

## **Beach Dodgeball Rules:**

**SPIRIT POINTS:** An integral part of all the sports that the Forest City Sport & Social Club offers. It is based on the primary focus of the FCSSC, which is sportsmanship and to have FUN...NOT on competitive and aggressive sport.

**1. Equipment/Set-Up:** FCSSC Game Co-ordinators will provide all the balls and required equipment for beach dodgeball on game days. Dodgeballs can also be purchased at the FCSSC office for \$20.00 per ball.

**2. Game Time/Default:** Please arrive 15 minutes early to ensure that your games start on time. Games are 55 minutes in length, with a stoppage for halftime if teams want one. Please agree on one person to act as a timekeeper. Teams are comprised of 5 players with a minimum of 2 women and two men. A default will occur if any team cannot field a squad by 10 minutes after the official start time. A team can play with a minimum of 4 people, as long as 2 of the players are women and 2 are men. Captains may agree to waive the rules regarding minimum people but this should be decided before the game starts. **IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!** The 5 players that start each game are the **ONLY** players that can play during that particular game (i.e. for that point). Substitute players must wait until the next game before playing. Teams can alter their roster for each game, as long as the gender requirements are met. **EXCEPTION:** Injured players can be substituted midway during a game if necessary (males for male, female for female only)

### **3. Starting the Game and General Rules:**

1. 4 dodgeballs will be used for each game.
2. To start the game, each team stands at their respective end of the court with two dodgeballs each. The timekeeper (or a substitute player) will start the match by shouting, "Ready, Set, Dodgeball".
3. Once play has started, players must remain on their own side of half.
4. Players can lean over the half line to retrieve a ball, but the player cannot touch the middle line or any part of their opponents half of the court. If any part of a player touches the line or other half, that person is out. As well, if a ball is thrown by a player who steps on/over the line, the ball is considered dead and cannot eliminate an opponent. Players can also not jump from their own side of half and land on their opponent's side in the attempt of getting an opponent out. Only the thrower is out in this scenario.

5. Teammates can pass other teammates a ball without it counting if dropped.
6. Players cannot lie down, kneel or crouch before a ball is thrown. Players can dive out of the way of thrown balls and land on the floor (or kneel down), but they must get back up right away. This is to avoid as many head shots as possible.
7. A ball is considered "dead" as soon as it hits the sand, fencing, or goes out beyond the court perimeter. A player is not eliminated after being hit by a dead ball. All other balls are considered "live"
8. Eliminated/Substitute players should stand/sit outside the fenced perimeter and should do their best to not interfere with play. Any area beyond the fenced perimeter is considered out of bounds. The EC will retrieve balls that leave the playing area and another ball will be put in play at the midline before doing so.
9. If you have been hit with a ball and are out, it's recommended that you raise your hand while you are exiting the beach area. That way your opponents will not intentionally strike you again
10. Teams will switch sides of the court after each completed game.
11. Players cannot kick the ball.
12. Do not squeeze the dodgeballs before throwing them. This causes the skin/cover of the dodgeballs to become loose and requires constant replacement.

#### **4. Throwing the Balls and Eliminating Players:**

1. To eliminate an opposing player, a "live" ball must hit the player from the SHOULDERS downwards. An opponent that is hit in the head is NOT eliminated - but the thrower of the head ball IS eliminated. (if a ball first hits the player in the legs, and then bounces up and hits their head, the player is OUT - the ball's first point of contact is what matters). Players cannot purposely use their head to block a ball.

Once OUT it is recommended that players raise their hand to identify themselves to players on the other team as they make their way off the court to avoid being hit again.

2. **HEAD SHOT RULE:** If a player ducks, kneels, squats (or jumps) and is hit in the head with a dodgeball, the thrower is NOT out and the player hit is out. If a player is standing or in game "ready" position (slight knee bend) and is hit in the head then the thrower is OUT and the player hit remains in the game.

