

LAW XVI: MISCONDUCT / PENALTY CARDS

YELLOW CARDS – A player issued a yellow card is automatically declared out if they are a live player and will be forced to sit out the remainder of the round in session as well as the following round and the team plays short-handed. Players who receive two yellow cards in one game will automatically receive a red card. If a bench player receives a yellow an active player must serve the suspension for the current round and the receiving player serves the second round, team must still play short-handed but the additional player sitting may sub in and out.

RED CARDS – A player issued a red card will be forced to sit-out the remainder of the game in session as well as at least the next game as well. Future games may also be added at RSG staff discretion. If a player receives a red card, they may be subject to suspension and/or expulsion from the league at the discretion of the league managers. Players who are expelled from the league are not eligible for refunds of any kind.

MISCONDUCT – As adults, you are all expected to treat everyone else in the league with respect and dignity. The following is unacceptable: Verbally berating referees, RSG staff, or other players, physical violence of any kind anywhere on RSG grounds. There is a ZERO tolerance policy for this.

LAW XVII: PLAYOFFS & STANDINGS

Every season ends with playoffs to declare the season champions. Playoffs typically take place one week after the final regular season games. The number of teams qualifying for playoffs will vary depending on the size of the league. The playoff schedule will be announced at least 5 days in advance. To be eligible for playoffs a player must play in at least 3 regular season games.

Standings are determined by:

Ranking points (3-win, 1-tie, 0-loss)

Head-to-head

Least forfeits

Game point difference between tied teams (max of 30 points per Game)

Most game points scored for the entire season

Coin toss

INJURIES

Players who are injured during play may remove themselves from play for up to two minutes (at the referee's discretion) to compose themselves and make sure they are still able to physically continue. The referee may also ask a player to leave the court if they feel that player cannot participate safely. If the player's team is eliminated while they are still off court, the game will be declared officially over. If a player is unable to continue after two minutes, the first person in the outline will be allowed to take their place. If there are no players in the queue, then an alternate rostered player may take the injured player's spot. If a player is the sole remaining player on their side and is injured during play, the opposing team may be declared the winner based on the referee's discretion.

ADDITIONS TO THE RULES:

A. Advanced skill level players may be asked not to play in lower skill level leagues at the facilities discretion.

B. Players may not play on two (2) teams in the same division.

C. Only coaches/managers and players are allowed on the bench, **NO SPECTATORS**. Coaches/managers must be listed on the roster.

D. If any player comes off the bench in an aggressive manner the match will end, and their team will forfeit that match.

E. Every player must be registered with The Rochester Sports Garden utilizing the online RSG software.

F. Playoff eligibility is determined by your attendance and participation in regular season games. Each player must be on the team's active roster, and each player must scan in for each match they attend. You must play in at least 3 regular season games to be playoff eligible (2 games for a 6-week league).

G. Matches played with an ineligible player are subject to forfeit, all forfeits carry a \$60 fine. This fine must be paid by your next scheduled game. Forfeits can be applied retroactively. All forfeits are recorded as 30-0. All players are responsible for knowing the rules before they enter the court.

H. Players may not kneel during the match unless they are in the act of dodging a thrown ball or collecting a loose ball. Any player deemed to be intentionally kneeling for an unnecessary period of time will be declared out. (Players may crouch at any time as long as they are on their feet).

LAWS OF THE GAME



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LAW I: THE COURT

The court is divided into two 30' X 30' areas, an attack line is located parallel and 10' from the center line. The Queue for each team starts at the attack line on their side of the court.

LAW II: THE TEAM

A. Roster – Every team has a roster minimum of 6 players with a max of 12. However, only 6 players are allowed on the court at a time. If more than 6 players are present for a match, it is up to the team's captain to coordinate players rotating in and out between rounds. A team must have a minimum of 4 players present to start a match. All teams are considered co-ed however there is no minimum number of male or female players for a team outside of the 6 total players. Players may be added if a team has at least 3 games remaining in their regular season.

B. The Captain – Captains are responsible for coordinating the following: Team registration, uniforms, responding to RSG emails/phone calls, communicating scheduling conflicts, referee fees (\$30/match).

C. Substitutions – Substitutions may be made on the fly, but only between a live player and a bench player. Players in the queue may not be subbed. When players sub, they must enter and exit the court using the endline.

LAW III: EQUIPMENT

RSG Dodgeball is played with specially designed 7-inch foam balls. While participating in RSG Dodgeball, you must wear non-marking athletic shoes that are appropriate for playing a physical sport on a court surface. All players who attempt to play while wearing non-compliant footwear will not be allowed to participate. All players must wear matching shirts for each game. "Matching" will be defined as having a similar look or theme. Ex. everyone in red shirts or everyone wearing Buffalo Bills shirts.

