
- a. Only gameday captains can call timeouts.
 - b. During a timeout, **one** of the gameday captains, who are in the out line, may return to the court to confer with players who have not been eliminated from that game.
 - c. All other players presently in the out line may not re-enter the court of play during timeouts.
 - d. A timeout is 60 seconds.
28. The match ends after the conclusion of the game that ends after the 47 minute mark on the game clock.

- a. Matches may and will end in ties.
- b. No new games will start after the 47 minute mark, even if the match is tied.
- c. Refs can call the game at any time if players are getting out of hand.
- d. Playoffs are best-of series and will always be played until a team reaches the required number of games to advance.
 - i. Play-in-round: best-of-5 games.
 - ii. Quarterfinals: best-of-5 games.
 - iii. Semifinals: best-of-7 games.
 - iv. Championship: best-of-9 games.

Section 6 - Conduct/Referees

- 29. No less than 5 and no more than 10 referees shall administer all CLUBWAKA dodgeball matches.
- 30. Players are responsible for self-regulating – if a player gets hit by a ball, it is her or his job to go out. If a player throws a ball that is caught, crosses the half-court line, goes fully out of bounds, and/or drops a ball when it is struck by a hit ball, must go out. Players caught by a referee failing to leave the court multiple times are subject to a yellow card and suspension.
 - a. If a player sees a teammate get hit, they shall let them know that they are out.
 - b. If a referee sees a player get out, they shall call that player out, if and only if, the player does not go out on their own.
 - i. Players must go out if called out by the referees. If players argue, they are subject to ejection from that game and the next, **without warning.**
- 31. Only the gameday captains may talk to referees.
 - a. Head Refs may not act as game day captains and may not speak with head refs during games.
 - b. If any player other than a captain speaks with the referees, they are subject to ejection from the current game and the next, **without warning.**
 - c. Captains should note the CLUBWAKA CT chain of command when appealing a call:
 - i. Head referee-->CC on duty-->CT Operations Coordinator-->CT General Manager
 - ii. ****Note: some of these positions may overlap.****

Section 7 - Head specific rules

The head shot includes just the head.

- 32. If a player is hit in the head – if it is a “head shot” – neither the player who threw the ball, or the player hit by the ball is out.
 - a. If a player is on the ground or has at least three points of contact with the ground (i.e., two feet and a hand) **or has no points of contact with the floor.** Rule 32 does not apply and the player hit by the ball is out.
 - b. If a player ‘ducks’ or ‘dodges’ a ball and is hit in the head, they are not out.
- 33. If a ball is deflected into a player’s head, that player is out. This deflection includes:
 - a. Off a teammate.
 - b. Off a ball.
- 34. If a ball makes first contact with a head, the ball becomes dead and cannot get anyone else out.
- 35. If a player repeatedly throws high resulting in a great probability of “head shots,” that player shall be issued a warning. If high throws persist from that player, a yellow card shall be issued.
- 36. If a player hits their head or gets hit in the head, the head ref and league management may remove said player from the game, if they are concerned about a head injury (concussion).

Section 8- Yellow/ Red cards

37. A player can be ejected from a single game without receiving a yellow card. The team is not required to play down a player. That player must just sit out.

38. A yellow card will be issued to players continuously causing a problem(s) in the game or is in violation of any of the yellow card offenses listed below

39. Yellow card breakdown:

- a. 2 yellow cards in a game = 1 red card.
- b. If a player receives a 3rd yellow card in the season, he or she can finish that game; unless rule 37 applies. The player will miss the following week. Must be at the week's game to serve the suspension.
- c. 4th yellow card on the season will result in immediate ejection from the season.

40. Yellow Cards shall be issued for:

- a. Aggressive and hostile conduct towards players of the opposing team.
- b. Players refusing to leave the court when they are called out.
- c. Targeting players heads.
- d. Talking to a referee, if not a game day captain.
- e. Conduct unbecoming of a sportsman or sportswoman (superfluous profanity, taunting, etc.)

41. If a player is issued a yellow card, he or she has to leave the current game, may not re-enter the current game, and may not play in the next game.

- a. If it is the last game of the night it will carry over to the first game of the next match that the player attends.

42. If a player is issued two yellow cards, they shall automatically be issued a red card.

43. Red cards may be issued for egregious violations of any rule at the discretion of the head referee; there does not need to be a warning or prior yellow card for a player to receive a red card.

- a. Examples of such conduct include fighting, or any physical contact.
- b. Crossing the centerline to approach a player on another team.
- c. Approaching referees in a hostile and aggressive manner.
- d. Throwing a ball at referee and/or CLUBWAKA staff member.

44. If a player receives a red card, he or she is expelled from the match (will count as 2 yellow cards still).

- a. That player's team must play the remainder of the match down one player.
- b. That player may be suspended from her or his team's following match, pending a review by CLUBWAKA staff.

45. All yellow cards are not subject to be reviewed.

46. All red cards will require a mandatory meeting with CT Operations Coordinator and/or CT General Manager before being allowed to play again in that season.

- a. It is on the player that received the red card to set up a time to talk to be able to play again.

47. The head referee will verbally issue yellow or red cards and must report all yellow cards at the end of the game. They must report any red card before the game can continue.

Section 9- Standings and Playoffs

48. Teams shall receive 1 point for a victory, 0.5 points for a tie, and 0 points for a loss.

49. Standings tie-breakers shall be determined in the following order:

- a. If, at the end of the regular season, two or more teams in the same league finish with identical win percentages, the following steps will be taken until a winner is determined:
 - b. **Two-Way Tie:**
 - i. If the tied teams played each other during the season, the team with the better head-to-head record receives the higher rank.
 - ii. If the tied teams did not play each other, or if the result of criteria 46b(i) is inconclusive, the team with more overall wins during the regular season receives the higher rank.

- iii. If the tied teams have the same number of overall wins, the team with fewer total runs allowed during the regular season receives the higher rank.
- iv. If total runs allowed is a tie, eliminate the runs allowed by each team in their FIRST game of the season, and compare again. If still tied, compare after eliminating the runs allowed in their first and second games, and so on and so forth until the tie is broken.
- v. If the teams are still tied, representatives from the teams or proxies from the league's volunteer leadership shall shoot Rock-Paper-Scissors (best-of-3) to determine the final result.

c. Three-Way Tie (or more):

- i. If the tied teams all played one another during the regular season, the team with the best head-to-head win percentage in games played between the tied teams receives the higher rank.
- ii. If any of the tied teams did not play each of the others, or if the result of criteria rule 46c(i) is inconclusive, the team with the most overall wins during the regular season receives the higher rank.
- iii. If the tied teams have the same number of overall wins, the team with fewest total runs allowed during the regular season receives the higher rank.
- iv. If total runs allowed is a tie, eliminate the runs allowed by each team in their FIRST game of the season, and compare again. If still tied, compare after eliminating the runs allowed in their first and second games, and so on and so forth until the tie is broken.
- v. If the teams are still tied, representatives from the teams or proxies from the league's volunteer leadership shall shoot Rock-Paper-Scissors (best-of-3) to determine the final result.
- vi. ****Note: If two or more teams remain tied after one or more teams are eliminated from the tie during any step, the tie breaker reverts to rule 46b or 46c for the remaining number of tied teams.****

*******PLEASE NOTE: In no way is "rounds for, (RF)" used in the tiebreaker process. When games won and overall wins are referenced above, it means overall weeks won.*******

Section 10- Drinking on the courts

- 50. There are no drinks of any kind allowed within the confines of the playing surface. This extends to the lines that run parallel to the sideline where the out player line forms.

