STONEWALL DODGEBALL

Minneapolis, MN | est. 2019

RULES & REGULATIONS

AS AMENDED Fall 2025

1. CODE OF CONDUCT **2**
- 1.1 HONOR SYSTEM 2
- 1.2 SPORTSMANSHIP 2

2. GAME BASICS **3**
- 2.1 MATCHES/SCORING/TIMING 3
- 2.2 EQUIPMENT 4
- 2.3 COURT SETUP 5
- 2.4 TEAMS/CAPTAINS/PLAYERS 7
- 2.5 OFFICIATING 9
- 2.6 TIMEOUTS 10

3. HOW TO PLAY **11**
- 3.1 START OF GAME 11
- 3.2 THROWING 12
- 3.3 CATCHING 12
- 3.4 GETTING OUT 13
- 3.5 OUT LINE 14
- 3.6 END OF GAME 14
- 3.7 4-MINUTE SOCIAL PLAY 14

4. GAME MECHANICS **15**
- 4.1 LIVE BALL/DEAD BALL 15
- 4.2 BLOCKING/DEFLECTIONS/RICOCHET 15
- 3. RICOCHET RULE 16
- 4.3 BALL CONTROL / COUNTDOWN 16
- 4.4 PINCHING 17
- 4.5 HEADSHOTS 17
- 4.6 SHAGGING 18
- 4.7 DISTRACTIONS 18
- 4.8 INJURIES 18

5. LOGISTICS **19**
- 5.1 PLAYOFFS 19
- 5.2 GAME CANCELLATIONS 19
- 5.3 EMERGENCY MANAGEMENT 20
- 5.4 ALCOHOL & DRUG POLICY 20
- 5.5 SPECTATORS/GUESTS 20

2025 UPDATED RULES REFERENCE **20**

1. CODE OF CONDUCT

1.1 HONOR SYSTEM

In dodgeball, possibly more so than any other sport, the honor system is key. Watching seven balls flying around the court is extremely difficult, no matter how many referees there are.

The following rules are expected to be followed during Stonewall Dodgeball games:

1. If you were hit by a live ball and you're out, you need to walk off the court.
2. If you see a teammate hit out and not exit the court, let them know.
3. All players who are hit out or caught out must walk off the court, even if the referee does not verbally call it.
4. The referee not calling plays verbally does not negate your obligation to go out.

In order to create a safe, fun, and fair environment at Stonewall dodgeball, every player will be held to the highest ethical standards. If you fail to honor these rules, it is considered cheating. Anyone found repeatedly violating the honor system will be carded and may be removed from Stonewall Dodgeball.

1.2 SPORTSMANSHIP

Ensuring participant safety and providing a sportsman-like atmosphere is important on and off the court. While we understand tension and competitiveness are inherent in any sport, the league expects a certain level of decorum. If the behavior of a team or individual is deemed unacceptable, the league will exercise zero tolerance when handling these situations.

Unsportsmanlike conduct is considered, but not limited to the following actions:

1. Using demeaning or derogatory language towards anyone on and off the court (e.g. referees, opposing teams, teammates, etc.)
2. Acting out of accordance with the honor system as outlined in section 1.1.
3. Doing things that would reflect poorly on the league. Examples include:
    a. Picking arguments over dodgeball while in our sponsors' venues.
    b. Picking arguments over dodgeball on social media.
    c. Instigating violence of any kind on the court or in our sponsors' venues
    d. Berating or using derogatory language toward teammates or other players in the league, both in person and virtually.
    e. Disrespecting the facilities in which we play, by causing them damage or acting out of line to the facility's employees.
4. Bullying of any kind. The first offense will result in player ejection for the remainder of the match or in participant suspension for the remainder of the season.

Captains are expected to uphold the tenets of sportsmanlike behavior within their team. Any player found to be engaging in unsportsmanlike behavior will be disciplined at the discretion of league leadership, up to and including expulsion from the league.

2. GAME BASICS

2.1 MATCHES/SCORING/TIMING

1. **MATCHES/TIMING**: A standard Stonewall Dodgeball match consists of a 30-minute time period, during which two teams compete in as many games as possible within that time period.
    a. Officials will give a 5 minute warning, 2 minute warning and a 30 second warning before the end of the match.
    b. Officials may not start a new game after the 30-minute time period has elapsed. If a game is to go past the 30-minute mark, teams have 3 minutes to finish their current game and end the match.
    c. If the match time + the three-minute extension expires in the middle of a game, the team with the most players remaining on the court wins that game.
    d. In this instance, the official will give a 10 second countdown for the end of the match.
    e. **Matches** will not be extended beyond their scheduled time to allow for a full, final **game** if the **match** begins after the scheduled start time due to the actions of one or both playing teams.
    f. Matches that start late will not necessarily get extra play time since our time reserved in the facility is limited. Teams are encouraged to arrive early for their matches so that both sides are ready to go on time.
    g. Teams are encouraged to arrive early for their matches so that games start on time. Matches that begin late will not be granted extra play time due to limited reservation time.
    h. Teams that do not meet the minimum number of registered players (up to and including subs) within 5 minutes will forfeit the match. Teams are still encouraged to play with any players that do arrive, with the understanding that forfeit scoring rules will apply.

2. **GAMES**:
    a. A team will be declared the winner of a game when all of the players on the other team have been eliminated from play.
        i. At the end of each game, captains should make their rotations and all players should promptly return to the court for the next game so each match can contain as many games as possible.

3. **COURT TRANSITION**: Teams are required to switch court sides after each game.

