



OFFICIAL RULEBOOK

GENERAL RULES:

1. Maximum of 10 players on each side of the court.
2. 10 standard IDC-approved balls are placed on the center line to begin each match.
3. Opening Rush: Players must touch the determined back line at the start of the game. After the starting whistle, teams run to the center line to retrieve the balls.
4. In order for a ball to become **live**, a player must either carry it or throw it to a team mate behind the "attack line."
6. Players attempt to eliminate opponents by hitting them with balls or catching their throws. If a player is hit with a **live ball**, that player is out.
7. Eliminated players line up against the designated wall or on the sideline, which is to be announced at the start of the games. In some circumstances players may be required to stay seated on a bench.
8. Substitutions may occur after each individual set. Games generally are played in sets of three at the school level but can be done as one set when there are time constraints.
9. Players are to play by the honour system. If in doubt, player should call themselves out.
10. Play continues until one team is completely eliminated or the 5:00 minute time limit is reached. When the time runs out, the team with the most players left is named the winner. In the case of a tie 2:00 minutes of overtime is called into play. If the tie persists- a "sudden death" round will be held and the first team to hit an opposing player with a live ball will be declared the winner.

RULES OF PLAY:

BOUNDARIES

1. Center line: Players are not allowed to step over the center line. They are out if they do. (The only exception is during the opening rush.)

HIT

1. **Live Ball:** Any thrown ball that does not hit the floor, ceiling, wall, audience member, official or any other inanimate object (EXCEPT A BLOCKING BALL). If the thrown ball hits any of these, it will be immediately considered a dead-ball

***NOTE* This definition of a Live Ball can lead to doubles & triples. A thrown ball that hits two or 3 opposing players before becoming a DEAD BALL.**

2. Hit: A player is considered hit only if there is direct contact with a live ball by the opposing team (**exception: "Failed Block"**)

2. Clothing: Uniforms and accessories are considered part of a player's body.

3. Hit etiquette: If a player is hit, he/she should drop all held balls, raise his/her arm to signal that he/she is out, and leave the court immediately and minimize game play disruption. (Once on the sidelines, knocked-out players are not allowed to kick or pass balls to their teammates. This is illegal and will result in the ball being turned over to the opposing team.)

4. Headshots: To simplify the game, all headshots count. However, we do not condone intentional headshots. We reserve the right to discipline players if there are repeated violations or if the single violation is severe.

5. If in doubt, players should call themselves out (**"If in doubt, you are out"**)

CATCH

1. A catch is when a player retains **full control** of a ball released by an opponent.

2. If a player catches a **LIVE BALL** thrown by an opponent, the thrower is out and one player returns to the catcher's side in the order of first out, first in.

3. *Returning players after a catch:* Returning players SHOULD go straight to back of the court when re-entering the game.

If a returning player crosses over the boundary, they will be considered an active player.

4. When a dead ball thrown is caught, it is not considered a legal catch.

5. *Attempted catches*: If a player attempts to catch a live ball thrown by the opposing team, but drops it or allows it to touch any surface/object (other than himself/herself) before gaining full control, or allows him/herself to be out first (by another hit, or crossing centerline the player is out).

6. *Catches after blocks*: It is considered a catch if an opponent's ball hits a blocking ball and is then caught.

7. If a ball deflects off a player's body, another player can make a legal catch afterwards which will cause the thrower to be out.

8. *Catching balls going out of bounds*: Player must be in *full control* of the ball before going out of bounds, with both feet *in bounds* for a catch to be valid.

9. A double catch (and the odd triple catch) is legal if the balls have not clearly contacted the wall/floor/ceiling

10. In the case where a catch is made and no player walks off (i.e. the player didn't see his/her ball get caught)

- If the catch is observed by referees but the thrower cannot be determined, the referees should pause the game and request for one of the throwers to come off of the court. Referees can assist by indicating the side that the ball might have come from.
- If the catch is missed by all referees entirely and no one leaves the court, there is no dispute and play continues.

BLOCK

1. A block is when a player uses a ball or balls in possession to keep himself/herself from being hit.

2. **Failed Block**: If an opponent's ball hits a player's blocking ball and then hits the blocker's body/clothing afterwards, the blocker is out.

3. **Deflections**: If an opponent's ball hits a player's blocker ball and then hits a teammate of the blocker afterwards, the teammate is out.

4. **Catches after blocks**: If an opponent's ball hits a player's blocker ball and then a teammate catches said blocked ball, the opponent's ball will be considered caught. A teammate may return to the court.

DEAD BALL

1. *Dead ball*: A ball that hits anything but opposing players or a blocking ball will be declared a dead ball.

11. If a team has all 10 balls on their court and are not being used (i.e. all 10 balls are left on the ground), referees will begin a 10 second holding rule on the ball closest to the center line until it is played or turned over to the other team. If a player plays a ball, the countdown is transferred to that ball.

