



COMOX VALLEY
SPORTS & SOCIAL CLUB

DODGEBALL

LEAGUE RULES

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SECTION 1 – SPORTSMANSHIP AND SPIRIT SCORES

Sportsmanship and the CVSSC:

The CVSSC endeavours to make all games as safe and fun as possible, emphasizing the 'Spirit of the Game' no matter the sport or level of play. All players are expected to play with an overriding emphasis on sportsmanship, fair play and a fun-first approach. Players, or teams, that do not play by these values may league discipline, including suspension or expulsion from the leagues.

Spirit Scores Explained:

To help ensure that teams adopt a sportsmanlike manner in games, the CVSSC collects post-game sportsmanship ratings known as 'spirit scores' from team captains in most leagues. In these 'spirit scores,' team captains are grading their opponents on a 0-5 scale on how fair and fun they were to play. These scores are kept private until the end of the regular season, but are used for the following purposes: (1) The first tie-breaker in the standings, thereby rewarding the more sportsmanlike team in the event of a tie; (2) Identifying whether a team may need to be addressed in regards to their behaviour, rules knowledge, or for safety concerns during the season; (3) Putting together an objective, peer-sourced review of each team to help support any decisions by the league to reward the most sportsmanlike teams in the CVSSC and/or discipline the least sportsmanlike teams.

Reporting Scores and Spirit Scores:

Captains can report the spirit score and game score to the CVSSC coordinator after the game, where possible. If there is no CVSSC representative, or that rep is unavailable, please send the information to Scott Petersen (Director, CVSSC) at scott@comoxvalleysports.ca within 24 hours of your game. If you do not report these scores within 24 hours, whatever game score is submitted will be used by default and the opponent will receive an automatic 5 for spirit score.

Reporting Sportsmanship Concerns:

Captains are encouraged to communicate with each other before games, and during stoppages in play, if any issues need to be resolved. If not sufficiently resolved by the opposing team, please contact the CVSSC coordinator at an appropriate time for help, when possible. If you deem the issue requires further action, please send a summary of the incident to the league at the email address above.

SECTION 2 – WEATHER AND CANCELLATION POLICY

Indoor Sports Weather Policy:

The CVSSC is unlikely to cancel indoor games due to weather conditions, unless they result in the facility being closed or otherwise inaccessible. Teams will be contacted via the 'cancellation call' protocol below when that is the case.

Outdoor Sports Weather Policy:

While spring and summer in the Comox Valley can be absolutely stunning, these seasons can also be full of erratic weather, with conditions differing wildly from one part of the valley to another. The CVSSC will cancel and re-schedule games when it's believed the weather or field conditions may compromise safety or playing experience. However, since field space and available game nights are at a premium, players should expect to play through some wind/rain during an outdoor sports season for most sports.

- **Weekday Sports** – The initial decision on whether to play or cancel the games will take place by 4 p.m. on game nights. Unless notified of a cancellation via the 'cancellation call' protocol below, please proceed to your game as scheduled. The field coordinator and team captains can consult with each other on whether to delay the start time and/or cancel the games if the weather or field conditions have worsened.
- **Weekend Sports** – Unless otherwise notified before game time via the 'cancellation call' procedures below, teams should show up to the field for their game times regardless of weather. A call on whether to postpone start time, play or cancel, will be made by the team captains (in conjunction with the coordinator, when applicable). Missed games will be re-scheduled when possible.

Cancellation Call:

When games are cancelled, the CVSSC will notify its players via the following methods:

- **Facebook Posting** – When games are cancelled, a notice will be posted on the CVSSC Facebook Page at www.facebook.com/ComoxValleySports/ for all players to see. Typically weather cancellations will be posted around 4 p.m.
- **Captains Email** – Once games have been cancelled (weather, gym closure, field closure, etc...), the CVSSC will send out an email to team captains and singles teams. This is typically only possible if the decision is received/made by 4 p.m.
- **Coordinator Phone/Text** – When cancellations are last-minute, or that decision is reached at the field/ beach courts, we will attempt to contact team captains and singles via phone call or text. Beach volleyball is a bit more weather dependant than most sports and more likely to have the info delivered this route.

