

# WAAR Dodgeball Rules



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## 1. FIELDS AND EQUIPMENT

### a. Field Dimensions and Markings

- i. The game may be played indoors or outdoors.
- ii. The playing field shall be a rectangular flat surface free from obstructions at least 50 ft long and at least 30 ft wide. Ideal measurements: 70 ft x 40 ft. Leagues may relax these dimensional constraints depending on available playing locations.
- iii. The playing field shall be marked with Side Lines, End Lines, Attack Lines, and a Center Line. There should be at least 3 feet of unobstructed space outside of boundaries if possible.
- iv. A Restraining Line will be located approximately 6 – 8 ft behind each End Line. Only active players (those not out) will be allowed to pass through the End Zone area between the End Line and Restraining Line.

### b. Boundaries

- i. During normal play, all active players must remain inside the playing area (including the End Zone).
- ii. Players may pass through their End Line to retrieve and activate stray Dodgeballs.

**Definition: STRAY DODGEBALL-** A stray Dodgeball is one that is located outside the playing area.

- iii. When retrieving a stray Dodgeball, the player must immediately re-enter the playing field only through their own End Line.

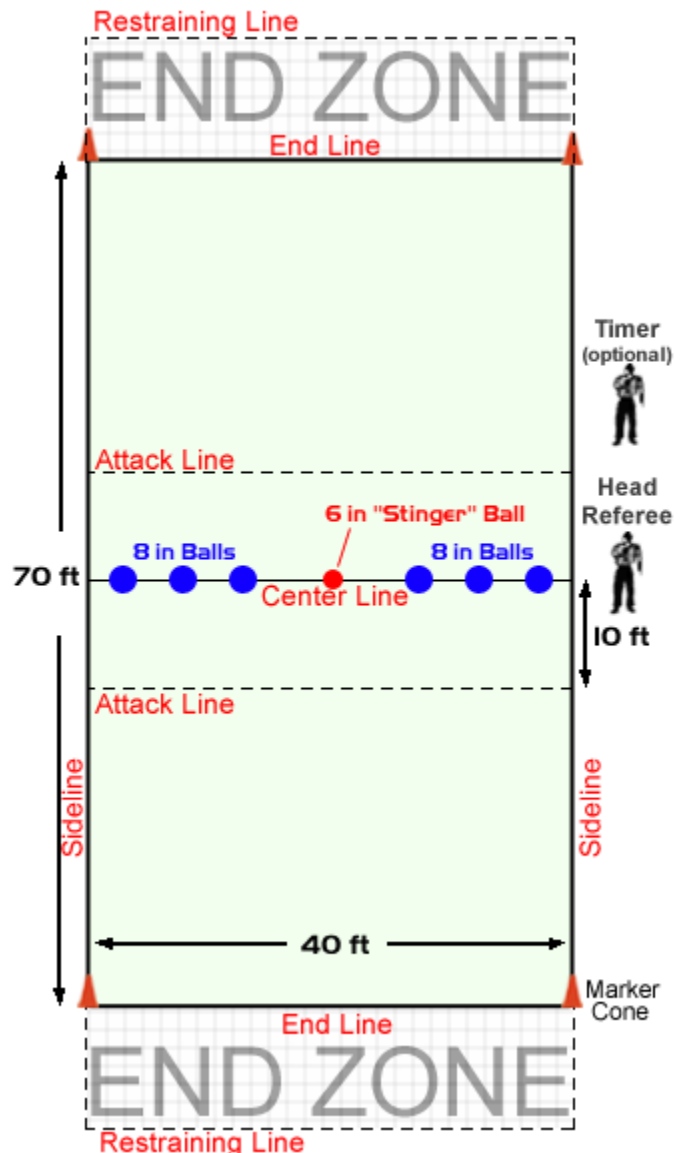
**Note:** A player retrieving a stray Dodgeball and purposely delaying his/her re-entry into the playing area may be declared out.

