



**The CSL Adult Dodge Ball League is an athletic/SOCIAL league created to fill the void of organized adult playground games! Here's an overview of the game:**

- Two teams, each team gets six (6) players per round (Coed: 3 Women / 3 Men on court)
- Substitutions may be made between rounds only
- Players must never cross the dividing line (Deadzone)
- First team to completely eliminate the opposing team wins that round; each match will consist of 10 rounds; team that has won the most rounds at the time limit wins the match (time limit 55 minutes).
- To eliminate a player you must hit him/her with a ball or catch a ball he/she has thrown
- Once a player is hit he/she must sit on the sidelines or the Player Return Area for the remainder of the round (\*Exceptions may apply – ie: "Returnsies")
- If a teammate catches an opposing player's throw he/she may designate one teammate who is out to return to the game (= "Returnsies")
- Players who hit someone in the head must sit out the current round and the following round, with no substitution

**MOST IMPORTANT: For the enjoyment of all, proper respect and sportsmanship (Civility) is required of all participants!**

### **THE PLAYING COURT**

1. The Head Referee will designate a court suitable for play in accordance with the following provisions which equal the dimensions of a indoor dodge ball court.
2. Courts are at least 24ft x 42ft and not larger than 36ft in width and 62ft in length divided with a two foot dead zone across the center of the width.
  - ◆ The area at the middle of the outside of the court is the Official's area.
  - ◆ The area 3ft from the side of the court on either side of the centerline is the returning players area for games where return is allowed.
  - ◆ The two-foot area at the center of the court is the dead zone. No person is allowed to step on the marker defining this area, or inside the area itself.

### **EQUIPMENT**

1. The BALL will either be made of Nerf material or a "No sting dodge ball."

### **UNIFORMS**

1. Each team will be designated as light or dark shirts. (See schedule)
2. **Do Not** wear anything that has metal parts such as zippers or snaps!
3. **No Jewelry of any kind is allowed on the court.** (\*Safety First Beauty Second!)
4. Shoes must be suitable for indoor court play (non-marking shoes).

### **Definitions**

1. **Attempt:** the act of the team with possession of the ball trying to put out a member of the other team by throwing the ball at them.
2. **Bouncies:** a variation on the game where a player can be put out by a ball that bounces off the ground first but is not caught by the struck player. (See variations later in these rules.)

3. **Catch:** the act of a player catching an attempt by the other team prior to the ball striking the ground or any other object not natural to the playing area. The ball can strike another player first. In some variations of the game, "Returnies," a player currently OUT may return to the game after a valid catch by his/her teammate of an attempt on his/her team.
4. **Deadball:** declaration by the official that an attempt has been nullified. A ball striking an official becomes a deadball at the point it touches the official. A kicked ball is a deadball at the point it was intentionally kicked. An attempt made prior to the official start of play is a deadball. A ball thrown by a player who has been called out is a deadball. The ball is a deadball at the point any foreign object, person, or ball enters the playing area. An official will make a verbal call declaring the ball dead. The official will put a deadball back into play by bouncing the ball into the court determined by the official to have possession. Possession changes when a team makes an attempt that is declared a deadball.
5. **Deadzone:** the area at the center of the court separating the two playing areas. Players stepping into this area or on the marker defining the area are put OUT as if struck by an attempt.
6. **Head shot:** a judgment call by the official for a ball driven with force and intention towards the head of any player. Official has WIDE latitude with regards to player safety. Exception to Head shot rule: if the head shot was caused by a player dropping to the ground or by intention of the player being played upon there is no penalty and the player struck by the attempt, assuming all else was legal, is Out.
7. **Eight Seconds:** a call by an official that one team has had possession of the ball in the playing area for more than eight seconds prior to making an attempt. A player may pass the ball to another teammate but an attempt must be made within eight seconds of the team first taking possession inside the playing area.
8. **Kick:** any intentional contact of the ball with the leg or foot of a player. Kicking is illegal and results in a deadball.
9. **Returnies:** allowing the return of players put 'out' when a member of the same team catches an attempt of the other team before the attempt has struck the ground, wall, official, or other item not natural to the playing court.

## **PARTICIPANTS**

### **PLAYER ELIGIBILITY**

1. Must not play Dodge Ball professionally. (If you do – we want your autograph!)
2. All participants must register and sign the CSL waiver prior to the start of the first game.

### **TEAMS**

1. Teams must field at least five (5) players and no more than six (6). For Coed Only: Teams must field a minimum of two (2) players of each sex. No more than three (3) men on the court at any one time. You may have as many players on your roster as needed.
2. Each team shall have one Captain and one Co-Captain who jointly will be responsible for the team.

The Team Captains must ensure that:

- a. all team players present must read and understand the rules;
- c. only the Captain and Co-Captain may dispute calls. (But that will never happen – RIGHT?)

