



CVSSC Dodgeball Rules

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1. Spirit Points:

The “Spirit of the Game” is extremely important for all CVSSC leagues. Each team will give a spirit rating of between 0-5 points to their opponents after each game based on what they were like to play against (showed up on time, met the female/male player quotas, called their own fouls, knew the rules and were fun). Spirit scores will be kept private until the end of the season, where they will be used as the first tie-breaker in standings. Consistently poor spirit ratings will be communicated to team captains, and if unchanged afterwards, can result in penalties – including removal from the playoffs and an inability to join future CVSSC leagues. On the flipside, the team with the best spirit point rating will get a prize!

*Be fair and fun and you’ll do awesome!

*If you don’t report a “spirit score” for your opponent, they get an automatic 5 and you get an automatic 2.5 (unless graded lower by your opponents).

*Report the “spirit score” and game score to the CVSSC rep after the game. Or, if not there, or forgotten, please email it to info@comoxvalleysports.ca by the following day.

2. Weather Policy:

If the schools are closed due to snowfall, then any school gyms will be closed as well. And if it is dangerous for you to drive, do not drive. While it is difficult to re-schedule games, especially with a crunch on gym time and the unpredictability of snowfall, the CVSSC tries to book an extra time slot for the possibility of a gym cancellation or snow closure. The CVSSC cannot guarantee a full schedule of games, but will try its best. If you have any questions, please call Scott at 250.898.7286.

***We will also do our best to post cancellations ahead of time on our Facebook page when we know, and do our best to contact team captains, but it is not always possible to contact everyone ahead of time. Please check there first if you are iffy about a game.**

3. Equipment:

The CVSSC will provide cones, pylons and the “no-sting” vinyl-coated foam dodgeballs, with a full set of six available for each game. These balls are spectacular for game play, but are also very expensive and can be damaged. To allow us to keep using these balls and keep costs down, please:

- Do not squeeze all the air out of them.
- Do not kick them, step on them, sit on them, or tear at them.
- Do not repeatedly wail them at the wall. Throw them back and forth with teammates to warm up, or stand back from the wall and try to hit teammates.

Players should bring their own clean, non-marking shoes to wear in the gym and should clean up any marks their team leaves on the floor after each game. If teams want to get matching shirts/jerseys, you can contact our sponsor Aero Art in Comox for \$15 shirts for a single colour logo on the front and either a name plate or number on the back. They can even do a little design work for you.

4. Gym Set-Up:

Early teams should arrive 15 minutes early to help set-up the gym. You will see how the gym is set up the first night and at Orientation. The last teams out should help put everything back up against the walls and make sure there's no mess.

5. Match Play/Format:

1. Matches start as scheduled (check sked for start times), so please arrive early to the gym to change, warm up and stretch. Each match can last as long as the 55-minute time slot, or until the first team makes it to 10 points (see Point No. 3).
2. A single game within the match is over and a team has won a point when it has completely eliminated the other team.
3. Each game is worth one point. The first team to 10 points is the winner of the match, no matter how much time is remaining. Afterwards, teams are encouraged to keep playing for fun (split up teams; guys vs. guys; girls vs. girls; everybody on, etc...). If neither team has scored 10 points at the end of the allotted time, the

- score after their final regulation game is considered final and the winner is the team with the most points.
4. If the two teams have the same number of points after the 55 minutes is up, then sudden-death overtime will declare the winner. The first team to lose a player for any reason loses the game and match.
 5. Teams field six players for each game, with at least two women on the floor to start. Teams short of the quota of women play with fewer players (eg. four men and one woman) and start down two points.
 6. A team must be able to field at least four players for the game to count, with at least one being a woman. A default will occur if a team is not able to field that number of players within 10 minutes of the official start time (though please still split up and play for fun). A score of 10-0 will be recorded in that instance. The two team captains can also choose to waive a default and make the games count before the start of play, but those scores will then count, win-or-lose.
 7. All games are self-officiated, with players calling their own fouls and outs with the help of their teammates. Team captains are responsible for making sure their own teams know/follow the rules, make the correct calls, and should always address any issue(s) first with the other team's captain, and then the CVSSC rep. Remember, this is partly where spirit points come in to play.