LAW IV: DURATION OF THE GAME

A standard RSG Dodgeball game consists of a 44-minute period with 2 halves of 22 minutes. A grace period of 10 min. shall be given to all teams; this shall begin at the scheduled start of play. The referee has the power to play two equal halves of lesser time due to circumstances that warrant it or delay the start as time allows or pause/add time to the end of a game/half in the event of any card-able offenses or unsportsmanlike delay of play. Games will consist of as many rounds as possible within the allotted time.

LAW V: START OF GAME (THE RUSH)

A standard RSG Dodgeball game is played with 8 balls. All balls will be placed along the court's center line— four on each side. At the start of each round, all players on the court must line up along the endline of their side of the court. All players **front foot** must maintain contact with the endline until the referee's starting signal. On the signal, players may run to retrieve any of the balls along the centerline. During the rush (and only during the rush), players may inadvertently step over the centerline. All balls must clear the attack lines before they can be brought into play. This is done one of two ways: Crossing the attack line with both feet while carrying the ball or tossing the ball to another player already standing behind the attack line. Sliding to the line to grab balls in the opening rush or running before the referee's signal may result in the infringing player(s) being declared out.

LAW VI: STALLING

If a referee determines that a team is stalling (intentionally delaying the game by not throwing at least one ball in the teams possession every 10 seconds **when they have more balls than the opponent**), the referee will warn the team. If the stalling continues, the team will lose possession of all balls on their side. If both teams are

stalling a reset (rush) should occur. Additionally, to keep the game moving, if ever play is at 2v2 or lower, both teams will be able to play live up to their opponent's attack line.

LAW VII: METHOD OF SCORING

A team will be declared the winner of a round when all the other players have been eliminated from play. When a player has been eliminated from play, they are said to be out. You can be eliminated by an opponent if they throw a ball and it makes contact with you without being caught or if they catch a ball you throw offensively. You may also be eliminated by making infractions against the rules. Every round won will be scored as 5 points with 1 additional point awarded for each surviving player on the winning team. The team with the most points at the end of a game is declared the winner. If game time expires in the middle of a round that round is declared void. **If a round is in a 1v1 scenario and both players throw and strike their opponent the player whose ball is determined to have struck the opponent first will be declared the winner.** Tie games are possible in the regular season after overtime & sudden death. For Playoff Standings game wins receive 3 points, game ties receive 1 point each team, game losses receive 0 points.

LAW VIII: CATCHES

When a player catches a (live) ball thrown by an opposing player, they are not only eliminating the player who threw the ball — they are also allowing the first person waiting in their own team's queue to re-enter the game. A catch is only valid if the catching player is in bounds and they clearly demonstrate control of the ball before releasing it. Players may not step out of bounds to catch a ball, in addition if a player catches a ball and their momentum carries them out of bounds they will be declared out but the catch will be declared valid. A player may however dive out to catch a ball and throw it back in play for a teammate to catch (sideline only no centerline). The team may have no more than the starting number of players returning to a game. E.g., if a team catches a ball with all their players in the game already, a reserve/sub player may not join the game. Please note: A trap is when a ball is caught against the floor or any part of the building. Traps do not count as a hit or catch and both players are safe.

LAW IX: LIVE BALL / DEAD BALL

A thrown ball is said to be live once it leaves a player's hand and crosses the center line. A live ball can either eliminate opposing players by striking them or be caught before it becomes a dead ball. A ball becomes a dead ball by: Striking any part of the court or building, coming in accidental contact with a non-player, directly impacting on an opposing player's head (see Headshots) or being caught by an opposing player. Once a ball is dead, it stays dead until it is thrown offensively again. Balls in flight as time expires are still considered live. Players who are struck with a ball are considered out only when the ball becomes dead, this means they can still move to catch the ball or throw to eliminate an opponent provided they release their ball before the ball that struck them is dead.

LAW X: BLOCKING / DEFLECTIONS

A player may use their ball to block oncoming balls thrown at them by the opposing team. A ball that is deflected is still a live ball until it touches the ground or goes out of bounds and can still eliminate other team members (or the blocking player) on contact or be caught to eliminate the person who threw the ball. Please note: Your hands are an extension of the ball while in possession. If your hands or fingers get hit while attempting to block a ball, you are safe. Contact with the wrist or above is considered out.