## **GAME PLAY**

### **REGULATION GAMES**

1. Regulation match play will consist of 10 rounds or 55 minutes (which ever comes first). Each round has a time limit of 8 minutes. There are no overtimes during regular season play thus ties are possible.
2. Each 'round' won counts as 1 point. A round that ends in a 'tie' receives a ½ point. The overall winner of the match will receive an additional 2 points.

**Note:** Tournament play will follow a different format - as seen later.

### **Start of Match**

1. Each team takes opposite sides of the court determined by a coin flip.
2. If, at the scheduled match time, one team fails to field a team of at least 5 (coed: two females minimum), that team shall forfeit the match to the other team. "Grace Periods" may be granted but for not more than 10 minutes beyond the scheduled start time. Opposing team captain has option to take forfeit or play.
3. To start play: three (3) balls will be placed in the 'dead zone' at the center line. Teams will line-up along their respective back court line. The official will blow whistle designated the start of play. Teams can run to the center line to retrieve balls (this is the only time a player may enter the 'dead zone' without being called 'OUT' but still may not cross into the opposing teams court. No contact can be made with opposing players – player initiating contact at the discretion of the official will be called 'OUT.'

### **Play**

1. Generally, play is continuous as each team makes attempts at throwing the other team's players out until either all players on one team have been put OUT or time expires.
2. No player may leave the court of play to avoid being struck. A player may only leave the court to retrieve a ball that has left the court after an attempt is complete. Offending players will be called 'OUT.'
3. Each player has 8 seconds to make an attempt on the other team after gaining or re-gaining possession. If a player holds the ball for longer than 8 seconds, the official will give the ball to the opposing team.
4. Taunting: KEEP IT FRIENDLY! Official will have sole discretion to eject players or teams if necessary. (You'll also have to sit in the Corner!)
5. Each round has an 8 minute time limit. Team changes court sides after each round.

### **A Player is called 'OUT' when:**

1. A player is 'OUT' when they are struck by a ball before the ball strikes the ground or other permanent structures not within the playing court.
2. Players may use another ball to block an attempt but if the ball being held to block the attempt is dropped due to the throw, the player dropping the ball is 'OUT.'
  - ◆ Note: While it is legal to block the ball with another ball, it remains live and if it strikes the player's hands or any other part of his/her body he/she is out whether struck before or after the deflection.
3. When a players attempt is caught by a player of the opposing team prior to striking the ground, wall, or other surface outside the playing court. The ball may strike another player first. (This rule may vary game to game...official will announce)
4. Players that are 'put out' during the game go to the Player Return Area in the order they are put out. (In games where players are allowed to return, players return in the FOFI order – "First Out First In")

## Ending the Game/Round

1. When all players on one team have been put or called out or when time expires.
2. The winner of the round is the team that has the most players left at the end of a round.
3. If both teams have the same number of players at the end of the game:
  - ◆ During regular season play the round ends in a tie
  - ◆ Tournament play – 3 minute overtime is played.

## MISC

1. Time Outs: Each team is allotted three (3) timeouts per match but no more than 1 in any given round. An attempt must **not** be in progress for a timeout to be granted.
2. When put 'OUT' players must immediately leave the playing area and go directly to the Player Return Area. Failure to leave the court area will result in a forfeit of the round.
3. There is a one minute break between rounds. Players need to change sides and take positions without delay.
6. Substitutions – may only occur between rounds. Never during a round.

## Game Variations

1. CSL reserves the right to make variations to the game of dodge ball. As you will see below are a few samples. CSL will notify teams of any variation prior to the start of a round.
  - ◆ Returns: In this game variation, which will be most often used, players are allowed to return to the game from the Player Return Area when their teammate catches a valid attempt from their opponent. Following the First Out First in order.
  - ◆ Dropsies: In this game variation, any ball handling error that allows the ball to touch the ground is treated as if the player making the error was struck by an attempt. Possession remains. (Only the most skilled players should ever attempt this game?? Right?)

## Points of Emphasis

### 1. Sportsmanship

- ◆ This is a SOCIAL LEAGUE – check the raging bull at the door! The official will have a VERY WIDE latitude in determining non-sportsmanlike actions and has the powers ranging from ejection of players to forfeit of games and matches at his or her discretion.

### 2. Headshots

- ◆ Avoid this at all cost!
- ◆ Throwing oneself to the ground to dodge an attempt is legal BUT – the headshot rule is off. Exception: in the opinion of the official, the ball was thrown with excessive driven force at the opposing player.
- ◆ If a player intentionally makes the attempt to come in contact with his/her head to have the thrower put out by the head shot rule – the head shot rule is off. If a player repeatedly does this, they will be ejected.

## Tournament Play:

1. Match will consist of: The Best of 10 games. Rounds that end in a tie will be determined by a 3 minute overtime.