**Note:** A player retrieving a stray Dodgeball cannot be hit out or throw a person out while they are outside of the playing area. Additionally, any balls caught outside of the playing area will not count and not cause anyone to be eliminated.

- iv. Both active and inactive players may gather stray Dodgeballs only from their own "extended" half of the field of play to put them back in play. The stray Dodgeball can only be then placed back into play by an active player taking control of the Dodgeball while in the End Zone.

Inactive players may NOT interfere with balls that are inside the field of play.

**NOTE:** Dodgeballs that are retrieved by inactive players MUST be returned to the field of play through the END ZONE. Balls that are purposely returned to the playing field (not through the END ZONE) by inactive members and picked up by active players are not considered LIVE and cannot be used to eliminate an opposing member. They also cannot be used to block. Once the Dodgeball is returned to the END ZONE, it becomes LIVE and can be used as such.



**Definition: EXTENDED HALF OF PLAY** - The extended half of play is defined as the area on their own side of the Center Line. The Center Line is assumed to extend to infinity on either side of the playing area.

**RECOMMENDATION** – To prevent referee and player confusion from too many “inactive players” running all over outside the playing area, it is recommended that only 2 inactive players be designated as “retrievers”. Inactive players may NOT pass through the END ZONE during play so one retriever will be placed on the opposite side of the playing court and the other retriever will remain in the near court area to help retrieve balls.

- v. A player shall remain in the playing area (including the End Zone) during normal play and shall not:
  - 1. Have any part of their body contact the playing surface over the Side Line.
  - 2. Have any part of their body contact the playing surface over the Attack Line. Females are permitted to advance to the opposing teams End Line and use that line as their attack line.

**NOTE:** A player may “reach” over a line to throw or grab a ball, but their feet or hand must not touch the court surface over the line.

- 3. Re-enter the playing area through their Side Line.
- 4. Purposefully leave the playing field to avoid being hit or attempt to catch a ball. This does not include the End Line.

**Resulting Penalty for any of the above infractions:** Player will be declared out.

#### **c. Local Laws and Field Regulations**

- i. Players must obey all existing field rules pertinent to their area. WAAR mandates to all players that we leave the field in the same or better condition than when we arrived.
- ii. Alcohol is prohibited from being on the field during play. If local laws and field regulations permit, alcohol will be permitted immediately off of the playing field and Side Lines.
- iii. Drugs or tobacco products will not be permitted on the field during play.
- iv. Players breaking the local laws or field regulation shall be warned and, depending on the severity of the violation, may be ejected from the game by the Head Referee. Further disciplinary action will be determined by the League’s Board of Directors, including possible expulsion from the league without refund.

#### **d. Equipment**

- i. The official Dodgeballs used in WAAR tournament and league play will be soft, rubber coated, foam Dodgeballs and will be provided by the WAAR Headquarters.
- ii. The standard number of Dodgeballs for a regulation game is seven (7) total balls. Six 8-inch Dodgeballs and one 6-inch Dodgeball (called the “Stinger”).
- iii. Each team member must properly wear and display the WAAR T-shirt provided to them during all games. Additionally, all players must wear adequate shirts and shoes.
- iv. Acceptable shoe soles will be dependent upon the playing field. For turf, wooden or paved courts, etc... shoe soles must be soft rubber, non-marking athletic shoes. For grass or sand playing fields rubber cleats may be allowed. Metal spikes, rounded metal or metal-tipped cleats, etc... will not be permitted.
- v. Any player deviating from these equipment requirements will not be permitted to play. Any equipment violation discovered while the game is in progress will result in a forfeit for that team for all games played with the equipment violation.
- vi. Players may wear protective equipment as long as it is determined by the Head Referee that it does not provide an unfair performance advantage. Any equipment determined by the Head Referee to be performance enhancing must be removed or the player will be removed from play.

## **2. PLAYERS AND PARTICIPATION**

### **a. Player Eligibility**

- i. Members must be registered online with the WAAR website ([www.teamwaar.com](http://www.teamwaar.com)) and assigned to a team.