SECTION 3 – EQUIPMENT, SET-UP AND CLEAN-UP

Equipment:

The dodgeballs, scoreboards and boundary cones will be brought to the gym by the CVSSC Coordinator. Players are responsible for bringing a pair of non-marking, clean indoor shoes to change into, plus appropriate sportswear.

The CVSSC provides the vinyl-coated 'no-sting' foam dodgeballs for league play to maximize game play. However, these balls are expensive and can be easily damaged. Please respect these dodgeballs by:

- 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 from a short distance away.

Gym Set-Up:

- The CVSSC will typically be allowed into the gym about 15 minutes prior to the first game's start time to set up. But entry into the gym can change to a variety of factors. Please be patient and ask the coordinator or facility caretaker before entering the gym, if there is something else going on in the gym.
- Benches, nets, bleachers and possibly any other sports equipment left out by the school will all need to be moved before game time and it takes many hands to make this work. Please take note of the proper set-up and be sure to help as often as possible when in the early slot.
- Please don't use any equipment left out by the facility that we don't already have permission to use for dodgeball.

Gym Clean-Up:

- At the end of the evening, please help put everything back the way the CVSSC found it. Many helping hands help make it easier and faster.
- Please make sure to clean up after yourselves and your team. This includes any garbage, water bottles, and clothing. The CVSSC is not responsible for any clothing, water bottles or valuables left behind at any sports or events.
- If you wore shoes that marked the gym floor, it will be your responsibility to remove those markings from the floor before leaving.

SECTION 4 – ROSTERS, SUBS AND DEFAULTS

Rosters:

- There is no maximum number of players that can be on a roster, but teams are advised to include all players they expect will play on their roster when registering.
- Players can play on a maximum of two teams in the league.
- A registered team can bring in additional players that are not on their roster during the season. They must fill out a waiver prior to playing.
- In the spirit of sportsmanship, players are expected to have played with the team during the regular season to be able to play with them in the playoffs.
- In the playoffs, teams that are playing for a chance at first place (typically the top 4 teams) can only field players that have played at least 1 regular season game for them. Teams outside the top 4 may bring in subs via the usual sub rules.
- Individual team rosters and league information will be emailed out at least 48 hours before first scheduled game.

Subs:

- The CVSSC will attempt to post a publicly available 'Subs List' within the first 2-3 weeks of the regular season starting. The subs list can be accessed via a link on each sport's individual page on the website at www.comoxvalleysports.ca.
- Teams may also contact Scott at the CVSSC for a list of potential subs at scott@comoxvalleysports.ca.
- Teams may bring in subs whenever they are short players. Those subs must fill out a waiver prior to playing.
- In the spirit of sportsmanship, teams are expected to bring in subs of a similar skill level to those missing. Bringing in 'ringers' for games is heavily discouraged.
- Team captains are advised to run any subs past their opponents before the game, for their approval. This is designed to give a team a say in which player(s) they get to play and avoid the possibility of a ringer swinging the game result.
- Teams may borrow player(s) from another team (such as a team in a previous time slot), as long as said player(s) are needed to make a game happen, and meet the subbing requirements (similar skill level of player(s) replacing, and agreed upon by opposing team).

Defaults:

- If a team is unable to field the minimum number of players within 15 minutes of the scheduled game time, the result will go down as a 10-0 victory for their opponent.
- Any team that defaults more than once in a season can face further league discipline, including potentially being removed from the league.
- Because the leagues are about playing, and having fun, an opponent may waive their right to a default victory before the game and choose to play. They may even loan players to make it happen. But both teams must agree before the game whether the result will count in the standings. That decision cannot be reversed after the fact.

*If a game is a default, or ends quickly, please split up players and play for fun. The idea is to have as good of a time as possible, each time out. There are loads of different twists on dodgeball that are fun. Ask the coordinator for ideas if you need some.

