

# HYP Dodgeball Rules

## REGISTRATION:

All players register to play at <https://hyp.org/>. If an athlete has trouble registering online, they must contact [sports@hyp.org](mailto:sports@hyp.org) prior to registration closing to join a team. Communication must be received no later than 11:59 p.m. on the date of registration closing to be considered. Players may not be added to a team after registration closes for any reason. Any team found to be playing with unregistered players will be subject to the forfeit of matches in which the unregistered athlete played.

*\*Conflicts with late registration and illness/injury additions may be considered pending approval of the Sports & Fitness Committee.*

## DIVISION STRUCTURE:

- Elite: Should be played by experienced (high school, collegiate) players or very athletic players that are looking for competitive games built around other strong teams. Suggested for teams with 3+ seasons of HYP Dodgeball Experience.
- Intermediate: Teams can consist of a mix of new, and experienced players and is recommended for a team wanting to compete for a prize.
- Casual: The Casual Division provides casual players with a recreational game experience, focusing on camaraderie and enjoyment more than winning or losing.

**Teams are STRONGLY urged to participate in the division that most appropriately matches their athleticism and competitiveness. This helps create fair, competitive matchups and contributes to the overall enjoyment of the league.**

## TEAM ROSTER:

- There is no maximum number of team members, but teams must have a minimum of 12 players.
- Teams must have 6-8 players on the court during each game.
- If a team is playing with (8) players, no more than (5) players can be male.
- If a team is playing with (6) or (7) players, no more than (4) players can be male.
- Exception (Casual Division): If a team is playing with (7) players, no more than (5) players can be male.
- A team that has fewer than (2) females must forfeit the match.
- Roster additions can be made after the close of registration in the event of a player's injury or illness. The affected player must contact the HYP Executive Director/sports committee to make the necessary accommodations. The player being replaced must be replaced by a player of the same gender. The player will be removed from the team roster and will be considered an ineligible player.
- Any unregistered player found by a pre-game roster check will not be allowed to play.
- A team captain may request a roster check at any time throughout the game, but not after.
- Any ineligible player found by an in-game roster check will result in a forfeit by the team for whom he or she is playing.
- **Free Agents may be added to any team.**

**Any person who has not registered, signed the waiver, and paid the fee to play in the league is not considered a team member. This is a liability for the organization as it is an unfair opportunity for other players in the league.**

- **First offense: The team forfeits the game, and the team captain is suspended for (1) match.**
- **Second offense: The team forfeits the game and the whole team is suspended for (1) game which results in being ineligible for the Postseason.**

## **TEAM CAPTAINS**

**Team captains are expected to take an active role in managing their teams. If a team captain is not present for a match, one player will be designated by the team for that game to be Co-Captain.**

**Captains are responsible for:**

- Requesting roster checks by court supervisors before or during the game. When a roster check is requested, players will need to present photo identification (driver's license or an ID with their name and picture) to ensure they match up with the players listed on the roster. If a check is requested and a player does not have an ID (a picture of their photo ID on a phone is fine as long as it's clear), they will not be permitted to play. Printed copies of the rosters will be available on-site and captains will also be sent copies of the rosters.
- Making sure all team members are familiar with the rules and applicable league policies.
- Informing the opposing team's captain and court supervisor of any use of substitute players.
- Reporting incorrect scores to the Sports & Fitness Committee within 48 hours of their posting (after 48 hours the game score is final).
- Attending the required captain's meeting prior to the start of the season. The captain's meeting is also where you will receive your team shirts. If a captain is unable to make the meeting, another member of the team is asked to attend or have accommodations made to receive team shirts and other information at another time.

## **EQUIPMENT AND CLOTHING:**

- The official dodgeballs used in all matches are an 8.25-inch foam ball.
- All players are expected to wear their current HYP Dodgeball jerseys during match play by the 2<sup>nd</sup> week of the season.
- Players must wear sneakers.
- Players are prohibited from wearing loose jewelry that may cause injury.
- All attire is considered part of the player's body.

## **LENGTH OF MATCH:**

- Matches are (45) minutes in length or (11) games (whichever occurs first).
- The team with the most game points wins the match.
- Every effort will be made to ensure that matches begin promptly at their scheduled times. At the start of the match, the (45) minute time limit begins regardless of whether both teams are ready.
- Teams that do not have the minimum (6) players at the start of the match are permitted a (10) minute grace period, which does not stop the (45) minute match clock. Teams that are ready to start the match will be awarded (1) game point for every (5) minutes the opponent does not have enough players. A team that still does not have the minimum number of players beyond the (10) minute grace period forfeits the match (0-11).