6. Starting the Game:

1. All six players on each team start behind the rear green boundary line of the playing zone on their side of the court. Two girls must start the game on the court for each team. See rules above (in Section 5) if a team is short players, or girls. All spare players are to stay off the court, cheer their team heartily from the sidelines, and help roll balls into play on the side they would likely end up. If you are not playing, do not hold onto the balls and try to throw them to your teammates. Just re-direct/roll them into the court on whichever side the ball would likely end up on.
2. Each team also provides their own referee, standing near the centre line on their side of the court **and helping to call "outs" against their own team only**. They are only to suggest a potential call to the other team's referee, but never to yell at the opposing side. These "referee" spots can be waived if both teams are relaxed and don't care too much about the score.
3. A spare player starts each game on the sidelines of centre court by making sure both teams are ready before dropping their hand and yelling: "DODGEBALL!!" Please be clear and decisive in starting the games.
4. Once the game is started, each team sends as many runners as they wish to retrieve any or all of the three balls placed along **THEIR SIDE OF THE CENTRELINE**. A player is out if he/she grabs a ball off the cone from the opponents' side of the centerline. (However, the opening rush is the one time where players may get away with accidentally stepping on/over the centerline).

7. Boundaries:

1. The green “volleyball court” lines serve as a boundary for players, except at the back of the court, where they are allowed to venture to the wall. Anywhere outside the boundary is out of bounds, and players are eliminated if they go fully out of bounds or touch/cross the center line.
2. The only way to properly retrieve a ball that’s far out of bounds is to exit around the pylon at the back corners, go get the ball, and come back around the corner pylon and into play again. A player cannot be hit, and cannot get anyone else out, while out of play to retrieve a ball. Nor can a player cross the centerline out of bounds.
3. Players may reach out of bounds to retrieve a ball with their hands, as long as part of their body (a foot or hand) stays in bounds. They are still in play and able to be hit while trying to reach out of bounds for a ball.
4. For the centerline, players can reach over the centerline to grab a ball from the opponents’ side, as long as they do not contact the floor on the line/opponent’s side of the line. Players cannot, however, take a ball off an opponent’s cone.

8. Live Ball vs. Dead Ball:

1. **Live Ball:** A ball is considered live, and can eliminate one or more opponents, once it travels past the centerline. A ball is still live when it deflects off a ball or a person’s body and therefore can keep collecting outs until it is dead.
2. **Dead Ball:** A ball only becomes dead when it hits the floor, a wall, an inanimate object on/around the court, or is caught. A dead ball cannot get anyone out.
3. **Using a Ball to Deflect:** Players can safely use a ball to deflect a throw away, but are out if they lose control of their own ball in the process. Also, the attacking ball is still considered live. Thus, if it deflects off the ball and hits the player anywhere but the fingers, that player is out.
4. **Common Example 1:** A live ball deflects off one player, hits another player and then hits the floor to become dead. Both players are out.
5. **Common Example 2:** A player uses his/her ball to deflect a live ball and it hits a teammate, then the floor. The deflecting player is safe, but the player that ball hit afterwards is out.
6. **Common Example 2:** A live ball hits a player, bounces off the wall, then is caught. That player is still out because it was caught after it was dead.
7. **Common Example 3:** A live ball hits a player, bounces up in the air and is caught by a teammate before it hit the floor. Both players are safe because the final act of the live ball was that it was caught. The thrower on the other side is eliminated due to a caught ball (see Eliminations in Section 9) and the catching team gets a player back from the dead zone.
8. **Teammate Throws:** You cannot eliminate your teammates, so you can pass balls back and forth without worry.

9. General Rules:

1. Balls on the starting cones can only be thrown once they have traveled back behind the green “attack” line, which is a green line marking several meters back on the volleyball court. All balls picked off a cone must go back behind the

