



PRESENTED BY

cenovus
ENERGY

Games will be 30 minutes in length...each half will be 15 minutes.

Equipment will be sanitized between games.

Do not play if you are feeling unwell.

The team

- Each team has six players on the court, teams may consist of up to 10 players with a minimum of 6.
- Players must consist of both male and female players (3 female on court at all times).
- Player substitutions are only allowed between sets.
- Subs who are not on the roster are allowed to play, but need to sign a waiver before the game (get one from a LRHF staff or volunteer)
- You need at least four players to start of the game —If you don't have the minimum, you lose by default.

The game

- The court is half the gym split into two opposing sides.
- Each team starts with six players on the court.
- The goal is to get all six players on the opposing team out (a set).
- Each set is worth one point toward the score for the game.
- Games are 30 minutes long.
- The team with the most points at the end of the game wins!

Starting the set

- Dodgeballs are set on a line halfway to the centre line.
- Six players line up on the back wall.
- Once the teams are ready, the ref will call the countdown (e.g. "3, 2, 1, dodgeball!")
- Grab the balls from your side of the court.
- The balls must touch the back wall before they can be thrown at the start of a set.
- You can toss a ball to a teammate BUT if they drop it, you're out.

Gameplay rules

- When you get out, you must immediately raise your hand and leave the court along the back wall.
- You can only hold the ball for 10 seconds; after 10 seconds, the ball must be turned over to the other team (bouncing on the other side of the line doesn't count as a turnover). This rule is in place to prevent stalling and encourage continuous play.
- You're "out" if:

- You get hit with a live ball. Even if it only brushes your clothes.
- A live ball is a ball that belongs to your court. Different-coloured balls from another court are considered dead balls. It's the responsibility of people on the sidelines to move balls back to the other court.
- You can't get out by a dead ball. A ball is dead after it touches anything other than the player trying to catch the ball (e.g. the ground, ceiling, other players, other balls, league reps, etc.).
You can't save a teammate by catching the ball they got hit with.
- You hit someone in the head with the ball. PLUS the person you hit stays in. NO HEADSHOTS. Note: This rule DOESN'T apply if you're hit in the head while ducking, or if a ball bounces off something and hits you in the head.
- If a player must raise their hands to block a ball from hitting their face, this still counts as a headshot.
- Your ball is caught by the opposing team. PLUS one of the opposing teammates gets to come back on. Note: When a teammate brings a player in by catching a ball, they must immediately return in the order they got out (first out, first back in).
- You drop a ball. This includes dropping a ball to catch another ball, having a ball knocked out of your hands by another ball, or throwing a ball that doesn't at least roll across the centre line. You CAN throw a ball to catch another ball as long as it crosses the centre line. Fumbling a dead ball does not count as dropping it.
- Your ball doesn't cross the centre line. Note: The ball CAN roll across the centre line!
- Your hand or arm is hit while blocking. You can block a shot with the ball you're holding, but it must be a clean block.
- You hold two balls at the same time.
- You touch the floor across the centre line.

Ending the set

- When there is only one player remaining on one side, the team with the single player starts a 60-second countdown — once the time is up, a second player can rejoin the game.
- When there is one player remaining on both sides, there is no 60-second countdown for a teammate to return, and players may cross over the centre line to attack ("one-on-one").
- In a one-on-one, the ball must be thrown at the other player to count as a hit — you cannot tap a player with the ball while it is still in your hand.
- During a one-on-one, if both players hit each other at the same time, they will restart the one-one-one by going to the back wall with one ball in hand and two balls on the attack line.
- When all players are out, the set is over, and a point is scored for the winning team.

Player conduct

- You are responsible for calling yourself and your teammates out. Be honest!
- Respect the referee, they are volunteering for the event, and their decisions are final.
- Do not throw excessively hard — this is a fun tournament to raise funds for healthcare! Keep it light 😊
- DO NOT SQUEEZE THE BALLS. This gives an unfair advantage to the thrower.
- Do not stockpile balls — if all the balls have collected on your side of the court, it's good sportsmanship to send up to three to the other team.
- Be respectful of the facilities — don't wear marking shoes, and clean up after yourself.

Sportsmanship Policy

- As a community organization, we value good sportsmanship, which we define as fair and generous behavior towards or treatment of opposing players and our own teammates.
- *If you see an individual or team consistently displaying good sportsmanship, you can nominate them for a team Spirit Award! Individuals or teams that have received nominations throughout the tournament will be awarded a prize after the tournament ends.*

- If negative behavior is noted we encourage players to talk to the individual or team captain in a calm and respectful manner about the behavior.

Playoffs

- Tiebreakers are determined as follows if tied for most wins:
- Higher total in-game points
- Higher overall spirit point score

*NOTE: (**Any COVID-19 guidelines overrule other rules.)*