## **GAMEPLAY:**

- Each game will be no longer than (6) minutes.
- The final game may be less than (6) minutes (e.g. Game 10 ends at minute (43) of the match, therefore game (11) will be (2) minutes in length).
- The first team to eliminate all opposing players will be declared the winner of the game and will be awarded (1) game point.
- If neither team has been eliminated at the end of the (6) minutes, the team with the greater number of players remaining is the winner and will be awarded (1) game point.
- An equal number of players remaining on each team at the end of the (6) minute game will result in a tie and each team receives (0.5) game points.
- Teams change sides after the completion of each game.
- Any forfeits will be scored as an (11-0) victory for the winning team.

**THE COURT:** The court is 70 feet long and 30 feet wide with a center line dividing the court.

## **THE BASICS:**

The object of the game is to eliminate all opposing players by getting them OUT. A player is OUT when:

- Struck with a thrown ball before it contacts the ground or wall.
- A ball they throw is caught by a player on the opposing team prior to contacting the ground or wall.
- A ball in their possession is dropped (unless preceded by a catch).
- Stepping outside the court boundary lines with both feet.
- Crossing the center line on the court and physically touching the floor, ball or another player.
- Holding a ball for longer than 10 seconds.

## **THE RUSH:**

- The (5) dodgeballs are placed by game officials along the center line.
- Players take a position behind their respective back line of the court.
- If a player cannot get both feet behind the back line, a hand must be placed on the back wall (feet shall not be on the wall).
- Following a whistle by the official, players may run toward the center line to attempt to retrieve as many balls as possible (teams do not need to send anyone during the rush).
- A rushing player shall only pick up (1) ball.
- A rushing player may swat multiple balls backward onto their side of the court.
- A player cannot swat a ball once a ball is in their possession.
- All balls from the rush must be taken to the back wall/line to be activated before being thrown.
- If a ball is not taken to the back wall/line after the rush, the player possessing the ball is OUT.
- A rusher who touches the center line will be called OUT.
- Any rusher diving headfirst will be called OUT.
- A false start will be called if players leave the back wall prior to the official's signal to start the game.
  - First offense: The game will be restarted.
  - Second offense: The player will be called OUT, and the game will be restarted.
- Players attempting to pull an opposing player across the center line or to impede them from returning to their back line will be called OUT.

## **DODGEBALL HANDLING:**

- A player shall only possess 1 ball at any time.

- Touching another ball while possessing another is not allowed.
- A player possessing a ball must maintain control of the ball until it is thrown.
- A player losing possession of the ball, including passing to a teammate or dribbling, will be OUT.
- A thrown ball that does not reach the center line before hitting the ground is considered a drop, and the thrower is OUT.
- **A player throwing the ball that hits their own teammate, the thrower is out.**
- A player has (10) seconds to throw the ball after taking possession, touching a ball with their hand(s) or kicking the ball. A player in possession of a ball who kicks another ball or touches it with their hand(s) will be instructed to roll the ball to the other team.
- A player may block a thrown ball with a ball they are holding.
- If a ball deflected by a block crosses back over the center line in the air and is caught before touching the ground or wall, the blocker is OUT.
- If a team has all (5) balls on their side of the court, a player on that team must pick up (1) ball within (5) seconds.
- At least (1) ball should be thrown within (5) seconds after picking it up. If not, then the team must roll all balls over to the other team.
- “Pinching” (the act of squeezing the ball to improve grip and/or alter how it travels through the air) is very destructive to the balls and is strictly prohibited.
  - First offense: Unsportsmanlike Conduct Infraction and warning.
  - Second offense: Ejection from the match.

#### **LEGAL CATCHES:**

- A legal catch is made if a player catches a thrown ball before it hits the ground or wall, with at least (1) foot inbounds.
- If an inbounds player jumps to catch a thrown ball but lands with both feet out of bounds, it is not a legal catch, and the player attempting the catch is OUT.
- A player may make a legal catch while possessing a ball but must drop one of the balls immediately. **Clarification: must drop non caught. An attempted drop cannot be a thrown ball. The player must drop the ball by their side.**
- If a ball is not dropped immediately the player will be called OUT.
- Momentum may carry a player out of bounds while making a catch. A catch is considered valid if the player establishes control of the ball prior to being carried out of bounds. A player must have full control of the ball immediately inbounds before momentum takes them out of bounds.
- If a player does not have full control of the ball inbounds while momentum is taking them out of bounds, they will be called OUT.