4. **SCORING**: Every game won will be scored as 1 point.
    a. The team with the most points at the end of a match is the winner.
    b. Tied matches are allowed during the regular season only.
    c. If a match is called as a forfeit up to the 5 minute grace period, the non-forfeit team will be awarded 10 points, the forfeit team will be awarded 0.

d. If a match is forfeit once it has begun, the non-forfeit team will receive 5 extra points, not to exceed 10 points total.
e. If a team has less points and the differential is 6 or more points, that team may apply a Mercy Rule. The remainder of the match will be a mix up games and points won't count to any team score (**see Mix Up Game(s) 2.1.5)**

5. MIX UP GAME(S)

a. At the 5 minute warning, teams may elect to have a social mix game where the teams mix up and play against each other. Both captains must agree to this. There is no limit to the number of games, however, the same game time rules still apply. The score of these games do not count towards either team's standings.

2.2 EQUIPMENT

1. UNIFORMS

a. **Shirts:** All players on each team are required to wear the official Stonewall Dodgeball T-shirt provided to them at the start of the **current season.**
    i. If a player does not have their current season Stonewall Dodgeball team T-shirt, common sense accommodations can be made ONLY via player communication with the Dodgeball Committee.
b. **Numbers:** Each player must display a number, unique within their team, in the white circle on their jersey. Numbers must be integers between 0 and 99, clearly written in bold permanent marker in the designated area. Players who are not in compliance will not be permitted to play until the situation is resolved.
c. **Shoes:** Players must play in **athletic shoes**, preferably not black-soled. Playing in flip flops, with bare feet, or in just socks is not allowed.
d. **Other:** Shorts/pants and accessories are the choice of individual players. In picking your wardrobe, remember that your clothing/hair/accessories count as part of you and any part of you being hit results in an out.

2. PROTECTIVE GEAR

a. While not required, protective sports gear is highly encouraged.
b. Acceptable protective sports gear includes kneepads, sports goggles, athletic tape, mouth guards and other protective gear.
c. Unacceptable sports gear includes gloves and any other non-required or acceptable sport gear at the discretion of the head referee.
d. Liquid chalk may be used but must be completely dry before handling a ball.

3. BALLS

a. Stonewall Dodgeball is played with USA Dodgeball, 7 inch "no-sting" rubber balls.
b. Transferring balls between courts is not allowed. To limit confusion, the League has purchased a unique set of colored balls for each court.

4. LEAGUE EQUIPMENT

a. Stonewall provides netting, marking tape, balls, whistles, etc. Every week there will be a 10-15-minute period of setup/teardown before the first match and after the last match.
b. This will include politely moving and replacing items that belong to the facility that are in the way on the court.
c. For the last match each Sunday**, the participating teams are required to help break down the facility and gather the equipment**, as we have only a limited time to exit the facility after the last match. Captains and Refs are encouraged to remind their teams to help tear down the gym at the end of the day.

2.3 COURT SETUP

The gymnasium contains four (4) dodgeball courts (each being one-half of 2 courts) with a net in the middle to help prevent balls from flying from one game into another. See *Illustration 1.*

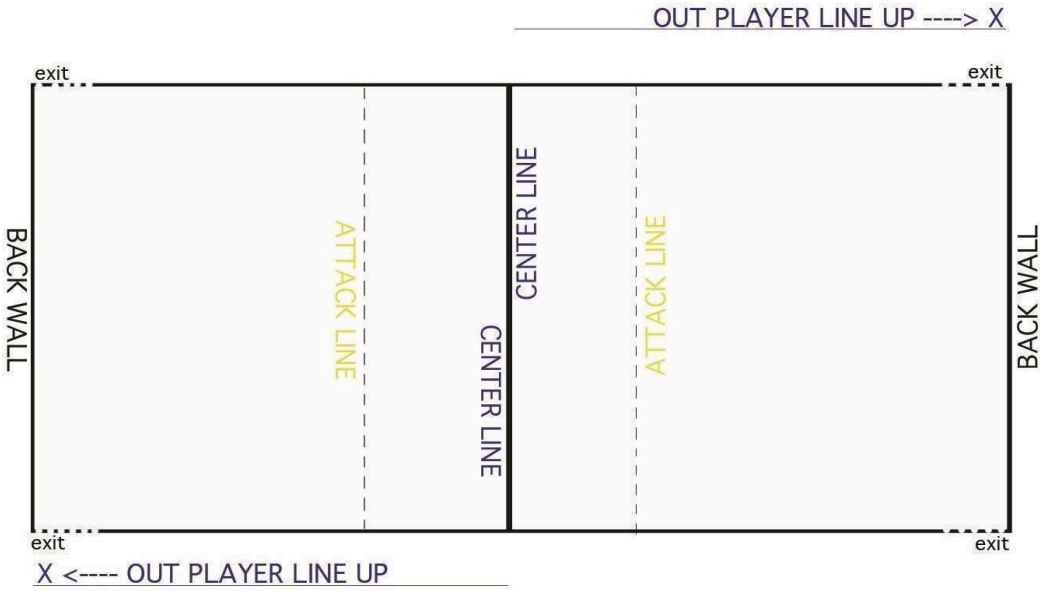


***Illustration 1**. Single court set up. Due to the nature of our current facility, Stonewall Twin Cities Dodgeball implements a same-side out player line up (both teams line up on the same side), the location dependent on the court in use.

1. **BACK WALL**
   a. The back wall is the rear end of the field of play. At the start of all games, players must be touching the back wall with some part of their body (hand, foot, butt etc.).

2. **CENTER LINE**
   a. Players can only step over the center line during the initial rush.
   b. After the initial rush, players may step on the center line, but not over. Doing so means they are out. See *Illustration 2*.
   c. Players may reach across the center line to retrieve a ball, however their body and clothes may not make contact with the floor of the opponent's court.
   d. Any touching of the opponent's court will result in an out.
   e. Players may not cross the center line out-of-bounds (e.g. to retrieve balls), including active players and out/benched players.



***Illustration 2**. Allowed center line foot placement during active gameplay.

3. ATTACK LINE

a. The attack lines run parallel to the center line and are the lines behind which all throws must be made.
b. If a player's foot crosses the attack line while making a throw, the throw is invalid, and the throwing player is out.
c. If a ball is thrown while the player is past the attack line, the ball is considered dead.
    i. **HOWEVER**, if it is caught the catching team may treat it as a live ball and have a player return to the game as with any other catch.
    ii. Players may cross the attack line to get balls.
        1. Players must return behind the attack line before throwing them. This includes during the opening rush.