SECTION 5 – MATCH PLAY AND FORMAT

Game Format:

- Each game night is a one-hour time slot. Matches are intended to start as scheduled, so please arrive early to change, warm up and stretch.
- No new points can start after the first 55 minutes of the time slot have passed. Any points still in progress at that point are allowed to finish, but will face a hard time cap at the one hour mark – with whichever team has more players left being awarded the point. If the two teams have the same number of players, no point is awarded.
- The first team to 10 points is awarded the victory. If neither team reaches 10 points within the time slot, the team with the most points gets the victory. There can be ties during the regular season. But the coordinator will help make sure there is a victorious team during the playoffs, while balancing time constraints.
- Each game is worth one point. A point is awarded when a team has eliminated all of the opposing team's players from the game.
- Games are 6-on-6, with at least two female players among each team's six players.
- Teams must be able to field at least four players for the game to count, with at least one of those being female.
- If a team has only 1 female member, they play with one fewer player on the court for each point.
- 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) with the other team's captain first, and then the CVSSC coordinator if further help is needed.
- If teams care about the result, or a game is contentious, each team is advised to supply a player on their side of the center line to help call their own team only. Dodgeball is a fast and furious game, and sometimes an extra set of eyes can help make sense of the chaos for each team in a still-sportsmanlike manner.

SECTION 6 – GENERAL RULES

Boundaries:

- **Court Boundary:** The green volleyball court lines serve as a playing boundary, except at the back of the court where players can roam to the wall.
- **Centreline:** Players can only touch or slightly cross the centreline on the opening rush. Doing so at any other time during the game results in the player being out. 'Suicide' plays are not allowed – so any throws by a player who gets themselves out in the process of throwing the ball by stepping on or over the centreline, cannot get an opposing player out. Players may reach over the centerline to grab a ball off the floor on the opposing team's side, as long as that ball is not still on a cone and they don't touch the centreline or gym floor on the opponents' side.
- **Side Boundary:** Players should throw, play and dodge with their entire body within their team's boundaries. However, players are still alive as long as they have at least a part of their body touching 'in-bounds' during play. This allows players to safely reach outside a side boundary to retrieve a ball, but they are still 'in-play' and able to throw and get hit in this position. Any player fully exiting out the side boundary for any reason is out.
- **Retrieving Balls Out of Bounds:** Players are allowed to safely exit around the back corner cones and go out of play only to retrieve a ball that's out of bounds. While out of bounds, the player cannot get hit out by a ball or get someone else out. Any players out of bounds are encouraged to make an effort to get back into the play in a reasonable amount of time. The centreline still exists out of bounds. Players can choose to roll/throw/carry balls back into play, one at a time. Players who are out of bounds cannot touch a ball that is in bounds.

Eliminations:

The object of the game is to eliminate all of your opponents before your own team is eliminated. When a player is out, they are to put their hand up to signify they are out and proceed to the net/bench or other marker indicating the 'out' zone. Players are requested to line up in order of who was out first, so that if there is a catch bringing a player back on, it is the first player to get out that comes back into play first. Here are ways players can get out/eliminated:

- **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 the balls can be difficult to control. Clothing and hair are also considered part of your body and count as hit.
- **The Multiple Hit:** A 'live' ball can get more than one player out. Please see the section on Live Ball vs. Dead Ball for more detailed info and examples.

- **The Catch (Plus One On):** A player can catch an opponent's 'live' throw in the air, thereby eliminating the thrower and allowing an eliminated player on the catcher's team to return to action. First out is first back on.
- **Boundary Infractions:** Stepping on or crossing the centreline or improperly going out of bounds is an elimination, except on the opening rush. See Boundaries section for more info.
- **Two Balls:** Players can only 'possess' one ball at any given time. If they have more than one ball in their possession (a grip or hold is considered possession), they are eliminated. Players can use their foot, open hand, or another ball to safely move multiple balls at a time as long as they don't grip/hold multiple at once.
- **Taking Opponent's Ball off Cone:** Removing an opponent's ball from their cone is an automatic out.

