

CUMBERLAND YMCA
ADULT DODGEBALL LEAGUE RULES



PLAY

1. Teams begin the game with 8 players. Teams may start the game with less than 8. Up to 4 subs may stand against the wall until a player from their team catches a ball to allow them to play.
2. A match consists of the best of 7 game series (8 min time limit per game)
3. The number of balls for an 8-player game is six balls
4. Players take position on their side with a body part touching the end wall. After a signal by the official, teams approach the centerline to retrieve the balls. There will be 6 balls lined up on the centerline (3 balls on the right belong to one team and 3 on the left belong to the other). Possession of the balls will be announced by the referee before the rush. Once the rush begins, 3 players will rush for their 3 balls.
5. Deliberate physical contact or intent to physically prevent another player from collecting a ball will result in you being out.
6. Balls must be taken back to the wall before they can be thrown at an opposing player. If the ball is not back to the wall before thrown, the throw will not count.
7. Players must attempt to eliminate members of the opposing team by hitting them with the ball. If a player is hit by any ball that has not yet touched the floor, wall, or ceiling, that player is 'out'
8. Play continues until one team is eliminated or the 8-minute time limit ends. The team with the most players at the end wins. (If there are the same amount of players on each team at 8 minutes, sudden death rule applies).
9. The balls are reset on the centerline and play resumes when the whistle is blown.
10. Teams will switch sides after each game.
11. The first team to win the 4th game of the series wins that series. The rest of the 7 games can be played but must be finished 5 minutes before the start of the next game to keep the games moving.

RULES OF PLAY

1. Uniforms are considered part of a player's body
2. Any ball that touches the ceiling, ground, or wall is a dead ball.
3. If a defender catches a "live" thrown ball, the thrower is out and one player then returns to the defender's side in order of *First out, first in*. Alternates on the side will be the first ones to return to the field.
4. If a defender attempts to catch a live ball, but drops it, the defender is out.
5. The defender may block a live ball with another ball. That ball is still a live ball however, until it hits the floor, wall or ceiling – this means if the blocked ball hits that player or another player, that person is OUT.
6. If a blocking ball is dropped as a result of contact from a live ball, then the player who drops the ball is out.
7. A player may block a live ball, then throw the blocking ball down and catch a live ball.
8. A player may not leave the playing field to avoid being hit or in attempt to catch a ball.
9. A ball that rolls to a player that is out may be retrieved by a player to their team.

10. It is illegal for the leading team to control all the balls for more than 10 seconds. (A violation will result in the referee stopping play and the balls will be divided evenly.
11. "Stalling" the game is not allowed – If the referee depicts this, a verbal warning is issued for the team to throw balls. If balls are not thrown, all balls will be divided evenly between teams.
12. Gatorskin dodgeballs are to be used. Excessive force used in a headshot is not advised and will be penalized if determined intentional.
13. When a player is regained by a catch, that player is not "LIVE" until he returns to the back wall.
14. You may not cross the midline at all for any reason or you will be called out. No exceptions other than the initial race for the balls at the start of the match. This includes reaching over for a ball in addition to stepping over.
15. Only "thrown" balls count, a kicked ball does not count.
16. Unsportsmanlike conduct will result in immediate ejection from the game. Referees will be enforcing a no-tolerance rule in order to keep games running efficiently and smooth.
17. Subs must stand back from the line while they are out.
18. Sudden death – in the event that both teams have the same number of players remaining after the 8 minute time limit, the clock will be set to 3 minutes and the players remaining on the field will play until 1 person is eliminated. The first team to eliminate a player in sudden death wins the game.
19. Do not question or talk to referees during game play.
20. When a player is determined to be out, they must directly leave the field. Do not stop and retrieve balls or slowly leave while blocking shots. If they have the ball in their hand, they may throw it to one of their teammates.
21. The officials decision will be final, no exceptions!

YMCA DODGEBALL LEAGUE

If you have 8 players, you can join the league. No more than 12 players per roster.

An individual may play on ONE team. If it is suspected that you are not on a team's roster or that you play for another team, the team will receive a disqualification.

Teams are responsible for team uniforms (same color)

Sessions will consist of 8 weeks of play. Games will have 2 officials present; the YMCA will provide dodgeballs.

Teams are required to display good sportsmanship throughout the entire match.

Aggressive behavior including multiple head shots, taunting, foul language or disrespect to other players and teams will result in ejection from the league.