4. SIDE LINES / OUT-OF-BOUNDS

a. The side lines mark the boundary between the field of play and the rest of the court which is out of bounds to active players.
b. A player must have one foot completely crossing the line to be declared out-of-bounds. See *Illustration 3*.
c. Stepping out of bounds results in an out, including stepping out to dodge a ball.
d. If a player touches the gym wall or netting in the out-of-bounds area, they will be declared out of bounds even if both feet remain within the boundaries of the-field of play.
e. Players exiting the court to retrieve a ball must return within 10 seconds or else they will be declared out. Players may not take balls out of bounds with them.
f. If a player falls or steps out of bounds while securing a catch they may be considered safe. (See **Momentum Catches 3.3.3**)

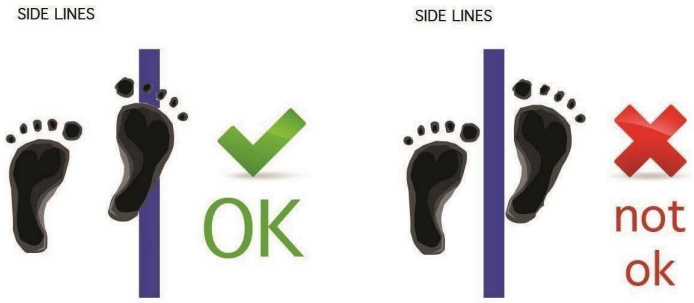


***Illustration 3:** Allowed side line foot placement during active gameplay.

g. Players may step out of bounds to get a ball that is out of bounds. The player must fully exit and re-enter at the back of the court (see "exit" in *Illustration 1*). The player is safe until returning to the back of the court; returning players are active upon having **one foot** in bounds. The last player left may not exit the court; teammates should help return balls to active play.

2.4 TEAMS/CAPTAINS/PLAYERS

1. **TEAMS**
    a. Teams are required to play in their assigned division.
        a. See **Substitutions (2.4.5)** for rules on subbing in other divisions
    b. Members of the Dodgeball Committee reserve the right to move teams between divisions prior to the beginning of the season based on a number of factors including but not limited to: previous season record (both regular season and play-offs), player responses during the registration process and number of returning players.
        a. Team captains will be informed of this decision in a timely way via e-mail from the Dodgeball Commissioner.
        b. Team captains may make a single appeal to the dodgeball committee via the Dodgeball Commissioner's e-mail. The final decision will be up to the Dodgeball Committee.

2. **CAPTAINS / CO-CAPTAINS**
    a. Each team must have 1-2 captains who will be **responsible for ensuring their team is aware of the game schedule and/or schedule changes.**
    b. Captains are also responsible for ensuring that their team is honest and that all players adhere to the code of conduct and official rules.
    c. **Only one captain per team may interact with officials.** If two co-captains are present, <u>one must be designated</u> for this duty.
    d. If the captain is unable to attend the game, an acting-captain should be designated.

3. **PLAYERS**
    a. Eligible players must be registered at the start of the season. Any game played with ineligible players may be retroactively forfeited.
    b. Rostered players per team:
        a. DISCOVERY DIVISION (15-20 Players)
            1. Minimum - Maximum players per game: 8-10 players
        b. VENTURE DIVISION (15-20 Players)
            1. Minimum - Maximum players per game: 8-10 players
        c. SUMMIT DIVISION (12-15 Players)
            1. Minimum - Maximum players per game: 8-10 players
    c. **<u>Minimum</u>:** Teams must play with at least eight players. If a team does not have enough players five minutes after the start of the match, the match will be forfeit with a score of 10-0.
        a. If a team is reduced to less than 8 players due to injury or penalty during the match, the match may continue. If a team is

reduced to fewer than 6 players due to injury, the captain may enact the Mercy Rule (see **Scoring 2.1.4).**

d. **Maximum:** Each team starts with up to their max number of players on the court. Any players in excess of their Maximum must sit out net side for the entire game. Benched players may not play until the game is over and a new game begins (they don't come in on catches).

e. **PLAYER TYPES:**
    a. *Active Players:* players on the court engaged in play.
    b. *Out Players:* formerly active players who were declared out – may return on catches.
    c. *Benched Players:* sitting out for the game, may not enter the game on catches. Benched players may shag balls from out of bounds and make them available to active players.
    d. *Inactive Players*: refers to both out and benched players.

4. ROTATION

a. Each game, all previously benched players should return, and the team captain should pick new players to sit on the bench. Benched players may not stay benched for consecutive games.
    a. The intent of this rule is to prevent teams from pressuring some players not to play, so exceptions to this rule may be granted, at the discretion of the referee, if a player legitimately needs some extra downtime.
b. When starting every game, referees should ensure that benched players have rotated and that each team has between 8-10 players on the court.