Live Ball vs. Dead Ball:

- **Live Ball:** A ball is considered live, and can eliminate one or more opponents, once it has been removed from a cone, travels past the 'attack line' and then is thrown past the centerline. A ball is still live when it deflects off another ball or person's body and therefore can keep collecting outs until it is a dead ball.
- **Dead Ball:** A ball is dead when it hits the floor, wall, inanimate object (including a player that is already 'out'), or is caught. A dead ball can no longer get anyone else out.
- **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, that attacking ball is still considered live and can get people out. If a deflected ball hits the player anywhere on their body, including the hand, or hits a teammate, they are out.
- **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.
- **Common Example 2:** A player uses their ball to deflect a live ball and it hits a teammate and then the floor. The deflecting player is safe, but the teammate that player hit afterwards is out.
- **Common Example 3:** A live ball hits a player, bounces off the wall, then is caught. The first player is still out, because the ball was 'dead' when caught.
- **Common Example 4:** A live ball hits a player, bounces up in the air and is caught by a teammate before it hits 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 the catch and the catching team gets a player back from the 'out' zone.

- **Teammate Throws:** You cannot eliminate your teammates with your own ball, so you can pass balls back and forth without worry.

Starting the Game:

- All six players on each team start behind the rear green boundary line on their side of the court.
- Spare players are asked to stay off the court, cheer their teams heartily from the sidelines, and only touch the dodgeballs when helping retrieve them from the other court or on/under the bleachers.
- A spare player from one of the teams should start the game by making sure both teams are ready and then decisively dropping their hand and yelling 'DODGEBALL!'
- Each team may send as many runners as they wish to retrieve their dodgeballs. There will be 6 balls on cones near the centreline, three on either team's side.
- Players may only grab balls off a cone on THEIR SIDE OF THE CENTRELINE at any point during the game. A player is out if they grab a ball off an opposing team's cone.
- The opening rush is the only time where a player is allowed to accidentally step on or over the centerline without being out.
- Each ball off a cone must travel back behind the Attack Line (usually green, and a couple meters back from the centreline), to be 'charged' before it can be thrown and get someone out. Only the ball has to cross that line before it can be thrown and get someone out.

Other Game Play Rules and Guidelines:

- **The 10-Second Rule and Moving the Balls:** Players are heavily encouraged to be throwing a dodgeball within 10 seconds of gaining control to keep up the pace of play and level of fun. Dropping, bouncing or passing the ball to a teammate does not re-set the informal clock. Throw the balls, don't hoard the balls. Holding onto the balls for strategy slows down the game for everyone else.
- **The 1-on-1:** As soon as there is only one player left on both teams, a 15-second countdown begins for the players to get each other out. If neither player gets out within those 15 seconds, the centerline and side boundaries disappear. Players need to stay on their side of the gym. Players cannot tag their opponent with the ball – it must leave their hand and hit the opponent. If both players get hit, the first one to get hit is out. If it is simultaneous, play stops to sort it out. Both players go back to their sides with three balls and play is re-started without boundaries to determine a clear victor.

- **Substitutions:** There are no substitutions during a point, unless it is for an injured player.
- **Team Communications:** (a) Team captains are advised to keep in touch with each other throughout the game if there are any issues that pop up, and make any changes as necessary. It is important that these communications be kept civil, with the idea of 'fixing' any problems and not placing blame. If needed, the next step is to involve the coordinator; (b) Teams should refrain from yelling at each other for any reason, and if anything needs clarified, work together to pause the game action and sort it out; (c) If a game is going very well, let the opponent know how much fun you're having. Congratulate each other on catches, great dodges, throws, or plays. Dodgeball is amazing, with so much crazy stuff happening constantly, and everyone loves to hear good things.
- **Sportsmanship and 'Funnest' Teams:** Play to have fun. Each game should be a good time for everyone involved on both teams. And if you play a team that was above-and-beyond terrific to play against, please let the coordinator know. We hope to create and name a separate award for the 'Funnest' Teams.
- **Gamesmanship:** Moving the balls quickly, passing balls to the opposing team or player when they have none, and being as honest as possible in calling yourself and your teammates 'out' are all fantastic examples of good gamesmanship. If caught in a 1-on-1 with a player who has no balls, passing a ball to their side before engaging is a nice act of gamesmanship.
- **Rough Play and Verbal Abuse:** Any physical contact or verbal abuse between players runs in direct opposition to what these leagues are about and can be met with ejection, suspension and expulsion from all CVSSC leagues.

