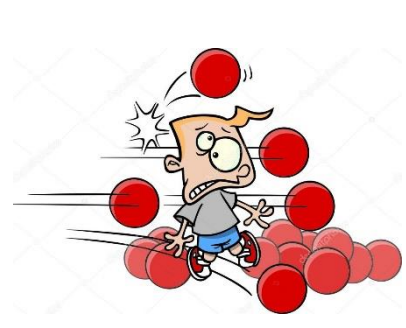




SPORT STARZ

prepare TO shine



“Dodgeball League Rules”

League Format

- Games last three minutes and you will play a total of 8 games against the opposing team in a space of 30 minutes.
- Teams start with 6 players with the rest of the team being subs, players can be subbed in after each 3 minute game.
- Teams will play each other twice over a league season.
- Two points will be awarded for a win, a draw will result in one point per team.
- Top two teams from each league at the end of the season will qualify for the playoffs where we will have semi finals and a final to decide the Island champions.

Start of match

- Maximum squad size for each matchday will be 9 players (6 starting and 3 subs)
- Both teams start on their baseline at the start of each match
- Players must retrieve the balls from the dead zone without entering the zone.
- Ball must go back past the return line before the ball can be thrown forwards.

During gameplay

- If you get hit you have to go and stand by a cone off the court of play.
- Players can get hit anywhere on the body (including the head!)
- If your throw is caught before any other contact (from another ball or player) you are out, and a player from your team can re-enter the game.
- When a player re-enters the game they must do so from the back of the court otherwise they are out again.
- Players can use a ball to block incoming balls. When blocking the players hands are classed as part of the ball.

The 5 second rule

- If a team has more players or both teams are of equal number, and they have the majority of the balls, the 5 second rule comes into play.
- Once the rule is triggered the team has 5 seconds to shift the advantage by throwing the majority of the balls to the other side.
- Throws during the 5 second rule must be legitimate attempts to hit the other team.

Small rules to remember

- Any contact with the outside or dead zone lines will result in the player being out.
- If the ball hits the floor before hitting the opposing player they are not out.
- If a deflection occurs off a ball or a player before a catch is made all players involved are safe.

Disciplinary action if required...

- Any abusive behaviour towards officials or participants, or blatant violation of the rules, will result in a yellow or red card depending on the severity.
- Yellow card shown by the referee in charge will result in the player being sin binned for one minute.
- Red card shown by the referee in charge will result in the player being expelled from the game and given a one match ban. This will be followed up by a £15.00 fine sent to the team captain which has to be paid within two weeks of the offence.