5. SUBSTITUTIONS

a. ONLY if a team does not have eight players for a match, they may substitute players from other teams or non-registered players. Non-registered players must complete a liability waiver before being allowed to play located here - http://tinyurl.com/SSTCwaiver .
b. **A team can have no more than four substitutes** and a team cannot use substitutes to exceed eight players (i.e. if a team has six regular players, they may only have two subs, not four). All substitutes must be wearing a Stonewall Minneapolis t-shirt. If a teammate arrives after the start of the match, they will take the place of a substitute at the start of the next game.
c. A captain must inform the Head Ref or Commissioner that they are using a non-registered substitute player prior to that substitute player stepping on to the court. Failure to inform the Head Ref or Commissioner will result in a forfeiture of wins scored during the match using the unauthorized substitute player as well as a loss of 5 general points.
d. Repeat violations will disqualify the substitute player from participating for the remainder of the season.
e. Registered players may play as substitutes for teams within their division or a higher division. Summit division players may only sub for other Summit division teams.
f. **Substitutions are not allowed during the championships.**

2.5 OFFICIATING

1. **REFEREES**
    a. Each match is officiated by 1-2 referees. The referee is responsible for keeping score, monitoring timing of the match, and presiding over all calls. All referee calls are final.
    b. Each team is required to provide one knowledgeable and capable Referee to assist officiating games when assigned by League.
    c. Each match will have referees and line refs assigned from specific teams. For every official missing at the start of the match, their team will be penalized -2 points for the day.
    d. Referees are assisted by 2-4 line refs who watch the game and assist with calls. The officials are advised to coordinate with each other on which sides of the court, if any, they will focus on. If too few officials are available, matches may proceed at the discretion of league leadership.
    e. *In order to maintain good standing as a ref in the league, referees are expected to ref a minimum of 1 game during 4 separate weeks of games during the course of a season (or through another reasonable accommodation via the dodgeball committee). If a referee is not able to make it to an assigned game, they must inform a member of the committee prior to their absence as well as reach out to other referees to request coverage. Failure to meet these standards could result in that referee being unable to ref in future seasons.*

2. **REFEREE CALLS**
    a. Officials are present to ensure the integrity of games and to help keep the games moving. It is not their job to police every individual player. All players are expected to follow the rules and code of conduct whether an official sees it or not. That said, officials can call out any player they deem to be out.
    b. Additional referees or line refs in excess of the assigned officials of the match may be added at the discretion of the Dodgeball Committee prior to or during the course of the match.
    c. If a referee stops the game for any reason, they should do their best to wait for the sequence of play to end before blowing the whistle and stepping on the court.
        i. Headshots are the exception and the game should stop immediately; however balls thrown before the whistle is blown & refs step on the court, are still considered live and can get players out.

3. **PENALTIES**
    a. Players who persistently refuse to abide by the rules or who grossly violate safety rules will face discipline at the referee's discretion. Discipline may begin with a verbal warning and escalate to a player being issued a penalty card. Teams with players removed from play for penalty cards must play down the number of players removed from play (i.e., fewer than 10 players for each game).
        i. If a team begins with 8 players, they will continue playing even if they go below the minimum required players.
    b. **Yellow Cards**: A player who is issued a yellow card is automatically declared out if they are an active player and must sit out the remainder of the game in session and for the following game. Players who receive two yellow cards in one

match will automatically receive a red card.

c. **Red Cards**: A red card is issued for two yellow cards or for threats, violence, or other unacceptable conduct at the discretion of the referee. A player who is issued a red card must sit out the remainder of the match in session. If a player receives a red card, they may be subject to suspension and/or expulsion from the league at the discretion of league leadership. Players who are expelled from the league are not eligible for refunds.

4. **RULE QUESTIONS**
    a. **Only captains may interact with officials.**
    b. All other players interacting with officials about on-court issues/disputes will be ignored. Arguing with officials may result in a penalty.
    c. Disagreements about rules will be addressed at the end of the game; the game will not be stopped to challenge a ruling. If necessary, the dispute can be taken to the head referee; if immediately available, this can happen between games, but the next game should not be delayed to find the head referee.

2.6 TIMEOUTS

1. Each team may call one 30-second timeout per match. Only team captains may call a timeout and the match clock does not stop during a timeout. Out/benched captains may step onto the court to address active players, but all other out/benched players must remain off the court.
2. Timeouts may not be called after the referee has issued the two-minute end-of-match warning. Timeouts are given at the referee's discretion and do not begin until the whistle is blown, at which point all live balls become dead. Players holding balls may continue to hold them, but all other balls should be left alone during the timeout.

3. HOW TO PLAY

3.1 START OF GAME

1. **SETUP**
    a. A standard Stonewall Dodgeball game is played with seven balls. Prior to the start of the match, the referee will flip a coin. The home captain gets to choose either heads or tails. The team captain that wins the coin toss may choose ball advantage (starting with four balls instead of three) or side advantage (preferred side of the court).
    b. All seven balls will be placed along the court's center line—three on one side and four on the other. At the start of the game, teams run for the balls to the right side of the center line. Whether your team gets three or four balls to start depends on the coin flip results. Players may not try to get the balls on their left unless the other team leaves them behind after the opening rush.

