

BIG LEAGUE DODGEBALL RULES

These rules are still under review and may be revised for purposes of clarity, fair-play, or improvement of the competition.

UPDATED 11/18/13

Any rule or situation not expressly defined here will default to The National Dodgeball League rules. At the end of the day, these calls will be made by the head referee. Whatever their call is, it stands. Please do not put BLD in a compromising position where a game has to be forfeited due to an illegal player. BLD provides itself in promoting a league based on sportsmanship and integrity. If teams cannot abide by the rules set forth by BLD, then those teams should not participate in our league.

STATE LAWS – ALCOHOL IS PROHIBITED AT ALL BLD DODGEBALL GYMS.

ALL PLAYERS MUST SIGN A WAIVER TO PLAY.

NO PETS ALLOWED AT THE BLD ATHLETIC FACILITIES.

I. GENERAL

1. ELIGIBLE PLAYERS

- a. All players must sign a waiver to play
- b. All players must be 18 years of age or older.

2. TEAMS

- a. A full roster consists of a minimum of 10 players and a maximum of 15.
- b. When a team has 9 or more players a minimum of 3 females are required to play. When a team has 6-8 players a minimum of 2 females are required to play. When a team has 4 or 5 players a minimum of 1 female is required. Teams must play with a minimum of 4 players on the Dodgeball court and 1 of the players must be a female. Teams with less than 4 players will forfeit.
- c. Players may only play on the team to which they're registered
- d. BLD reserves the right to add players to teams to make sure that all teams have a balance in numbers.

3. CAPTAINS

- a. Each team shall have one or two Captains who are charged with making sure that only players registered on their team are participating on their behalf in a game. Any team playing with an unregistered player is subject to forfeiting that game and expulsion from the league. No substitutes.
- b. Only captains may dispute a call on the court and should remain cool at all times.
- c. Captains must make sure everyone on their team understands the rules.
- d. Captains must stay in contact with BLD and attend any required league meetings, communicating any changes in regards to scheduling or rules with his/her team.
- e. Captains must provide the referees as they are scheduled. If not, you will be charged a forfeit, see forfeit section b.
- f. Captains must make sure that all trash is cleaned up after your team after each session.

4. UNIFORMS

- a. BLD will provide team t-shirts to all teams. Players must wear their matching t-shirts during all games.
- b. Teams are encouraged to be creative with names and customized t-shirts.
- c. A player who registers after the registration deadline may not get a shirt.

5. COURT

- a. The official dimensions for a regulation court are as follows: The court is divided into two 30' X 30' area for a total court length of 60' from endline to endline, and a total width of 30' from sideline to sideline. Approximately 2'-3' should be allotted for an out of bound area, allowing officials to move freely along the sidelines.
 - b. The Re-entry line for each team is a 3' X 12' area, and should be located 2'-3' from the sideline, leaving enough room for an official to move free along the sideline.
 - c. Every effort should be made to obtain the correct dimensions. However court size may be adjusted to best suit the available space.
6. EQUIPMENT
- a. Equipment will be provided, including 6 Official Dodgeballs, cones, and a scoreboard.
 - b. Athletic shoes are required.
7. SCHEDULES/STANDINGS/CANCELLATIONS
- a. Schedules and standings are updated weekly and are posted on the Official BLD website: www.bigleaguedodgeball.com
 - b. Cancellations of games and events are posted immediately on the Official BLD website: www.bigleaguedodgeball.com
 - c. Captains also receive updated schedules and standings via e-mail.
8. HEAD REFEREE
- a. The BLD head referee will have a copy of the rules at the gym. Only captains can discuss a rule with the referee and no judgment calls will be discussed.
 - b. Any rules issues not resolved at the gym cannot be overturned once teams have left the gym.
9. REFEREES
- a. Each team is assigned to help referee one to three games each night of dodgeball. The captain from that team should designate at least two players for their assigned games.
 - b. Other players are welcome to volunteer as referees.
10. PLAYOFFS
- a. Playoff formats are determined based on the competitive breakdown of the league, and are often split into separate competitive and social brackets.
 - b. If a playoff game is tied after ten minutes, an extra round will be played. If the round does not end within two minutes, whichever team has more players after two minutes is the winner. If the two teams have the same number of players left after the two minute extra period, the next elimination determines the winner.

II. SPORTSMANSHIP

1. NO WHINING

- a. The first and foremost rule of the game is to have fun. If you are hoping to recapture your athletic glories from the past, this is not the league for you. Absolutely no whining will be tolerated during the course of a game.
- b. The only players allowed to communicate with the referees are the captain and co-captain.
- c. Any abuse, verbal or otherwise, of the referees or other players will constitute an immediate ejection from the game.
- d. Repeat offenders will be banned from the league. No exceptions.

2. CONTACT

- a. Players should have no intentional physical contact with opposing players.
- b. Threats of physical violence are in no way allowed. Doing so will be considered unsportsmanlike conduct and it will be at the discretion of the referee to issue warnings or eject offending players.
- c. A player should make the referee aware if he or she feels any contact was unwarranted.