- ii. If designated as an adult league, members must be 21 years of age or older by the date of the first game.
- iii. Members must have adequate health and medical insurance.
- iv. Members must have acknowledged and agreed to the WAAR Liability Waiver
- v. Members must not play professionally.
- vi. A player may not be listed on more than one team roster within the same league.

#### b. Team

- i. Minimum Number of teams per league: 6 teams
- ii. Maximum Number of teams per league: 24 teams
- iii. Minimum Number of members per team: 8 members
- iv. Maximum Number of members per team: 24 members
- v. Teams must field a minimum of 6 players and a maximum of 10 at the start of any game.
- vi. Co-Ed League Teams must consist of both sexes. For Co-Ed Leagues, there is a minimum of 4 females required per team. A minimum of 4 females per team must be on the court at the start of any game.

**NOTE:** Playing with an insufficient number of females is permitted during the regular season and playoffs. A team can play with less than the normally required 4 females but are still limited to the maximum number of 6 males.

- vii. If other members are located on the Side Line, they will be available as substitutions during injuries or for following games.
- viii. Ineligible players will result in a forfeiture of all games in which ineligible players played.
- ix. Additional players may be assigned to teams by WAAR Administration or the League President to accommodate new members or as the need arises.
- x. Each team will designate a team Captain and a Co-Captain prior to the start of each game. Team Captains will be responsible for:
  - 1. Ensuring that all players present are aware and knowledgeable of the Official WAAR Dodgeball Rules.
  - 2. Ensuring only the Captain or Co-Captain disputes a call with the Head Referee. Obvious rules violations and any other protests made by the Team Captain will be ruled on by the Head Referee and the Team Captain must accept the final ruling.
  - 3. Ensuring no trash or debris is left on field after games
- xi. Persistent harassment of referees by any player may result in:
  - a. a warning
  - b. a removal of a player from the current game.
  - c. a removal of a player from the upcoming game.
  - d. an ejection for the player for the match
  - e. a suspension for the player for multiple matches
  - f. a forfeiture of the game
  - g. a forfeiture of the match

### 3. MATCH AND GAME PLAY

#### a. The Match

- i. Matches will begin with the flip of a coin (or any other appropriately available method that each team Captain can agree upon).
- ii. The team winning the coin flip will have a choice of sides to begin the match and also have the option of retaining the “stinger”.
- iii. Teams will switch sides after each game.
- iv. The object of the game is to eliminate all opposing players by getting them out.
- v. An **OUT** is achieved by:
  - 1. Hitting an opposing player with a live Dodgeball.
    - a. Only the FIRST player that is hit by the Dodgeball is OUT (unless the Dodgeball is caught).
    - b. Hits above the shoulders WILL count as an OUT.
    - c. Balls MUST be thrown. “Tagging” a person with a Dodgeball does NOT constitute an OUT.
    - d. Kicking a Dodgeball does not count and the Dodgeball will not be considered LIVE.

- e. Clothing is a part of the player. If a ball contacts the player's clothing, the player is OUT.

**Definition: LIVE DODGEBALL:** A Dodgeball that has been thrown and has not the floor or ground, another player, official or other item outside of the playing field (wall, ceiling, etc)

**NOTE:** The hand (or fingers) holding the Dodgeball is "part of the ball" when trying to use a Dodgeball to block an opposing player's throw. If the player gets struck in the hand (or fingers) that is holding the Dodgeball he is NOT OUT.

**NOTE ABOUT BLOCKING:** If a thrown Dodgeball hits another Dodgeball that is being used by the opposing team as a blocking ball, the thrown Dodgeball is still considered LIVE. If the blocked Dodgeball contacts any opposing player after being blocked, that player is OUT (unless they catch the Dodgeball. If that happens, the thrower is OUT.)

- 2. Catching a Dodgeball thrown by your opponent.