- “attack” line before they can be thrown and count as a live ball, no matter how long into a game the ball is plucked off the cone. Once the ball has passed behind the “attack line,” players can throw the balls from any part of their court. Only the ball has to travel back behind the line, not necessarily the player with the ball (ie. you can toss it back to a teammate).
2. Players must remain on their side of the centerline during the course of the game. A ball thrown while jumping into, or over, the centerline will not count, and only the thrower will be eliminated.
 3. All players who get eliminated are to immediately raise their hands to acknowledge the hit and retreat to the “dead zone” which is typically an overturned bench or hockey net placed in a corner.
 4. An eliminated player can only return to play when an opponents’ throw is caught. In this instance, **the first player eliminated is the first back on**, so it’s a good idea to line up in that order in the dead zone.
 5. Please do not stockpile balls on your side of the court or hold onto a ball for more than 10 seconds. Balls should be used to attack opponents in order to speed up the pace of play. Teammates should encourage their players to move the balls.
 6. Once a game is down to 1-on-1, the teams’ referees should count out 30 seconds. If neither player eliminates the other before “30 Seconds” is finished and yelled out, the centerline and boundaries disappear and the players can cross center to hit each other with a ball. First one hit by a ball is out. You must stay on your game’s side of the gym.

10. Elimination:

1. **The Hit:** A player struck by a “live” ball thrown by an opponent is eliminated. And yes, head shots count, as they don’t typically hurt. And yes, your clothing and hair are a part of you and do count.
2. **The Multiple Hit:** A “live” ball can get more than one player out. Please see Section 5 (Live Ball vs. Dead Ball) for more detailed info and a few examples.
3. **The Catch:** A player can catch an opponent’s live throw in the air, thereby eliminating the thrower and allowing one of the catcher’s eliminated teammates to return to action. First off is first back on.
4. **Boundary Infractions:** Stepping on or crossing the centerline or improperly going out of bounds (see Section 7 on Boundaries) is an elimination, except for on the opening rush.
5. **One Ball at a Time:** Players can only be in possession of one ball at any given time. If they have more in their possession (ie. being held/gripped in their hand or arm), they are eliminated.

11. Rough Play:

Dodgeball is an extremely fun and social sport to play and our leagues are co-ed. Physical exchanges between players will not be tolerated, and neither will any other abusive behavior -- physical, verbal or otherwise.

And though we play with vinyl-coated foam balls that don’t typically hurt, that does not mean it’s free reign to unload a cannon of a throw at a weaker player just for the hell of it. Please adjust your throwing power to the target – a weaker player at the front of

the court who has no chance of catching your ball does not need to be pegged with a bullet. An athletic player at the back of the court may require a little more steam on the ball. This is simply a respect thing and good “spirit of the game.”

12. Alcohol/ Smoking/Waivers and Facilities:

1. **Alcohol** -- The CVSSC rents public facilities for all its leagues and tournaments and events. These facilities, unless otherwise stated, are unlicensed. As such, the consumption of alcohol during CVSSC league games and tournaments (unless in a licensed area) is strictly prohibited.
2. **Smoking** -- School grounds are also no-smoking areas and that extends 24 hours and applies to our use. Please walk off the grounds to smoke.
3. **Waivers** – All players must sign a waiver -- waiving the right to sue and accepting responsibility for their actions -- before being allowed to play. It is up to team captains to ensure this is done.
4. **Garbage** – Players are expected to pick up after themselves.
5. **Clean, Non-Marking Shoes** – Please check to make sure you bring a pair of clean, non-marking shoes to each game. Teams are responsible for cleaning up their side of the floor after their match is done.
6. **Damages** -- Players will be held liable for any damage they are responsible for at the facilities.
7. **Complaints** -- Any player causing the CVSSC to receive a complaint about the facilities may be suspended.
8. **Sponsor Bars** -- The CVSSC does its best to provide sponsor bars that give drinks/food deals to players after games. See our website for more info.

13. Standings, Schedules and Playoffs:

1. Schedules will be posted with 48 hours before the first game, though they can change due to weather, gym cancellations, compete levels, tiering, etc. It is up to team captains and players to double-check their sked online before each game.
2. Scores and “spirit points ratings” should be submitted to the CVSSC rep by both teams at the end of the game. If a CVSSC rep is not at the game, both teams should email the final score to scott@comoxvalleysports.ca by the next afternoon. If only one team submits a score by then, that score will be used.
3. The standings will be determined by number of points (two points for a win; one point for a tie), with the spirit points ratings used as first tie-breaker. The second tie-breaker will be points differential.
4. The playoffs will be scheduled to take up as many as three weeks of the season, or as little as one. All teams make the playoffs, but typically only the top four finishers have a shot at the championship. This allows for closer, “funner” games.

*Got questions or suggestions? Please contact us at info@comoxvalleysports.ca.