

Glow-In-The-Dark Co-Ed Dodgeball Tournament

Rules & Regulations

Double Elimination Tournament

Teams

- All players must be 18 years or older. Age eligibility problems will be addressed from time of discovery.
- A team may have a minimum of six (6) players and up to four (4) substitutes for a maximum of ten (10) players.
- Co-Ed teams may consist of either gender, however at least two (2) players of each gender must participate at the start of each game. Teams must consist of at least two (2) females on the roster.
- Games are played 6 vs 6. A team may not play more than six (6) players at a time on the court.
- Each player present is required to be on the dodgeball team roster.
- Additional players may not be added to the roster after the start of the first tournament match.
- Any player or team captain who is ejected from a game is automatically ineligible for that team's next match.
- Players may only be signed up on one (1) team. A player playing for more than one (1) team will be declared as ineligible and could subject the team to forfeit games in which he or she has participated.

Supervisors/Referees

- Games will be self-officiated by players on the court. Players are expected to follow the honor code; if hit, a player is expected to go out on their own. Norfolk Recreation, Parks and Open Space staff will act as officials to make the final calls if there are any questions and are there to clarify rules. All participants are expected to know the rules.
- Only a team captain may dispute a call with the officials. Officials have jurisdiction over the play and may penalize a player, including game ejection for unsportsmanlike conduct.
- RPOS staff reserves the right to eject any player or spectator at any time for unsportsmanlike conduct for violation of any tournament or RPOS facility rules or regulations.

Substitutions:

- Substitutions must be made prior to the start of the game.
- Substitutions can only be made during a game when a player is injured. If an injury occurs only a player of the same gender may be brought in. Teams may make as many substitutions as they want in between games.

Matches

- A match consist of a best of 3 games series. The first team to 2 games wins the match.
- Teams switch sides after each game.
- Timed Game: There will be a three (3) minute time limit on each game. Play continues until one team eliminates all opponents on one side or the three (3) minute time limit has concluded. If time expires, all remaining players are counted. The team with the most players remaining wins the game.
- The number of games and/or the time allotted may be altered to best suit time and attendance.
- Games will be played on a standard sized basketball/volleyball court.

Beginning Play:

- Prior to beginning a game six (6) 7" Firefly dodgeballs will be placed on the centerline with three (3) balls on one side of the center hash and three (3) on the other. Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Teams may only retrieve the three (3) balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown.

- There will NOT be players from opposing teams going after the same balls during the opening rush. Only players from each side will go to retrieve balls that their side is designated to retrieve.
- Play begins with all players positioned behind their team's end line.
 - **The Rush**
 - The Rush occurs at the beginning of each game or reset.
 - Upon the official's signal, both teams rush to center court and attempt to retrieve as many balls as possible.
 - A team may rush with as many or as few players as it wants, but at least one person from each team has to Rush.
 - There is no limit to how many balls an individual player may retrieve.
 - Players may not slide or dive head first into the neutral zone or they will be called out.
 - Crossing over the neutral zone will result in an "out."
 - Players may not physically grab and pull another player across the neutral zone or prevent them from returning to their side of the court.

Putting a Ball in Play: The player and the ball must go completely behind the attack line. During the Rush, any ball retrieved from the neutral zone must be returned behind the attack line before it may be thrown at an opponent. A ball that hasn't crossed the attack line is considered a dead ball, any hits or catches are voided plays.

There are several ways to put a ball into play following a Rush.

1. A player carries the ball across the attack line.
2. A player passes the ball a teammate who is behind or carries it across the attack line.

Time Outs: There are no team time outs.

Outs

- When deemed out, players should raise their hand to signal they are out and immediately step off the court through the end line to take their place in the re-entry line.
- A player shall be deemed "out" when a live ball hits any part of the player's body, clothing, or uniform.
- If a player is hit by a live ball rebounding off another player.
- A defending player catches a live ball they have thrown.
- If a defender catches a "live" thrown ball, the thrower is out and the next player in line on the defender's team may return to the game. Players shall return from the Queue in the order they were put "out" (i.e. first "out," first "in"). Players must go directly to the end line before becoming a live player.
- Any ball caught outside the playing area will not count. Players must remain inside the boundaries at all times. If a player leaves to avoid being hit, they will be called out.

Blocking

- Players can defend themselves by blocking the ball in flight with another ball but must retain control over the ball they are blocking with. A player dropping or losing possession of the blocking ball is deemed "out."
- Any blocked ball rebounding off another ball is considered live. Any player hit by the rebounding ball is deemed "out."

Pinching: The act of squeezing the ball in order to alter the thrown or blocked ball is not allowed.

Stalling

- The act of intentionally delaying the game.
- If an official determines that a player or team is stalling, the official will warn player or team. If the stalling continues, at the officials' discretion, player or team will lose possession of all balls on their side.
- If both teams are stalling a reset should occur.

Out of Bounds Rule

- If any part of the player's body touches the end lines or far neutral zone line, the player shall be deemed "out".
- Momentum may carry a player out of bounds while making a catch. Providing control of the ball was established prior to going out of bounds.

- A player is allowed to leave the court for no more than 5 seconds to retrieve a ball.
- Substitute players may hand a ball to their teammates provided that the ball is fully within and will remain fully within that team's half of the court.
- Substitutes or the last player in line should retrieve stray balls outside the boundaries on their own end for their teammates. If a team has no substitutes, a player may go to retrieve stray balls only by enter/exiting the playing field through the end line. If a player enters through the sideline they will be called out.

5-Second Violations:

- A team trailing during a regulation game must be given the opportunity to eliminate an opposing player.
- It is illegal for the leading team to control all the balls for more than five (5) seconds. If the leading team controls all the balls they must make a legitimate effort to get at least one (1) ball across the attack line and into the opponent's backcourt. If this is not done within five (5) seconds, a violation will be called. A team may avoid a 5-Second Violation by throwing or rolling a ball into the opponent's backcourt. This does not mean throwing the ball over and through an opponent's end line.
- Penalty for a 5-Second Violation:
 - First violation: Stoppage of play and the balls evenly divided between the teams. Play continues with "ball-in-hand".
 - Second Violation: Free throw for the opposing team- a penalty in which one player is allowed an unobstructed throw at their opponents without risk of elimination. This is possible because a caught free throw does not result in an out for the thrower.
 - Third Violation: Ejection of one (1) player from the offending team.

Headshots

- There are no headshots allowed. A headshot occurs when a player is hit directly in the head by a high thrown ball.
- Any thrower committing a headshot will be deemed "out."
- If a player is hit anywhere on his/her head with a throw, that player will be allowed to stay in the game. However, if a player ducks and is hit in the head, that player is out.

Overtime

- If an equal number of players remains after regulation play, a 2-minute overtime period will be played.
- Substitutes and/or additions are permitted only prior to the start of any overtime period.
- All overtime periods will begin with an equal number of "ball-in-hand" players behind the team's end line. The first team to legally eliminate any one (1) opponent will be declared the winner.

Uniforms

- All participants must wear athletic court/gym shoes to participate.