**NOTE:** Any ball may be caught and the thrower will be called out as long as it has not touched the ground or any side or rear retaining walls/fences prior to being caught.

**EXAMPLE #1:** A ball is thrown and bounces off of the shoulder of Player #1 and is subsequently caught by Player #2. The result is that the ball is caught and the thrower is out. Player #1 and Player #2 remain in the game due to the ball being caught. If the ball had not been caught, only Player #1 would be OUT.

**EXAMPLE #2:** A ball is thrown and bounces off of a held ball that is being held by Player #1 and is subsequently caught by Player #2. The result is that the ball is caught and the thrower is out. Player #1 and Player #2 remain in the game. If the ball had not been caught, Player #2 would be OUT.

**EXAMPLE #3:** A Dodgeball is thrown and bounces off of the rear wall of the playing court and is subsequently caught by Player #1. The result is that the ball is not considered a LIVE ball and no players are OUT.

- 3. Causing an opponent to drop a held Dodgeball to the floor as a result of contact by another thrown live Dodgeball (this usually occurs when a Dodgeball is being used to block a thrown ball).
- 4. An opposing player stepping over the Side Lines or Attack Line.

**NOTE:** The player may "contact" the line, but if ANY part of their body touches the playing surface outside of the sidelines or over the attack line, the player is out.

- 5. Any intentional or unintentional action from an inactive player from the opposing team that physically interferes with your play or alters the outcome of your play.

**Example:** An opposing inactive player lobs a stray Dodgeball onto the court and it strikes a live Dodgeball being thrown by your team.

- vi. If necessary, a match or game may be called at any time by the Head Referee. If the match has completed 5 or more games the match will be considered a "regulation" match and the score at the end of the last fully completed game will determine the winner. The remaining incomplete games do not get recorded.
- vii. A match that is called prior to the completion of at least 5 games will NOT be considered a regulation match and will be rescheduled if possible to complete the remaining games.
- viii. **Grace Period** - There will be a grace period of 15 minutes after the scheduled commencement of a match. If all team playing criteria have not been met by a team at the conclusion of the 15 minute grace period, the Head Referee will then determine and announce a forfeit of the match for the non-compliant team and receive a score of 0 games won. The opposing team will receive

a score of 5 games won. If both teams still opt to play as a scrimmage match they can. The score of the scrimmage will NOT be recorded.

- ix. A match forfeit will count as 5 games won for the winning team and 0 games won for the forfeiting team.
- x. Any team playing a non-registered or improperly registered player will forfeit all games in which that player participated. Additionally, if found guilty, that team MAY (pending a WAAR Board ruling) not be eligible for any local, regional or state tournaments held by WAAR. Discovery of such an infraction must be brought to the attention of the Head Referee and ultimately the WAAR Board of Directors for a ruling. Burden of proof lies with the team being accused. A ruling must be made prior to the commencement of the next scheduled match.

#### **b. Timing**

- i. A seven (7) minute time limit has been established for each game.
- ii. Only the Head Referee's whistle starts and stops the clock.
- iii. Head Referees may start and stop the game at their own discretion by using their whistle.

**Examples of instances when a Head Referee would need to temporarily stop a game:** To clear up a Rule Violation, to impose a penalty, injury, inclement weather, etc...

- iv. All active players are in jeopardy of being hit out after the initial rush until the Head Referee signals the end of regulation time.

**Exception:** All live Dodgeballs in flight at time of an official's signal to end regulation time remain live, and may eliminate an opponent, until they become dead.

#### **c. Beginning the Game**

- i. Prior to beginning a game, an equal number of 8 inch WAAR Dodgeballs are placed evenly along the Center Line on each side of the center mark. A single 6 inch WAAR Dodgeball is placed in the center of the Center Line. A standard game consists of 7 Dodgeballs (3 on each side of the center mark and a single Stinger Dodgeball in the center).
- ii. Players then take a position behind their End Line.
- iii. Following a signal by the official, teams may approach the Center Lines to retrieve the Dodgeball.