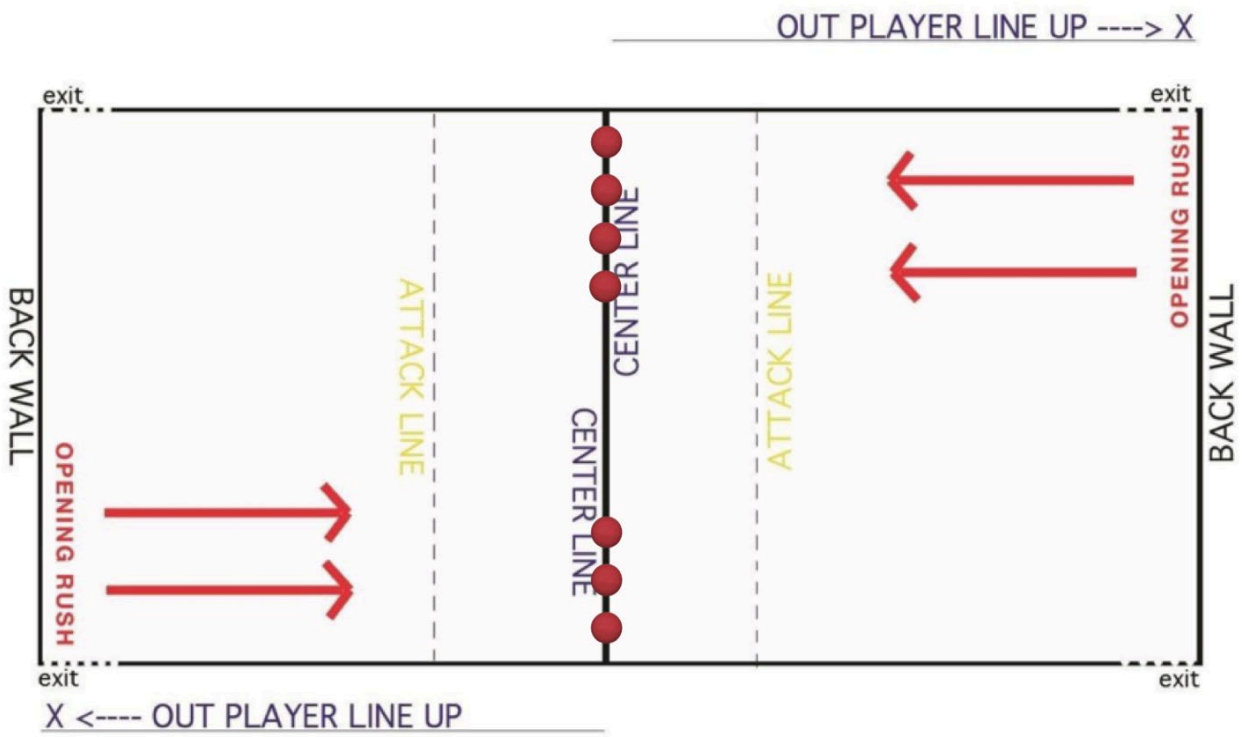


***Illustration 4:** Court layout indicating initial ball placements and opening rush directions.

2. PLAY

a. At the start of each game, all players on the court must line up along the rear of their side of the court. Players must maintain contact with the rear wall until the referee's starting signal.
b. Referees are advised to start each game by shouting "3…2…1…[whistle]".
c. On the referee's signal, players may run to retrieve any of the balls within their initial control – that being *only* the balls on their right. During opening rush (and only during the rush), **players may inadvertently step over the center line without being called out.**
d. **If one team fails to pick up one or more of their designated balls at the initial rush, those balls become available for either side to pick up.**
e. **Safety note**: Players may not slide or dive to the line to grab balls in the opening rush.
f. Running for the balls before the referee's signal (known as a false start) is not allowed. The referee will issue a warning after a team's first false start. Subsequent infractions will result in the player's team losing a ball from their side.
g. The attack lines are designated with tape. All balls must clear the attack lines before they can be played. This can be done by a player carrying the ball back across the line (both feet across) or by tossing the ball to a teammate already behind the attack line. Any ball thrown without clearing the attack line is a dead ball, **and the throwing player is eliminated.**

3.2 THROWING

1. **VALID THROWS**
    a. A thrown ball is live once it leaves a player's hand (see **LIVE BALL/DEAD BALL 4.1**), but both feet must be in bounds and behind the attack line for the throw to be valid (i.e. to get someone out).
    b. Balls that are kicked, spiked, punched, belly bumped, etc., are not valid forms of throwing and cannot get someone out. Persistent behavior of this kind may result in a penalty.

2. **CHARGING**
    a. Charging is when a player jumps from an in-bounds position to throw a ball and subsequently lands over the attack line after the ball is thrown. This method of throwing results in the ball becoming a dead ball and any player hit by it will not be called out. Any player seen charging will result in a warning for the offending team. Subsequent infractions by any player on the team will result in the offending player being called out of the game.
    b. A player similarly throwing while jumping but landing outside of the side lines after throwing the ball will result in the player being out, but the ball will remain a live ball and the throw will be valid.

3. **JUMPING ACROSS THE CENTER LINE**
    a. Jumping across the center line in an attempt to hit the opposing team before you hit the ground is not allowed.
        i. If a player jumps across the centerline while throwing, the player will receive a red card and the ball thrown by the player is considered invalid (unless caught).

3.3 CATCHING

When a player catches a live ball thrown by an opposing player, they are not only eliminating the player who threw the ball, but also allowing the first person waiting in their team's out line to re-enter the game.

1. **VALID CATCHES**
    a. A catch is only valid if both of the catching player's feet are within bounds, and they clearly demonstrate control of the ball before releasing it. If a player catches a ball after it hits a teammate but before it becomes a dead ball, it still counts as a valid catch; the first player hit is safe, the throwing player is out, and a teammate may return from the out line.

2. **MAINTAINING BALL CONTROL**
    a. If a player is holding a ball and they catch another ball, they must maintain control of both balls. If they successfully catch the second ball but lose control over the first ball, they are out. In this case, the catch is still valid. This means that, while the lost control of the held ball has called the player out of the game, their catch will still mean the next player in their out line may reenter the game.
        i. Note: If a player sees a ball coming toward them, they may intentionally drop the ball they are currently holding <u>before</u> making contact with the incoming ball. This does not count as losing ball control.

3. **MOMENTUM CATCHES**
    - **a.** For safety, players who step or fall out of bounds while catching an opponent's ball are safe, provided they successfully catch the ball. Whether the catch is valid depends on when the defending player successfully takes control of the ball. If they take control of the ball while <u>both feet</u> are still within the boundaries of the court, the catch is valid, the throwing player is out and the defending player is safe even if they then fall out of bounds due to momentum. If a player's foot is outside of the court boundaries when they take control of the ball, the catch is invalid, <u>and both players are safe</u>

4. **TRAPS**
    - **a.** A trap is when a ball is caught while it is making contact with the floor or part of the building at the same time. Traps <u>do not count</u> as a hit or a catch and both players are considered safe.

