

Xtreme Dodgeball League Game Play Guidelines and Rules

How to Play:

1) Team Size:

- i) Teams may consist of **between 5-8 players**. However, each game is only played with **5 players**.
- ii) As specified below, when a team is eligible to have a player re-enter the game only a member of the 5 players who **started** the game may re-enter.
- iii) In the event of an injury, a substitute **may** enter the game as a replacement for the injured player.
- iv) Teams are responsible for organizing which team members will play during each game. There is **no minimum or maximum** number of games a player can play, however we recommended trying to spread match time equally between players to maximize enjoyment.

2) Match Duration:

- i) The duration and number of matches played per night will depend on the number of teams that are participating in the league and will be announced as the start of the season approaches.
- ii) Each team will have the exact same amount of time to play and will play as many games as possible against an opponent within that time frame.
- iii) For example, Team A and Team B will have 10 minutes to play as many games against each other as they can within those 10 minutes. As soon as a game ends the referee will quickly get each team back in place and start another game. At the end of those 10 minutes, which ever team has won the most games will be awarded with the win against that team.
- iv) In the event of a tie, a final sudden death match will be played. The sudden death match is a 3v3 and caught balls do not bring back a player, all other rules still apply.

3) Dodgeball Basics:

- i) You **are out** if a player from the opposite team throws a ball which hits you and then hits the floor, roof, and/or walls.
- ii) You **are out** if you cross over onto your opponent's side of the court.
- iii) If you throw a ball and your opponent catches that ball, you **are not out** but your opponent's team gets to bring back one player, provided they **do not** exceed a total of 5 players on the court at a time.

Game Rules:

- 1) **Five Second Rule:** if a player is holding a ball(s) and making no attempt to throw, the referee will start a **five second countdown** for the balls to be thrown. If the player **does not** get rid of their ball after the countdown, that player **is out**. Dropping the ball, bouncing the ball, or passing the ball to a teammate **does not** count as getting rid of the ball and would result in **an out**.
- 2) **Dead Man Walking:** once you are out you **must** throw your hands in the air and make every effort to get off the court as fast as possible. If an out player interferes with live play, then the closet team mate to that player is **out** as well. Out team mates **cannot** retrieve balls for their teammates and should **not** interfere with play what-so-ever.
- 3) **Out-of-hand Ball:** **as soon as** a ball leaves your hand it is considered live. If two opposing players throw the ball at different times but hit one another, both players are out.
- 4) **Caught Balls:** if a live ball is caught the thrower is **NOT** out, however the team that caught the ball can bring another player onto the court as long as it does not exceed the maximum number of players (five on court). Players will be brought back into the game in the order that they got out. A ball is **not** considered dead until it hits the ground, wall, or roof. If a ball deflects off anything other than the ground, walls, or roof, and hits you or a teammate, **you are out**.
- 5) **No Man's Land:** a player **can** jump onto the middle trampoline but **cannot** put any part of their body over onto the other team's side of the court. A player **can only** throw a ball from their own side and **cannot** have any part of their body on or past the middle trampoline. If they are over the middle trampoline while throwing or step onto the other side of the court then they **are out**.
- 6) **Returning to the Battle:** a player returning to the game after a caught ball has a **five second** grace period to get into position on court. However, if that player engages in a play (i.e. attempts to catch or block a ball, picks up a ball, etc...) then they are considered in play again.
- 7) **The Ref's Always Right:** if the referee or a court monitor says you are out, you are out. You **must** obey all orders from the referee or a court monitor, and failure to do so could result in expulsion from the park. This is for your own safety as well as the safety of others. All other XTP rules and regulations still apply to these games.
- 8) **Fun Comes First:** while games of dodgeball can get pretty competitive it is still a game meant to be a fun time for all those involved. The rules of this game are primarily enforced by the honor system, players are expected to rule whether or not they were hit.
- 9) **Game Start:** teams start with two balls and their backs against the back walls. When the referee signals the start of the game, the game is live, and the ref will throw two-four more balls into the game as it progresses. Game durations, scoring, and other tournament details will be determined once we have a better understanding of the number of teams.