**NOTE:** If the balls do not remain stationary while on the Center Line or if preferred by the league, the Head Referee may elect that the game will begin with "balls in hand" (i.e...each team will retain the 3 balls in their possession prior to the start of the game). The Stinger ball will belong to the coin toss winner or the winner of the previous game (their option). All players will start from their own End Zone and play begins normally at the sound of the Head Referee whistle.

#### **d. Opening Rush Rule**

- i. Each and every Dodgeball retrieved at the opening rush must first be taken back behind each team's own Attack Line before it may be legally thrown at an opponent. As soon as the retrieved Dodgeball is completely behind the team's own Attack Line after the initial rush, the player may advance and the Dodgeball may be thrown. Thereafter, players may approach the opposing team's Attack Line to throw.

**Example:** Following the opening whistle, a player rushes and is the first to secure a Dodgeball from the Center Line. That player must then carry or pass the Dodgeball into their backcourt (behind the Attack Line) before it may be legally thrown at an opponent.

#### **e. End of Regulation Period**

- i. After 7 minutes of playing time has expired, the Head Referee will then signal with his whistle and announce the "End of Regulation".
- ii. The team with the most players remaining on the court at the end of regulation is declared the winner of that game.

#### **f. Overtime**

- i. If an equal number of players remain after regulation or overtime play, a 2 minute sudden death over time period will be played.

- ii. To reduce the time required to finish an overtime game, team Captains have the option to add a **MAXIMUM** of 3 additional players to their team prior to the start of the **FIRST** overtime (not to exceed 10 players per side). **Co-ed gender rules DO NOT apply.**
- iii. Player additions must occur prior to the start of any overtime period.
- iv. All overtime periods will begin with an equal number of Dodgeballs in hand behind a team's End Line. Each team will possess three 8-inch Dodgeballs. **There will be no Stinger Dodgeball.**
- v. The first team to have any **ONE** player eliminated will be declared the loser.
- vi. At the end of each overtime period, if no players have been eliminated, an additional player from each team will be placed back into play. The player will be the choice of the Team Captain.
- vii. The sudden death format continues through all extra periods.

**g. Final 1-on-1 play**

- i. When there is only 1 player left on each team, the remaining players may advance forward and attack from the opposing team's End Line.

**h. Stalling and the 10-Second Violation**

- i. It is illegal for any team to control a **MAJORITY** of the dodgeballs for more than 10 seconds. If any team controls a majority of the Dodgeballs they must make a legitimate effort to get at least **ONE** Dodgeball across the End Line and into the opponent's backcourt (behind the End Line). If this is not done within 10 seconds, a 10 Second Stalling Violation will be called by the Head Referee.
- ii. If a team controls **ALL** of the Dodgeballs, then they must make a legitimate effort to get at least **TWO** Dodgeballs across the End Line and into the opponent's backcourt (behind the End Line). If this is not done within 10 seconds, a 10 Second Stalling Violation will be called by the Head Referee.
- iii. If the team still has a majority of Dodgeballs, they have another 10 seconds to release another Dodgeball, and so on.

**Note:** The intent of this rule is to keep the action going. As long as any team is actively progressing the game the referee will remain quiet and allow the action to continue. If action stops for more than a "reasonable" length of time (as determined by the Head Referee), the Head Referee will initiate the 10 Second stalling countdown.

**Note:** Only a Head Referee may call a 10 Second Violation. Head Referees will perform a verbal countdown (10-9-8-7...) prior to calling a 10 Second Violation.

**Note:** The Dodgeball must be **COMPLETELY** behind the opposing team's End Line by the time "10 seconds" has been called. This can be accomplished by rolling or throwing the Dodgeball.