SECTION 7 – SCHEDULES, SCORES, STANDINGS AND PLAYOFFS

Schedules:

Schedules will be posted online and accessible via the 'Schedule' link on each sport's page online at least 48 hours before the first game, with team captains and singles registrants all notified via email. Each subsequent schedule update will follow the same protocol. Please double-check your schedule online before each game and notify the CVSSC of any issues or discrepancies at scott@comoxvalleysports.ca.

Scores:

Game Scores and Spirit Scores should be submitted to the CVSSC rep by both teams at the end of the game. If a CVSSC rep is not available, both teams should email the info to scott@comoxvalleysports.ca within 24 hours. If only one team submits a score, that score will be used in updating the standings.

Standings:

The Standings Page of the CVSSC will be updated on a weekly basis (typically by Friday mornings) and can be viewed online at: www.comoxvalleysports.ca/league-standings.php. Players can click their team name to review game scores, while the standings page also has filters to allow players the ability to search the results for various seasons and years.

- **Final standings** – Are determined by number of points (two for a win; one for a tie; zero for a loss).
- **Tie-breakers** – (1) Spirit points totals (in all leagues that collect spirit points); (2) Most wins; (3) Points differential; (4) Head-to-head result; (5) Coin flip or RPS.

Playoffs:

Playoffs will be scheduled to take up anywhere from 1-3 weeks of the scheduled season. All teams make the playoffs, but typically only the top four seeds have a shot at finishing in first place to allow for closer games and hopefully allow for as much fun as possible. Playoff matches will be set by the CVSSC based on the standings at the end of the regular season and teams will be notified via the 'schedule' protocols listed above.

*The CVSSC reserves the right to alter the schedule and adjust match-ups, tiers, and tweak the final standings in order to make sure everyone is playing at the level most suitable to them, and to maximize safety and fun.

SECTION 8 – WAIVERS, FIELDS AND FACILITIES

Waivers:

All players must sign a waiver, which outlines the CVSSC's liability and sportsmanship policies (among other things), before playing a game. Players need only sign a CVSSC waiver once since 2014 to be allowed to play, regardless of the number of sports or seasons they are participating in. Captains must make sure any new players and subs have signed a waiver before playing. Coordinators will typically have access to waivers they can sign.

Field and Facilities:

The CVSSC rents playing fields and facilities from various providers throughout the Comox Valley. Please be exceptionally respectful of each location, whether indoors or outdoors, to ensure the CVSSC maintains a great reputation and can continue booking many of the best fields and facilities available and offer these recreational sports leagues. Here are some important things expected from our players:

- **Smoking/Drinking:** Please follow proper protocol on smoking. And unless otherwise specified, the CVSSC establishments are alcohol free.
- **Garbage:** Please clean up after yourself before leaving – including water bottles.
- **Damages:** You will be held responsible for any damages you cause. Please be respectful of the facilities and fields we rent.
- **Footwear:** Bring clean, non-marking shoes for indoors. No metal cleats allowed for outdoors.
- **Changing and Warm-Up:** Please arrive 15 minutes early to get changed and warm up. But make sure your warm-up doesn't affect games in progress, and for indoor sports, please don't play with balls in the halls. It is disruptive and can cause damage.

Alcohol Policy:

The CVSSC rents public facilities for all its leagues and tournaments. 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 not legal and prohibited.

Sponsor Bars:

If players would like to socialize over some food or drink, the CVSSC sets up Sponsor Bar deals at various locations. Check out the details online at:

<http://www.comoxvalleysports.ca/sponsors.php>.