3. TRASH TALKING

- a. Permitted, as long as it is not cruel, racially motivated, hateful, or a personal attack on another player.
 - b. The trash talking should only be good-natured and shall not be allowed to get out of hand.
4. ALCOHOL
- a. Due to NY, CT, and PA regulations, consumption of alcohol on the premises is strictly prohibited.
 - b. If a person is seen consuming alcohol on the premises, that person's team immediately forfeits that day's game and may be removed from the league at the discretion of BLD.
5. FORFEITS
- a. Captains must contact the other team and the league in the event of a forfeit by 9:00am.
 - b. Any team that forfeits three or more games will be removed from the remaining schedule and not be allowed to participate in any playoff situations. No refunds will be given and a team dropped by the league may, at BLD's discretion, not be allowed to rejoin the next season.
 - c. Forfeits are scored 25-0
6. DISCIPLINE
- a. Players may be ejected for unsportsmanlike conduct at the discretion of the head referee.
 - b. BLD reserves the right to suspend any player at any time for unsportsmanlike conduct, violation of any rules, for failure to pay appropriate dues, or for being a general pain in the ass, without any refund whatsoever.
 - c. Any team wishing to suspend any member for just reasons must do so on their own and provide BLD a written reason as to why. Again, no refunds.
 - d. At the discretion of BLD, any member suspended may not in the future be allowed to participate in any further BLD events

III. GAMEPLAY

1. TIME
- a. Games are 10 minutes of running time.
 - b. Teams must be ready to play at their scheduled times
2. ACTIVE PLAYERS
- a. The maximum amount of active players on the dodgeball court is six.
 - b. If a team starts with six players, a minimum of two females is required to start. If a team starts with four or five players a minimum of one female is required to start.
 - c. A thrower is an active player who has thrown a live ball.
 - d. A defender is any active player on the opposing team of a thrower.
3. START OF GAME
- a. Once three dodgeballs are placed on each team's three-quarter line, and everybody is off the court, the referee starts play with a whistle or verbally.
 - b. At starts and restarts, each ball must be "cleared," meaning it must be thrown or carried from the three-quarter line back to the baseline before it can be thrown as a live ball.
4. LIVE BALLS
- a. Live balls are thrown dodgeballs that have not touched the floor, ceiling, wall, etc. or a dead ball, or an eliminated player, or any person or object around the court's boundaries.
5. DEAD BALLS
- a. Dead balls are dodgeballs at rest, bouncing, or rolling on the ground.
 - b. A trap, a ball touching the floor and the player at the same time is a dead ball, and nobody is out.
6. HELD BALLS

- a. Held balls are dodgeballs in the hands of (or otherwise physically controlled by) active players.
- b. A held ball can be used to block live balls thrown by opponents, but those blocked balls remain live.
- c. A held ball is neither a live ball nor a dead ball.

7. KICKING A BALL

- a. Any player who kicks a ball AT an opposing player is out.

8. BOUNDARIES

- a. All active players must remain within the marked boundaries of the court unless retrieving a dead ball or attempting to catch an errant live ball.
- b. After a warning, the head referee may call a player out for playing with blatant disregard for the sidelines and baseline.

9. OUTS

- a. A thrower is out when a defender catches his/her live ball.
- b. A defender is out when he/she is hit with an opposing thrower's live ball from the shoulders down; or any part of the body if evading the throw, crouching, or on the ground. If a live ball deflects off a held ball onto a defender's head or neck, the defender is out.
- c. A defender is out when a live ball hits them after ricocheting off a teammate or a held or live ball.
- d. A defender is out when a live ball knocks a held ball from his/her hands and the held ball touches the floor.
- e. A defender is out when he/she intentionally moves completely outside the court's boundaries to dodge a live ball.
- f. Any player who makes contact with the ground past the center-court line is out.

10. CATCHES & RE-ENTRY

- a. When an active player catches a live ball, the thrower is out, and the player first in order of re-entry is back in, minding the maximum of six players on the court.
- b. If the wrong player re-enters, that player is out again, goes to the back of the line, and no re-entry is given for the catch.
- c. Active players may catch incoming live balls while also holding other dodgeballs.
- d. Catches can only be made where initial contact with the ball occurs when the player is at least partially in bounds.
- e. Catches made on live balls where initial contact with the ball occurred out of bounds result in no outs for the thrower or defender.

11. PLAYERS ON THE SIDELINE

- a. Players who do not start must stand in line on the sideline and are first in order of re-entry. The front of the line is closer to the team's backline and the end of the line is closer to the center-court line.
- b. Active players called out must go to the end of the line, are last in order of re-entry and must remain in the order in which they were eliminated until one side of court is cleared.
- c. The sideline order can be changed at will in between restarts, but not during play.
- d. Substitutes are not allowed interfere with play on the court, such as, kicking or passing balls to a teammate or preventing a ball from going to the other side of the court.

12. STALLING

- a. Any team controlling 4 balls or more for more than 5 seconds, or individuals can be called for stalling if a referee determines that a player is holding onto his/her ball without intent to throw. If a team or player is called for stalling, the referee can declare the offending players out.
- b. The head referee may give either the entire team or the specific individual a warning. After that warning the head referee may penalize the player or team at any time.

- c. Only referees may move balls across the court to speed up the game. Players not involved in the game may not interfere with game play.

13. SCORING

- a. When an entire side has been cleared of active players, the remaining team will be given a point for each active player they have left.
- b. When time expires with active players left on both sides, points are given for each active player each team has left.
- c. If a ball is caught to end a round, the remaining team only receives a point for the active players on the court at the time of the catch. The re-entry will not be counted in the scoring.
- d. The team that scores the most points in the ten minute time period is declared the winner
- e. Regular-season games can end in a tie. Playoff games cannot end in a tie.

14. RESTARTS

- a. Play will be restarted as many times as needed in the first 9:40. There are no restarts in the last 20 seconds.

REVISIONS:

11/18/13 – III.7.a – Rule added