- iv. Penalty for 10 second Violation (per game):
  1. **First Violation:** All play stops and the Dodgeballs will be divided evenly between the teams. Play will continue with "Balls in hand." Stinger ball goes to the non-violating team.
  2. **Second Violation:** All play stops and a free throw is awarded to the opposing team – a penalty in which one player is allowed an obstructed throw at their opponents from the Attack Line without risk of elimination. The offending team cannot possess any Dodgeballs in hand during this free throw. Additionally, a caught free throw does not result in an out for the thrower.
  3. **Third Violation:** All play stops and one player from the offending team is removed.

**i. Declaring a Winner**

- i. The first team to legally eliminate all opposing players during regulation play will be declared the winner.
- ii. If neither team has been completely eliminated at the end of regulation play, the team with the greater number of remaining players will be declared the winner.
- iii. During overtime play, the first team to eliminate any **ONE** opposing player will be declared the winner.

**4. OFFICIALS AND THEIR DUTIES**

**a. Head Referees and Officials**

- i. All games will be supervised by a Head Referee, a Line Referee (on the opposite side of the Head Referee) and a Field Referee.

**LINE REFEREE:** The primary purpose of the Line Referee is to coordinate with the Head Referee and watch the Side and Attack Lines to determine if a player steps over the line and should be removed from the game.

**FIELD REFEREE:** The primary purpose of the Field Referee is to “roam” outside the field of play and watch the game to determine to the best of his ability if a legitimate elimination occurred.

**NOTE:** Although we have designated “primary purposes” for these Referees, they all reserve the authority to rule on any aspect of the game and should keep a watchful eye for any violations that occur.

- ii. Rules will be enforced primarily by the honor system. Players will be expected to rule whether or not a hit was legal or they were legally eliminated. Referees may also call players out if it is apparent to them that the player was hit but then did not leave the playing area.
- iii. The Head Referee will maintain the official scorecard and document the final score after the completion of the game.
- iv. The Head Referee is empowered to call the game at any time for reasons of safety.
- v. The Head Referee’s responsibility will be to rule on any situation in which teams cannot agree.
- vi. A team may appeal to the Head Referee if they feel an opposing team or player has violated any rule.
- vii. **THE HEAD REFEREE’S DECISION IS FINAL.** Player must honor all decisions made by the Head Referee.
- viii. Head Referees may warn and penalize players who display unsportsmanlike conduct. Penalties may result in the following
  - a. a warning
  - b. an out
  - c. an ejection for the player for the match
  - d. a suspension for the player for multiple matches
  - e. a forfeiture of the game
  - f. a forfeiture of the match
- ix. Referees will be obtained from other teams in the league. The teams designated to supply the referees will be determined prior to the start of the season. Typically, referees will be supplied by a team playing immediately after or immediately before the current game.
- x. Failure of your team to supply a referee may result in a penalty (see recommendations below).

**Penalty Recommendations (may vary from league to league and is at the discretion of the Head Referee):**

1) **First Offense** – Any team not supplying the required number of referees “on time” and at the proper location will be penalized 1 “player out” for each referee that they did not supply. The players will be deducted at the earliest *future* game opportunity.

1) **Second Offense** – Any team not supplying the required number of referees “on time” and at the proper location will be penalized 2 “player outs” for each referee that they did not supply. The players will be deducted at the earliest *future* game opportunity.

**NOTE:** For example, if a team does not supply 2 referees and it is their 1<sup>st</sup> offense, then they must start each game (of a match) with only 8 players (that is 1 “out” for each referee not provided). If it is their 2<sup>nd</sup> offense and they did not supply 2 referees, they would begin each game with only 6 players.

**b. Unsportsmanlike conduct**

- i. Unsportsmanlike Conduct may include, but is not limited to:
  1. foul language
  2. defiling a ball in any way so as to make it unplayable or altering the balls dynamics (EX: spitting on the ball, rubbing the ball on their sweat, tearing the ball, “smashing” a ball in their grip, etc...)
  3. purposefully tossing or throwing a ball over a fence or other obstacle so that it is out of play (ex: the Stinger)
  4. unnecessary roughness
  5. arguing with officials, staff, participants, or fans
  6. hiding or concealing a ball under their clothing
  7. inactive players interfering with active balls or players that are on the field of play

Updated rules can be found at [www.teamwaar.com](http://www.teamwaar.com)



8. abuse of the General WAAR Dodgeball Code of Conduct system

**c. Protests**

- i. Protests will only be accepted in cases involving use of an ineligible player or a rules interpretation issue.
- ii. If there is an eligibility protest, the Head Referee will note the protest of the player and the game will continue. The WAAR Board of Directors will then decide on the protest at the conclusion of the scheduled games for that week.