3.4 GETTING OUT

1. **GETTING OUT**
    a. A player can be eliminated by an opponent:
        i. If a ball makes contact with the player's body or clothing (including hair) and is not caught, that player is out. For rules on headshots (See **HEADSHOTS 4.6**)
        ii. If the player throws a ball and it is caught before becoming a dead ball, the throwing player is out.
    b. A player can be eliminated by a teammate:
        i. Deflections from blocked balls (See **DEFLECTIONS 4.2.2**) and ricochets (See **RICOCHET RULE 4.2.3**)
    c. A player can also be eliminated by making an infraction of the rules:
        i. Touching the opponent's court (crossing the center line)
        ii. Throwing a ball after stepping past the attack line
        iii. Jumping or dodging out of bounds
        iv. Demonstrating poor sportsmanship

Nuances abound in dodgeball. This rulebook attempts to cover as many situations as possible but when there's a question, the referee's judgment prevails.

3.5 OUT LINE

1. **ELIMINATED PLAYERS**
    - **a.** Once a player is eliminated, they must immediately proceed to **<u>the end of their team's out line,</u>** located out of bounds on the wall side. The team lines up in the order they REACH the out line, not necessarily in the order they got out.
    - **b.** The first player standing in the out line is the first person eligible for re-entry upon a catch.
        i. The first player for re entry should stand closest to the wall or curtain, depending on what side of the court the team is on.

c. As soon as a player is eliminated, they can, in no way, interfere with the ongoing game while proceeding to the out line or while waiting to reenter. This means no swatting oncoming balls or kicking/passing balls to fellow team members as they exit the court.
d. For safety reasons, once a player is eliminated, they should drop or hand off any ball they are currently holding, raise their hand to notify all other players that they are out, and walk quickly and directly to the out line, while watching for incoming throws. Out players should not be targeted, but it is the player's responsibility to protect themselves from incoming balls while walking to the out line.

2. RETURNING PLAYERS
   a. Players line up and return to the game in the order that they reach the out line, not necessarily the order in which they got out.
   b. Players on their way to the out line may not return on catches until they have reached the out line (meaning if a catch occurs immediately after the first player is out, that player may not just stay on the court).
3. Any team found violating the Out Line order will result in:
   a. The player who incorrectly entered the court will go to the end of their team's out line
   b. Nobody else can come in on that catch.
   c. If the same player continues to violate the Out Line order, they will be issued a YELLOW CARD. Continued instances will results in a RED CARD
   d. If multiple players from the same team violate the Out Line order:
      i. The refs will stop the game and award the game point to the opposing team.

4. GAME MECHANICS

4.1 LIVE BALL/DEAD BALL

A thrown ball is *live* once it leaves a player's hand. A live ball can eliminate opposing players by coming in contact with them or it can be caught. Once a ball is dead, it stays dead until it is thrown offensively again.

1. DEAD BALL
   a. A ball becomes dead by any of the following:
      i. Coming into contact with any part of the court or building
      ii. Coming into contact with another ball traveling through the air or lying on the floor (not a ball held by an active player)
      iii. Coming into contact with an out player, or non-player
      iv. Being caught by an opposing player
      v. Coming back across the center line (i.e. bouncing off an opposing player or an opposing player's ball)

Note: A player isn't technically out the moment they are hit; they are out when that ball *becomes dead* (unless the ball is caught by a teammate, in which case they're not out at all).

2. It is possible for a ball to be live but the throw to be invalid. If an infraction was committed in the act of throwing (crossing the attack line, stepping out of bounds, etc.), an opposing player can catch the ball to bring back an out teammate (live ball) but cannot be declared out if hit (invalid throw).

4.2 BLOCKING/DEFLECTIONS/RICOCHET

1. **BLOCKING**
    a. A player may use their ball to block incoming balls thrown at them by the opposing team as long as they maintain control of their ball
    b. If a player drops a ball used to block an incoming ball, that player is out even if the deflected ball is caught by a teammate.



***Illustration 5:** Depiction of when a player is safe and when a player is out when blocking/deflecting an opposing player's ball with a held ball.

2. **DEFLECTIONS**
    a. A ball is said to be deflected after it comes in contact with a ball held by a player. Deflected balls that are caught are treated like any other catches.
    b. A player deflecting a ball which results in the ball hitting their own body results in an out, including a deflection into their own head. A player deflecting a ball which results in the ball hitting a teammate, takes the teammate out of the game.

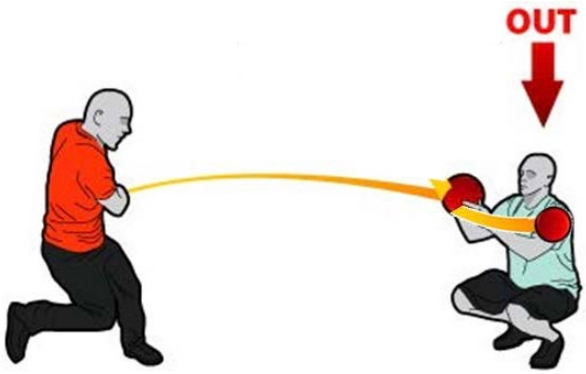


***Illustration 6:** Depiction of a player deflecting a ball into themselves.

NOTE: As stated above, a player is not out immediately when hit by a ball, but rather they are out when that ball becomes dead. Between being hit and the ball becoming dead, the player is still active and as such can make throws and catches.

c. A player may catch their own deflected ball (e.g. if the ball pops up in the air when deflected), however they may potentially still be hit by another ball while catching their deflection. If a hit occurs between the deflection and catching of the deflected ball, the player is out but the catch is valid (i.e. the throwing player is out and a teammate may return from the out line) if the catch happens before the second ball becomes dead (e.g. hits the ground) since both balls are still live at the point of catching the ball.

3. RICOCHET RULE

a. If a ball hits a player and ricochets into another, only the initial player that is hit is out.
b. Nuances:
    i. A player that attempts to catch a ricochet but makes physical contact with the ball and then does not catch the ball, is considered out.
    ii. If a player successfully catches a ricochet, the throwing player is out.

4.3 BALL CONTROL

1. ESTABLISHING BALL CONTROL

a. Games are played with seven balls.
b. When a team has four or more balls on their side of the center line (including out of bounds) they have ball control and have 15 seconds to relinquish majority possession.