3. If a "live" ball hits a player then rebounds and hits another player on the court (who unsuccessfully catches it), both players are out. This must happen as a continuous action without touching the sand.

Any ball that hits an OUT player as they are heading off the court is a dead ball and is treated in the same manner as if the ball hits the sand, fencing, or leaves the playing area.

4. If a player catches a "live" ball that is thrown at him/her, the thrower is OUT. IN ADDITION, the team that caught the ball can return a previously eliminated player to the court. The player that returns to the game MUST be the first player who was ruled "out" during that particular game (and the order of returning players should be maintained...i.e. the third player to be eliminated will be the third player to return to the court). Reminder: substitute players must wait until the next game.

Teammates can pass other teammates a ball without it counting if dropped. The rule on a player returning to play on a "live" ball that is caught as outlined above does not apply to catches between teammates.

5. Players can only be in possession of ONE ball at any given time. If a player catches a 2nd ball, then the thrower is NOT out and the catcher must immediately drop the 2nd ball. As well the team whose player caught the 2nd ball is NOT allowed to bring a player back onto the court. The player can throw this ball in any manner from anywhere on their own side of the court.

6. Players should not be in possession of a ball longer than 10 seconds (good sportsmanship). This rule applies as soon as a player touches a ball (excluding stopping the ball with foot), therefore if they put it back down, bounce it etc, they still need to throw it within 10 seconds. Teams should also not be "stockpiling" the balls on their own side of the court if it causes players to be in possession of a ball for longer than 10 seconds. If all 4 balls are one side of the court, the remaining players need to throw at least one ball within 10 seconds. Please abide by this rule as it will speed up the pace of play.

7. A player that is holding a ball can use it to deflect/block another ball that is thrown at them by an opponent. However, if the ball being held is dropped due to the second ball, the person who dropped the ball is OUT. A deflected ball is still considered "live" until it hits the ground. i.e. if it hits another player before hitting the sand, the hit player is out.

8. A live ball that rebounds off of a player (ie. from an unsuccessful catch, hits off their body, is deflected by another ball, etc) may be caught by any other in-bounds player prior to the ball becoming dead (hitting ground or wall). As usual, the thrower is OUT, and the catching team can retrieve a player. Also first player the ball first, is NOT out.

9. If a player has caught a ball, deflects a thrown ball, PLACES (not drops) current ball down, and catches new ball. The thrower is out, player is safe.

10. If a thrown ball hits an opponent and comes back across the centre line, the ball is considered to be dead and only the person who is hit is out.

11. It is the responsibility of all players to make a fair and honest call as to whether or not they were hit. If a player/team accuses another player of being out, it is up to the player in question to decide whether they were hit or not. Please remember, "it's just dodgeball" and sportsmanship is considered integral to the game. Ultra-competitive players are not welcome. Clothing is considered part of your body if hit by a ball.

12. Every time that only 2 players remain on the court (1 from each team), the timekeeper should announce that the two players have "one-minute" to eliminate each other. After the one minute has expired, if the game has not yet ended, each team will return one player to the court. (Again, each team must abide by their order of returning players).

**5. Scoring/Winning:** Matches will consist of as many games that can be played in the 55-minute time period (except playoffs which are 50 mins in case of a tie). Each game won will count for one point. If a game is still being played when time expires, the team with the most live players on the court at the time will win the game. Ties are allowed during the regular season. If a match is tied at the end of a playoff game, a 3-minute overtime session will break the tie. (the current game should be continued for 3 minutes).

**6. Rough Play:** ANY ROUGH OR PHYSICAL PLAY MAY RESULT IN IMMEDIATE EXPULSION from the game or from further league play. PLEASE SEE THE FCSSC POLICY SHEET FOR OUR OFFICIAL POLICY ON THIS

SUBJECT. It is recognized that incidental contact between players is inevitable – however, all players should go out of their way to avoid creating an unsafe play. **This rule supersedes all others.**