

Co-Ed Dodgeball Rules

OVERVIEW: All rules of the field or facility owners must be obeyed. Failure to abide by those rules may result in ejection from the league.

Equipment: Dodgeballs will be provided. Outside balls may not be used. Players may wear protective equipment as long as it does not provide a performance advantage. Referee has final decision and may order the equipment removed.

Referees: All games must be officiated by one referee (head referee). In the event there are two referees, each referee will monitor one side of the court. The head referee monitors any center line violations, and has final judgment on any calls.

Participants: All players must be 18 years of age by the start of the season. All players must have signed the Mile High SSC waiver form *prior to playing*. Balances must be paid in full prior to the first team game. **Unpaid teams/players will not be permitted to play.**

Game Rules: Teams must carry a minimum of 6 players on the roster. All of the players are allowed to participate in the game. The rest of the rostered players not participating in the current game must stand out of the field of play or re-entry zone. At least 2 females must be on the court to beginning of the game. The players on the court may never exceed 4 male players at any time, but more than 2 females are allowed. If you are short of the 6 player requirement, you may play with as few as 4 players, as long as 1 player is a female.

Players are permitted to step out of bounds while attempting to catch a thrown ball. The thrower shall be called out if the ball was caught. A player struck out of bounds while attempting to catch a thrown ball and failing will be called out.

If you get hit, you are out. You know it. You know if you got hit. Please make the job easier on the referee and promptly exit play -- there is a lot to monitor and players being honest on whether they got hit or not is important to the flow of the game.

If the balls are stockpiled on one team's side, that team has ten (10) seconds to attempt a throw at the other team. Throws may not be intentionally missed in order to bounce the ball back to the thrower's side (throwing high off the wall/ceiling to retain possession). There will be no time warning on this -- players violating it will be called out -- you are expected to keep an active pace and the flow of the game.

Any player crossing the center line when throwing a ball shall be called out.

A thrown ball by a player who crosses the center line shall be considered dead. Any in-bounds player crossing out of bounds in any other situation other than the rules above will be called OUT.

Game Start: Dodgeballs will be placed across the center line of the court. Both teams will line up behind their respective end-lines. On the ref's whistle, teams will run towards the middle to grab their allocated dodgeballs (ref will remind each team of which balls they are allowed to grab before the start of each match.) Once a dodgeball is grabbed, the ball must be returned behind the next line before it is an active ball to count as an out. This is the same as the 10-ft line if the game is being played on a volleyball court.

Game Length: Teams will play a best of 7 match each week, with a first to four scoring system. Each game in the match lasts 5 minutes long. When 1 minute is remaining, the official will yell out "1 minute". If there are still players left at the end of 1 minute, the team with the most players left on the court wins. If there is a tied amount of players, the game will enter **sudden death**.

Sudden Death Rules. If at the end of regulation, there are the same number of players remaining on both teams, play will be stopped. Balls will be reset in the middle and play will be restarted with a whistle from the ref. Every 30 seconds that play continues, an additional player will be added to the court for each team following the in-tact substitution line from the end of regulation. **As soon as one player is eliminated, that side loses that game.**

As always, the referee's decision is FINAL. Failure to quickly abide by a referee's decision may result in ejection from the match. Having fun is required. Yes, our rules are long, but it's to provide an even, fun playing field for everyone!

Example scenarios:

A player is in the process of catching a ball while being struck by another ball. Unless the player has completed the catch before being struck, the struck player is counted as out, and the catch is treated as if it never occurred.

A player steps out of bounds to catch a ball thrown out of bounds. As long as the player catching the ball was in bounds before the ball is thrown, this is a legal play.

A player who is blocking a ball accidentally deflects the thrown ball into his own teammate before the deflected ball touches the ground. The struck teammate is considered out, as the ball is still live.

Unsportsmanlike Conduct: Acting in an unsportsmanlike manner will result in an ejection from the game and a suspension for the following week. Two ejections from any Mile High SSC event, social or sport in a 1 year period will result in a 1 year suspension from all Mile High SSC events. This includes sponsor venues -- reports of disruptive behavior or causing a disturbance will not be tolerated and may result in additional suspensions not limited to the rules listed above.

Disputing Calls: Calls may only be discussed with the referee(s) by the captain or assistant captain of either squad. Verbally abusing a referee will result in ejection and further punishment may be handed down.

Overruling: The head referee, at his discretion, may overrule any of these rules below. An example would be the head shot rule: if the referee determines that the player ducked, and due to that action, the ball then struck the head of the player.