2. COUNTDOWN

a. The referee will silently count down from 15 to 10.
b. At 10 seconds, the referee will loudly call “ball control” to the offending team and countdown from 10 to 0.
c. Failure to give up ball control by the 0 count will lead the referee to stop play and award the non-offending team possession of all seven balls.
d. The Countdown will end and reset once a team throws or rolls enough balls to give up the majority of possession.
    i. Balls that roll over during the countdown will not count towards the number that team has to throw, but may cause them to have ball control again after the initial control is relinquished.
    ii. Balls that bounce back after throwing may cause that team to have ball control again.
e. The intent of this rule is to encourage all remaining players to be active and throw the balls – not merely dodge.

3. **LAST PLAYER STANDING:**

a. When a team is down to one player remaining and that player has ball control, the timer resets to 10 seconds each time they throw the ball until the player loses ball control.
b. If the referee deems the player to be stalling, they may announce “stalling, last

countdown" and the timer will no longer reset with each throw until the player loses ball control.

4. **STALLING:**
    a. If a team engages in stalling, it does not alter the countdown for ball control. Stalling includes:
        i. Placing balls just over the center line
        ii. Deliberately throwing balls so they immediately return to the throwing player's side without giving the other team a chance to take control of them (e.g. throwing above the opposing team's heads).
    b. Teams that repeatedly stall may be penalized at the referee's discretion.

4.4 PINCHING

1. Pinching is defined as manipulating the ball so that rubber touches rubber, often in the context of grasping the ball too firmly. This is harmful to the equipment **and is not allowed**.
    a. A player's first infraction will receive a warning and subsequent offenses will result in the player being called out and issued a penalty card. Players who pinch from week to week may be expelled from the league.
    b. Larger or overinflated balls are easy to slip into a pinch grip. Players should do their best to watch their grip with these balls.
    c. The Dodgeball Committee will do their best to ensure all balls are relatively the same size or PSI.

4.5 HEADSHOTS

1. **HEADSHOT = GAME STOP**
    a. Whenever a thrown ball hits someone in the head, the game stops!
    b. The referee should blow their whistle and/or otherwise indicate the game is paused, step onto the court, ensure that the player is "okay" and then audibly indicate when the game resumes.
    c. Captains and players are allowed to help stop the game if the referee did not notice the headshot.

2. **OUT vs NOT OUT** (See *Illustration 7.*)
    a. **Standing Upright** *Shoulder height and up*
        i. Player = SAFE
        ii. Thrower = OUT
    b. **Squatting:** *Below shoulder height with 2 or less points of contact with the floor*
        i. BOTH Player & Thrower = SAFE
    c. **3 Points of Contact:** *3 or more points of contact with the floor*
        i. Player = OUT
        ii. Thrower = SAFE
    d. **Jumping:** *In the air; no points of contact with the floor*
        i. BOTH Player & Thrower = SAFE
    e. Deflection
        i. If a player gets a ball deflected into their head, even by themselves, the player will be considered out.

f. **NOTES:**
   i. Players Standing Upright, Squatting, or Jumping are not out unless they are struck simultaneously (or nearly simultaneously) with other live balls.
   ii. Worn items do not count as an out if they are knocked off a player's head if directly hit with a ball.
   iii. Balls that directly contact someone's head are still considered live balls and may be caught like any other deflection.