BALL ADVANTAGE

At any point where an official feels like both teams seem to be stalling their plays, the ref will call 'ball advantage' and the team with the most balls/player ratio will have to throw. If they don't throw after a count of 5, the ref will choose a player to be deemed "out" and the count will start again if necessary

REACH-OVER

Reaching over the center line for a ball on the opposing side will be allowed, however a player cannot step over the center line (Exception: opening rush)

OTHER PLAYS

Kamikaze plays: Players are not allowed to deliberately cross the center line to make a play (ie. jumping across to make a closer throw). They will automatically be called out and their ball(s) thrown will not count. However if the thrown ball is caught, it is considered a legal catch.

TECHNICAL

1. If you throw a ball at the opposing team while over the center line during the Opening Rush, you will be considered out.
2. A player is not to use any part of his/her clothing, or assistive accessories to make a catch.
3. Any physical contact with an opposing player will deem the player that initiated contact "out" and could result in expulsion from the game or tournament.
4. A ball must be picked up in order for the release to be legal. Smacking, spiking or scooping of a ball is not allowed and the hit will not count; however if caught by the opponent, the catch is legal.

5. Players return to the game in the order they were knocked out. (ex. Player A was hit out first. Player B was hit out second. Player A will be the first in line as well as next to come back on if a catch is made)
6. One player or coach can be designated to discuss calls with the head referee respectfully. This head referee coordinates the other referees and is not responsible for always watching game play. Other players are not allowed to argue or distract referees in any way or they can be immediately suspended from the game or tournament.

OTHER DETAILS

1. *Substitutions and timeouts*: Substitutions and timeouts are not allowed during a game unless there is an injury. The same 10 players, who start a match, end the match. Substitution may occur after each individual match.
 - a. Replacement of injured player: only subs (players who did not start the match) are eligible to replace an injured player. In the case where no substitutes are available, the team will play short, or forfeit the game if the injured is the last live player. (Depending on the severity of the injury, IDC reserves the right to ask an injured player to stop playing)
2. *Honour System Officiating*: It is ultimately up to the players to enforce and uphold the rules of dodgeball. Dodgeball relies on the honour system, in which officiating is determined more between players and less from the referees. However, if there is a controversial play, the referees will make the final call. They have the right to stop a game and discuss the incident before proceeding. In respect for the spirit of the game and for fellow players, there is absolutely no protesting allowed. However we allow a designated team coach or player to discuss and clarify any plays in a respectful manner with the IDC head referee.
3. Balls that go out of bounds are to be returned to where they became out of bounds, or stopped on the sidelines before they go out of bounds. If the initial out of bounds location can't be determined, then the balls should be placed on the center line.
4. Kicking a ball at an opponent during a game or in a showdown will result in the kicker being called out.
5. Players are not allowed to intentionally interfere with the opponents at the opening rush. They will be penalized if it's constant behaviour.
6. Any discrepancies regarding plays/situations that are not documented in the official IDC rules will be decided by the Officials Coordinator and/or IDC Event Coordinators of the tournament.

UNSPORTSMANLIKE BEHAVIOUR

There will be a card system that will discourage any kind of behaviour that would either be deemed unsportsmanlike or in bad taste. This behaviour will be defined as:

- Inflammatory Remarks towards players/officals/audience members
- Excessive and crude gestures
- Roughness during opening rush.

The Card System will involve a 3-card/strike rule where after the third card that player will be removed from the tournament.

-1st Card - Will likely be given if a player/team member argues consistently with a Referee

Penalty: Removed from that Round

-2nd Card - If the player has already been given one card for arguing with the ref and has been warned, they will receive another card OR If a player makes an inflammatory /excessive remark towards a ref OR throws a ball at a ref, they will be automatically given a second card (without even having the first one)

Penalty: Removed from the Match

-3rd Card - If the player instigates a physical altercation between any other player/audience member/official OR If a player has been consistently warned about his behaviour and has already received two cards. It is up to the Official's discretion to hand out a third card.

Penalty: Removed from the Tournament

ATTIRE & SAFETY

1. Players must wear proper gym attire. Shirtless play is not allowed. Clothing must not endanger the safety of other players. Players at the provincial level should be identified by a team logo on the front of their jersey and a name and number on the back of their jersey. Referees will identify players by their number (1 or 2 numerical digits).

2. Players may not use clothing or accessories to provide unfair advantage, or unfairly inhibit or assist the movement of the ball to make a catch or throw.

3. Clothing (uniforms and accessories) is considered part of a player's body.

4. Proper exercise footwear is required at all times. Sandals, flip flops, marking shoes, dress shoes, and going barefoot are not allowed.