**Note:** If there is disagreement or confusion over a call that is based on the “interpretation” of a rule, the Team Captain may challenge the call on the field based on interpretation of the rule. Challenges will be presented to the League President (or his designated Rules Representative) for a final ruling or clarification of the Rule. During a challenge, the Head Referee shall stop all play until the challenge is resolved.

- iii. Protests of judgment calls will not be accepted.

**d. Substitutions**

- i. Player substitutions are NOT allowed while a game is in progress. If a player is injured during play, they must remove themselves from the playing court. If the player is unable to remove themselves under their own power, the Head Referee may call timeout and have the player removed. This player may NOT be replaced with a substitute player. The injured player is removed and play continues.

**5. SEASON AND TOURNAMENT SCORING AND TIE BREAKERS**

**a. Match Play**

- i. "Matches" will be limited to a total of 50 minutes from the scheduled start of the game.
- ii. Teams will play as many games as they can within the 50 minute time frame. Each game is limited to a maximum of 7 minutes.
- iii. When there is only 1 player left on each team, the remaining players may advance forward and attack from the End Line.
- iv. If the last game ends outside of the 50 minute time frame and both teams have won an equal number of games, there will be a 3-on-3 sudden death game to determine the match winner. The sudden death match will consist of 2 males and 1 female. All 7 games will be played.
- v. Seeds for the End of Season Tournament will be based on Match Play winning percentage during the regular season.
- vi. The winner of the End of Season Tournament will be considered WAAR Season Champion for that League.

**b. Power Ranking**

- i. A Power Ranking will be calculated for each team based on the total overall games won for that team for the season.
- ii. Games won are recorded for each team after all 7 games have been played.

**Example #1:** If Team A wins a match by a score of 4 games to 3 games over Team B, Team A receives a win for the match and Team B receives a loss for that match. Team A receives 4 games added to their Power Ranking. Team B receives 3 games added to their Power Ranking.

**Example #2:** If Team A wins a match by a score of 6 games to 1 game over Team B, Team A receives a win for the match and Team B receives a loss for that match. Team A receives 6 games added to their Power Ranking. Team B receives 1 game added to their Power Ranking.

**c. Tie Breakers Situations**

- i. In the case of teams finishing league play with identical Match Play scoring records, the following tie breaker procedures will be used:
  1. Head to head match record between tied teams
  2. Overall season Power Ranking
  3. One game playoff

**6. MISCELLANEOUS INFORMATION**

Updated rules can be found at [www.teamwaar.com](http://www.teamwaar.com)

- a. **Blood Rule:** A player who is bleeding shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical care or treatment is administered in a responsible length of time, the individual will not have to leave the match. The length of time that is considered reasonable is left to the Head Referee's judgment.
- b. Any players ejected from a match for reasons of misconduct shall be automatically suspended from the next two matches played. Depending on the severity of the misconduct, additional suspensions may apply subject to the discretion of the League Board of Directors. Suspended players are not allowed to attend games until their suspension is lifted.

#### **7. GENERAL WAAR DODGEBALL CODE OF CONDUCT**

- a. Understand, appreciate and abide by the rules of the game and the honor system.
- b. Respect the integrity and judgment of game officials and WAAR staff.
- c. Respect your opponent and congratulate them in a courteous manner following each match, whether in victory or defeat.
- d. Be responsible for your actions and maintain self control.
- e. Do not taunt or bait opponents. Refrain from using foul or abusive language.