#### **GOING OUT AND RETURNING:**

- A player hit with a live ball and/or called OUT must drop any ball they are holding, raise a hand to indicate they are OUT, and promptly exit the court at the appropriate sideline.
- OUT players may not intentionally contact a live ball or interfere with play while exiting the court.
  - First offense: Unsportsmanlike Conduct Infraction
  - Second offense: Ejection from the match
- OUT players must line up next to the game official in the order in which they were eliminated.
- While OUT, a player may not retrieve balls that have left the court.
  - First offense: Unsportsmanlike Conduct Infraction
  - Second offense: Ejection from the match
- An OUT player returns to the game (in the order in which they went OUT) when:
  - A teammate makes a legal catch.

- o A member of his or her team, while down to (2) or fewer players, hits an opponent with a thrown ball. (This does not apply if an opposing player is called OUT for any other reason, such as a drop or a 10-second violation.)
- o An OUT player returning to the game has (5) seconds to re-establish in-bounds. He or she does not need to reset at the back wall and is active as soon as they step inbounds.
- o An OUT player returning may not pick up a ball prior to re-establishing in-bounds

#### **RETRIEVING DODGEBALLS:**

- Active players may leave the court to retrieve (1) ball.
- The player must return to the court within (10) seconds or be called OUT.
- A player returning to the court, with or without a retrieved ball, must reset by returning to the back wall before resuming play. A player who does not reset after returning to the court will be OUT.
- Players not playing in the current game are not allowed to retrieve balls.
- Exception: Players that are not in the current game can retrieve balls that have landed in the stands. Balls retrieved in the stands by players not in the current game must be placed on the nearest court boundary line.
  - o First offense: Warning
  - o Second offense: Unsportsmanlike Conduct Infraction

#### **HEADSHOTS:**

A headshot occurs when a stationary player (not in the act of evading) is hit directly in the head by a thrown ball. A player committing a headshot will be called OUT **in Casual only**. Making an effort to dodge a ball that then hits a player in the head will result in an out. **Elite & Intermediate headshots are permissible with the exception of targeting. Targeting will be called at the refs discretion at all divisions.**

#### **STALLING**

Game officials will have the discretion to determine when a team is stalling (usually the team with more active players) and can give the stalling team 5 seconds to take possession of a ball (starting the 10-second throw counter). If the stalling team fails to do this, the opposing team gets an OUT player back.

#### **STANDINGS:**

- Team captains are encouraged to confirm the final score with game officials after the match.
- Scores and standings will be updated on League Lobster one day after games are completed.
- Captains have (48) hours after scores are posted to report an incorrect score. After (48) hours, all scores and standings are final.
- Team standings are determined by the following:
  1. Overall winning percentage
  2. Head-to-Head record
  3. Lowest total of matches lost
  4. Most matches won
  5. Coin Toss

In the case of a 3 or more-team tie, standings will be determined by: Percentage, Point Differential, Points Against, Points For.

**PLAYOFFS:**

ELITE and INTERMEDIATE DIVISIONS: All teams will qualify for playoffs but will be split up into a Major (Elite) and Minor (Intermediate) Division Playoff Bracket to compete in a single-elimination tournament. Both division winners of the tournament will receive a team trophy. The Major Division champion receives a gift card to the league restaurant and bar sponsor.

CASUAL DIVISION: No playoffs as all teams will play an extra game after the regular season against a similarly ranked team for a bowl game.

**PLAYOFFS TIEBREAKER RULE:**

If two teams are tied at the end of the match, there will be an overtime game of (3) minutes. Each team will have (4) players on the court during the overtime game (no more than 2 players can be male). Overtime will not be played in the regular season or bowl games. Overtime will only be played in the playoffs. If the match is still tied after the (3) minute overtime game, the overtime game will go into sudden death with the remaining players who are still in the game.