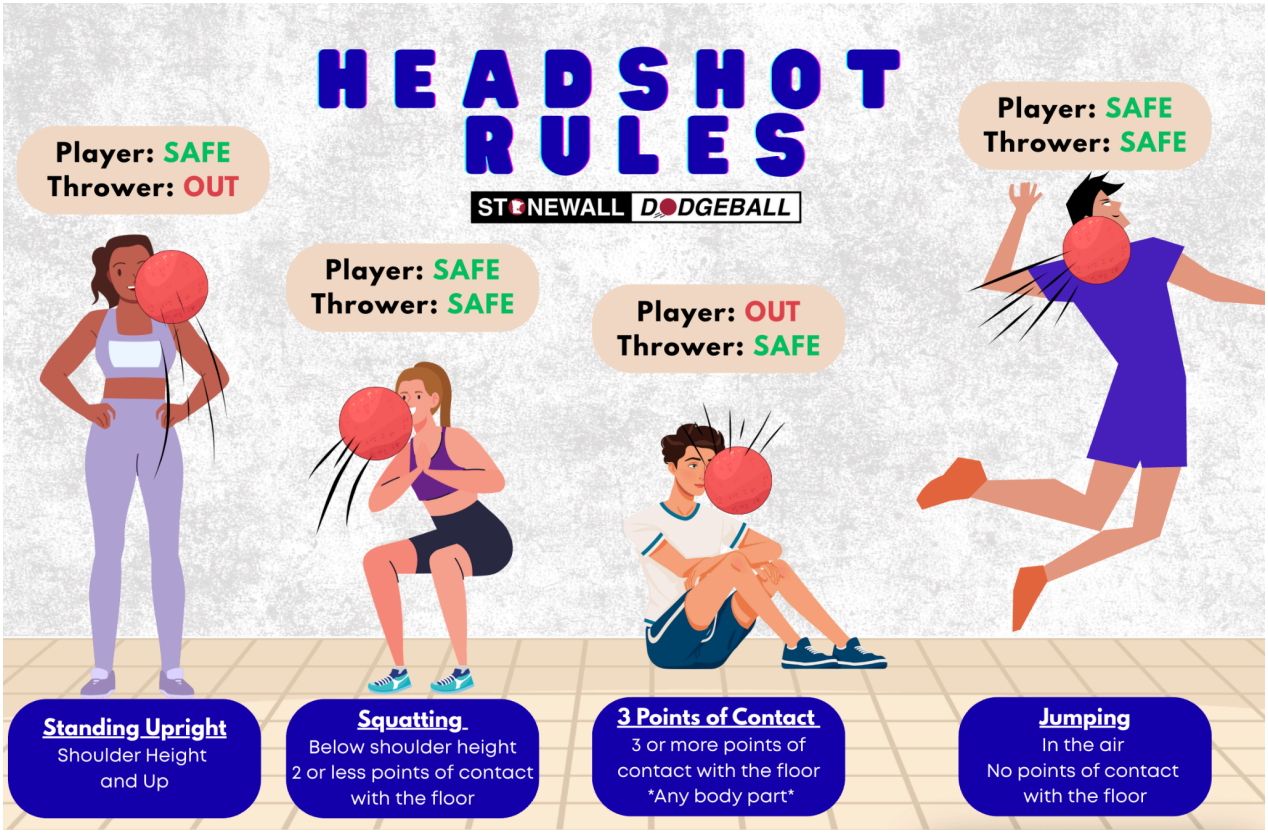


***Illustration 7:** Visualization of headshot rule. This will be posted at the gym for reference.

3. HEADHUNTING

a. Deliberately throwing at a person's face is **not allowed under any circumstances**. Players found to be "headhunting" will be removed from gameplay. This includes players who repeatedly throw at an opponent's head while they are standing and do so after they have been warned by a referee.
b. It is not considered headhunting when there are repeated throws at an opponent who is squatting, kneeling or sitting. Players should still do their best to avoid throwing at an opponent's face when they are in one of those positions.
   i. Players may be warned to watch their throws and repeated warnings could result in a yellow or red card.
c. Any player with more than 2 standing headshots will be given a red card and removed for the remainder of the match. Continual instances of standing headshots or if found to be headhunting over the course of the season may cause the player to be removed from the league.

4.6 SHAGGING

1. Shagging is defined as inactive players returning balls to the court from out of bounds.
    a. Players may not cross the center line of the out of bounds area to shag balls and must return balls to their own across side of the court.
    b. Players may not reach in bounds to grab or stop a ball to then shag to their team. They must wait for the ball to cross the sideline.
    c. Shagged balls may not be held by players off the court, but can be placed on the sideline, rolled or bounced onto the court, or handed to an active teammate. Shaggers may not throw balls onto the court.
    d. If a team has no inactive players, one eliminated player from that team may volunteer to shag on the net side. An eliminated player who chooses to shag for their team relinquishes their right to reenter the game. The player may resume playing after the game has ended.

2. **INCORRECT SHAGGING**
    a. Any ball incorrectly shagged (inactive player reaches across sideline/center line, throws a ball onto the court, etc) will be relinquished to the other team, but may count towards the original team's ball control number.

4.7 DISTRACTIONS

1. Players may use distraction techniques such as stomping, fake throws, noise, etc. as a means of distracting the opposing team's players, within reason. If distractions are considered aggressive or overly disruptive, the referee may issue a warning or a penalty card if not stopped.

4.8 INJURIES

1. Players who are injured during play may remove themselves from play for up to two minutes (at the referee's discretion) in order to compose themselves and make sure they are still able to physically continue. The referee may stop play during this time.
2. If a player receives a head injury with resultant loss of consciousness or alteration of mentation or behavior, they will be considered to have a concussion and may not return to play until they have a doctor's note stating they are cleared to return.
3. If a player is unable to continue after two minutes, the first person in the out line will be allowed to take their place. If there are no players in the outline, and if the team has rostered players present who are not in the current game, then an alternate rostered player may take the injured player's spot. No other replacements are allowed. Substitute players may not take an injured player's spot during a game.

NOTE: If a player is injured and the player's team is eliminated while they are still off court, or that player is the sole remaining player on their side, the opposing team will be declared the winner.

5. LOGISTICS

5.1 PLAYOFFS

1. **PLAYOFF TOURNAMENT**
    a. The last week of the season is a single-elimination tournament in each division in order to declare the season champions. Team standings at the end of regular season play will dictate team seeding for the playoffs.
    b. Tie games are not allowed in the playoffs. If a playoff match's time expires with a tie score, that match will enter overtime. Overtime consists of one extra game that may last no more than five minutes. If the game is ongoing at the end of five minutes, the team with the most active players on the court is the winner. If both teams have the same number of players at the end of five minutes, the game enters sudden death. The referee will announce "sudden death" and the first team to have any player eliminated loses the match.

Note: Teams are not allowed to have substitutes during the tournament.

2. **STANDINGS**
    a. Standings and seeding will be calculated in the following order of operations
        i. Wins/Ties
        ii. Total Points Scored
        iii. Point Differential
        iv. Head to Head
        v. Coin Toss

5.2 GAME CANCELLATIONS

1. In the event of a weather emergency or facility shutdown, Stonewall Dodgeball has the right to cancel games. These games may or may not be rescheduled at a later date, at the discretion of league leadership. All cancellations will be announced by 10 am the day of the event through email and the Stonewall Sports – Twin Cities Facebook page.

5.3 EMERGENCY MANAGEMENT

1. In the event of an emergency, all players will follow the directions of league leadership. The commissioner or a representative will work with facility officials and/or the appropriate authority to manage and disseminate information.
2. All injuries and medical conditions should be reported to a member of league leadership prior to each match. If a player has a medical condition that may impact their ability to play, they must inform a member of league leadership before the start of the games. League leadership will determine appropriate measures, up to and including whether the player can play or not. Safety is one of league leadership's top priorities and, if needed, games may be paused or stopped to ensure player safety.

5.4 ALCOHOL & DRUG POLICY

1. The Minneapolis Parks & Recreation Board does not allow alcohol or drug use in its facilities. Infractions will be enforced per the facility's policy.

5.5 SPECTATORS/GUESTS

1. No guests, spectators, or unutilized substitute players (Collectively "Guests") are allowed on the court during the games. Guests may either view the games from outside the gymnasium or from the second floor running track (depending on the venue's restrictions).