LAW XI: THROWING & HEADSHOTS

Balls must be thrown to eliminate opponents. Balls that are kicked, spiked, punched, etc. are not valid forms of offense. If you persistently do any of those things, you will be penalty carded. A direct headshot (a ball that travels directly from an opposing player's hands to a defending player's head) will result in the ball immediately becoming a dead ball, the player struck being declared safe. The only exception to this rule is when the ball has been previously deflected off another body part, player, or ball. Players who are hit in the face may remove themselves from play for up to two minutes (at the referee's discretion) to compose themselves and make sure they are still able to physically continue. However, if the player's team is eliminated while they are still off court, the game will be declared officially over. Deliberately throwing at a person's face is not allowed under any circumstances. Players caught doing so will be removed from game play. **Deliberately using your head to block balls is also not allowed. If a referee believes a player is using his head to deflect offensive throws, that player will be declared out.** A ball caught against a player's face is not considered a headshot nor will it count as a catch. Players who unintentionally strike a player in the head are not out.

LAW XII: SHAGGING

Live players are allowed to exit the court to retrieve balls at any point in the match. Players may exit and re-enter on any part of their half of the court. While out of bounds players have 10 seconds to retrieve balls and step back in play **(no longer have a foot touching out of bounds).** While out of bounds players may not be eliminated with a ball and they also may not eliminate another player with a ball. Eliminated & bench players may only shag balls that roll directly to them, they may not move from their position on the bench or queue when doing so.

LAW XIII: OUT OF BOUNDS

LEGALLY EXITING THE COURT – A player may exit the court during a substitution, shagging, or for an injury. When exiting and entering for a substitution, a player must use their endline. Players who are in the out-of-bounds zone may not reach into the court for any reason, however players in bounds may reach out to grab a loose ball provided they do not touch the court outside the line. Players who have legally gone out-of-bounds (have set at least one foot over the line) are safe and cannot be eliminated until they step back on to the court (no longer have a foot touching out of bounds). If a live player exits the court to retrieve balls and the remaining live players on the court are eliminated before the out of bounds player returns to the court the round is declared over and a win for the opposition. **Teams endlines are used for substitutions, however a team is allowed to play live and is considered in bounds beyond their endline up to the back wall. Balls striking the back wall are considered dead but players touching the wall are not considered out.**

DODGING OUT OF BOUNDS – Players cannot dodge out-of-bounds. If a player moves out of bounds to avoid being hit by a ball or to catch a ball, that player will be called out. Players must have any part of their foot crossing the line to be declared out-of-bounds.

CENTERLINE – While players may reach across the centerline to retrieve a ball, they may not touch the floor of their opponent's court. Touching the floor of the opponent's court will result in a player being eliminated from play. The centerline "extends" across the length of the entire gymnasium. While a player may reach across where the centerline would be in the out-of-bounds zone, they still may not cross it. Crossing the line in an attempt to hit the opposing team before you hit the ground (known as a sacrifice play) is not allowed in RSG Dodgeball.

THE QUEUE – Once a player is eliminated, they must immediately proceed to their team's queue, located out-of-bounds next to the team's bench. The first person standing in the queue is the first person to re-enter the match after a catch. As soon as a player is eliminated, they can in no way interfere with the ongoing game. This means no swatting oncoming balls or kicking or passing balls to fellow team members as they exit the court. Players must line up in the order that they are eliminated. Line jumping may result in yellow carding of all involved and forfeiture of the ongoing game. A player becomes active upon re-entry as soon as they step in-bounds with both feet. For safety reasons, once you have been eliminated, raise your hand to notify all other players that you are out, and walk quickly and directly to the nearest outline, while watching for incoming throws. It is your responsibility to protect yourself while walking to the outline.

LAW XIV: OVERTIME & SUDDEN DEATH

If game time expires with a tie score, that match will enter overtime. This consists of a 2-minute period of play. Both teams start 3 active players. Only these 3 players may compete in the overtime period. All players start on their respective end lines with 1 ball each. Extended boundaries to the attack line are in place for overtime. When the 2-minute period expires, the team with the most live players left on court will be declared the winner of the game. **A team may also win by eliminating all opposition players before the 2-minute limit.** If teams are still tied after 2 minutes a new 2-minute Sudden Death period will commence, the first team to have a player eliminated in this period will lose the match. Teams must use the same 3 players for both overtimes.

LAW XV: REFEREES

The Rochester Sports Garden will supply trained referees for all games held at its facility. The authority granted to them by the rules of indoor commence as soon as they enter the court of play and do not end until they leave the facility grounds. A referee's main priority is to keep the game moving and to rule on any unclear plays. It is not a referee's job to police you. You are expected to follow all rules and regulations whether a referee sees you or not. All referee calls are final and while captains may calmly discuss a play with a referee, no players are allowed to argue with or berate the referees. Any undue behavior towards referees will result in penalty cards, removal from the match, or suspension.