**RULE ENFORCEMENT AND PLAYER/SPECTATOR CONDUCT:**

- Players are responsible for understanding and abiding by the rules of the game.
- Calls made by game officials are final.
- Floor supervisors can enforce the rules and issue warnings/ejections.
- Game officials have broad discretion to address behavior deemed detrimental to the game experience, including but not limited to stalling or arguing with game officials. Abusive behavior, such as taunting or antagonizing opponents will be dealt with according to the guidelines set forth in the HYP Sportsmanship Policy.
- Anyone who does not have a current HYP Dodgeball jersey after the second week must sit in the designated spectating areas. The spectating area in the Zembo Shrine is the 2nd balcony.
- Game officials and HYP staff members are authorized to remove any disruptive player or guest from the premises.

For the safety and enjoyment of all participants, HYP Dodgeball is intended to be played with MINIMAL CONTACT. Dodgeball is an inherently physical sport, and players should anticipate that incidental contact will occur. Excessive physical play will be penalized, and players who continue to play in an aggressive manner will be ejected and can face additional sanctions. Game officials have broad discretion to decide when contact is excessive, and to act to de-escalate conflicts and maintain the safety of the game. All players are reminded that they have agreed to HYP's Sportsmanship Policy and should be honest when they are hit by a dodgeball. If a game official, Court Supervisor, or volunteer with the Sports & Fitness Committee sees someone get hit and remain in the game, that team will receive (1) Unsportsmanlike Conduct Infraction and the player that was seen hit will be OUT. If a second offense occurs with the same player, the team will automatically forfeit the match (NO EXCEPTIONS).

**RULE CHANGES:**

Should circumstances justify a change to any rules or policies that will improve the game experience for all players, the Sports & Fitness Committee reserves the authority to affect rule changes up until the

start of the second half of the season pending approval of the HYP Executive Board. Proposed rule changes will be disseminated to team captains for comment, and if agreed upon, implemented by the following week.

#### **CANCELLATIONS AND MAKE-UP GAMES:**

Dodgeball games will not be played if roads are in bad condition due to Winter weather. Please be prepared to play every game until an announcement has been made! Once a game begins it is up to the Game officials and the Director of Sports and Fitness to decide when a game should be called. The Director of Sports and Fitness will reach out to captains via email to inform them about future makeup games. Depending on the rules of the sport for each sport, games will be made up at a future date and will start from the beginning with the score 0-0. This policy will allow teams to get more game action and will allow refreshing from the canceled game. Please “like” our Harrisburg Young Professionals Facebook page to look for updates for game cancellations as teams will know by 4:30 p.m. on Thursdays if a game is canceled.

#### **RULE ENFORCEMENT AND CONDUCT:**

Players are responsible for understanding and abiding by the rules of the game. Unsportsmanlike behavior, such as taunting or antagonizing opponents and using foul or abusive language, will not be tolerated. Players who engage in such behavior will be subject to disciplinary action according to the guidelines set forth in the HYP Sportsmanship Policy. HYP staff members/court supervisors are authorized to remove any disruptive player or guest from the premises. Harrisburg Young Professionals is committed to providing a safe environment for all sports participants, including players, guests, staff, and game officials. All participants are encouraged to report unacceptable conduct (including but not limited to verbal abuse, harassment on social media, and threatening language) to HYP’s Board of Directors. Players who engage in such behavior may be suspended for the remainder of the season or longer where appropriate as determined by the Board.

**Facilities and Parking: Games will be played at the Zembo Shrine on 3rd Street. Parking is available in their lots and also on the street.**

#### **WAIVER OF LIABILITY & SPORTSMANSHIP POLICY:**

All participants must complete an HYP Sports League Waiver of liability form and Sportsmanship Policy. All participants in the league assume the risk of injury. HYP, its volunteers, and employees shall not be liable for injury to a person, loss or damage to personal property arising from, or in any way resulting from, participation in the league (Harrisburg Young Professionals is not responsible for any lost or stolen equipment, bottles, clothing, or etc.).

#### **HYP SPORTS ALCOHOL POLICY:**

Harrisburg Young Professionals strives to provide players and guests with a safe, alcohol-free game experience that is family-friendly, social, and competitive. HYP partners with sponsoring bars to provide a social environment for participants and guests to enjoy alcohol responsibly after the game. It is HYP’s policy that all players and guests must comply with all applicable laws and ordinances regarding the possession and consumption of alcohol. Failure to adhere to these policies jeopardizes HYP’s access to those facilities, and anyone found to be in violation of this policy will be asked to leave the premises. Players and guests who appear to be under the influence of alcohol or other controlled substance will similarly be asked to leave. Players who violate the HYP Sports Alcohol Policy may be referred to HYP’s Board of Directors for additional sanction.