



## Official Xoso Coed Dodgeball Rules - Updated 5/11/17

### Honor Code

Xoso Coed Dodgeball is played on the honor system. It is important to remind yourself and your teammates that everyone in the league is here to have fun and meet new people. Unsportsmanlike conduct will not be tolerated. Food and drinks other than water are not allowed in the gymnasium.

- 1. It is your responsibility to declare yourself “out” if you are hit with the ball.**
  - Likewise, it is your responsibility to tell a teammate to leave the court if he/she is “out”, whether knowingly or unknowingly.
  - Referees/Officials do the best they can to make accurate calls. Only team captains may dispute a call with the official. Players should respect the decision of the official. All decisions are final.
  - Players/Spectators should refrain from unsportsmanlike behavior, vulgarity, verbal and physical attacks, and any other behavior that detracts from the spirit of the league and Xoso.
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- 1. This is an adult SOCIAL league - relax, have fun, and don't be too serious!**
  - 2. All players must be registered, paid, and at least 21 years of age.**
  - 3. By registering and signing the Xoso Release of Liability form, players agree that Xoso and its staff will not be held responsible or liable for any injuries occurring as the result of participation in any Xoso Activity.**

### Team

- Team rosters generally have 12-14 players, with at least 3 of each gender.
- Teams may field up to 8 players to start a game, with a minimum of 5 to prevent a forfeit. There must be two of each gender to prevent a forfeit. **No more than 5 men on the court at any time.**
- Teams have 0 minutes from the scheduled match time to meet the 2/3 rule before a 1 game forfeit is declared.
  - After 5 minutes from the scheduled match time the entire match will be forfeited.
- Substitutions (must be on team roster) may only occur between games except in the event of an injury.

### Match Forfeits

- Each team has 5 minutes from the scheduled match time to meet the 2/3 rule before a forfeit is declared.

2. Only paid Xoso league members are allowed to play. NO EXCEPTIONS. Any team using a player not on their roster who did not register as a sub will forfeit their game. Subs can register at <http://www.xososports.com/page/sub-registration>
3. A team that registered as a team that uses a player under 21 will forfeit their game.
4. Any team that forfeits two or more games, including “party foul” forfeits, will be ineligible for the playoffs.

### Court and Equipment

1. The court shall be marked with a centerline, attack lines, sidelines, and baselines.
2. Each game will use **5** dodgeballs.
3. The official ball will be an 8.5” rubber ball provided by Xoso.
4. Numbered Xoso dodgeball shirts will be provided to make it easier for officials to call a player out and tell a player to keep the ball moving without memorizing 100-200 people’s names. This keeps the matches running smoothly for everyone involved.
5. In order to play in a match, all players must wear their **numbered Xoso team shirts**.
  - a. EXCEPTION: Each team has a **1 match** credit during the season to bypass the above rule. Once anyone on the team uses that credit, all players on that team must wear their numbered shirt for the remainder of the season if they wish to participate.
    - a. Remember, you wouldn’t show up to your baseball game without your glove, or your basketball game without your jersey.
    - b. If a team has multiple matches in one night it is acceptable for the player to play in all matches that evening as long as the XOSO representative on site recognizes that the player has been on the team all season and it’s clear the team has not brought in a “ringer”.
6. Non-marking, closed-toe shoes are required.. Sandals and street shoes are prohibited.
7. No gloves or individually taped fingers. Splints and braces are allowed for medical reasons. Taping for medical reasons is allowed and must have at least two fingers taped/wrapped together to form a splint. **Thumbs may not be taped. If your thumb is hurt enough to need tape, you shouldn’t play.**
8. Ball “shaggers” must wear the provided black pinnies to indicate they are not active participants in the game.
  - a. Only ball shaggers (not inactive players) may be in the area between the court and the wall so as to avoid confusion with the players in the Out Queue during a game.

### Game Play

1. **Opening Rush**
  - a. To begin the game, five balls will be placed on the centerline, with one team having 3 and one team having two. Rock, paper, scissors will decide which team starts with 3 balls for the first game, and it will alternate after that.
  - b. All active players must line up on their respective baselines to begin the game.
  - c. On the Official’s whistle or signal, each team may rush towards the balls on the right side (from their perspective). Any ball remaining on the centerline for more than 5 seconds can be retrieved by either team.
  - d. If a player leaves the baseline prior to the Official’s whistle or signal, the rush will be redone. The ref MAY opt to move one of the balls from the offending player’s side to the other team’s side if the ref feels it was an attempt at cheating.

- e. If a player grabs the other team's ball(s) it will be a penalty. The rush will be redone with a ball taken from the penalized team and given to the other team.
- f. Players must "clear" each ball behind the attack line before throwing at the opposing team. A ball is cleared by simultaneously bringing the ball behind the attack line and touching the ground behind the attack line with any body part or the ball.
  - i. If a ball is not cleared, the throw will not be counted. No player is out.

## 2. **Slow-Play/Ball Possession**

- a. In order to reduce stalling, a five (5) second count will be issued by the head ref to the team who has the advantage in balls. The count will begin at the discretion of the head ref. AN INSTANT 5 SECOND COUNT BEGINS WITH 60 SECONDS LEFT IN A GAME. THE COUNT WILL ONLY RESET ON A LEGAL THROW - so rolling or intentional grounding the ball will not reset count.
- b. ~~At least three balls~~ All balls in possession must be thrown to the other team's side of the court and PAST THE ATTACK LINE. If a player does not move a ball to the other side of the ATTACK LINE (not the center line) within the 5 seconds, they will be declared "Out".
- c. No hiding the ball under your shirt
- d. When a team is down to one player, it is permissible to collect the balls on their court and move one ball over in a timely manner. However, the other team will not be required to throw back until they have the advantage in balls.
  - i. The final player may also choose not to have a ball in their hands so that they may catch a ball thrown by the other team as long as they are moving a ball over regularly and not intentionally delaying the game.

## 3. **Illegal Throws**

- a. The following throws are illegal: "rolling" the ball over, kicking the ball, spiking/punching/slapping the ball, intentional grounding, or throwing the ball away. Teams will get one warning, but further violations will result in an "OUT" by the offending player. INTENTIONAL GROUNDING is defined as throwing the ball immediately into the ground not near or within the vicinity of an opponent. THROWING THE BALL AWAY is defined as not throwing a ball near or within the vicinity of an opponent, including throwing it out of bounds, lobs off the court, or high into the wall. Subject to the refs discretion.
  - i. EXCEPTION: When down to a final player, the final player may use illegal throws if they choose.

## 4. **Court Boundaries**

- a. A player must remain within the boundaries of their half of the court.
- b. A player may reach outside the boundaries to retrieve a ball as long as he maintains contact with the floor "in bounds".
- c. A player may jump, but must land in bounds or will be declared "Out".
- d. A player may not cross over the centerline to retrieve a ball from the other team's side of the court, but MAY reach across the centerline provided the player does not make contact with the ground on the opponent's side of the centerline.
  - i. A player may not cross over the centerline even if they're stepping out of bounds. i.e. Straddling the side line with one leg out and past what would be the centerline will result in the player being out even if the inbounds leg is behind the centerline.
- e. A player may step or reach out of bounds but must maintain contact IN bounds with some body part (EXCEPTION: the centerline boundary - see above).

- f. If a catch is made while in contact with the floor in bounds, and the player falls out of bounds after controlling the catch, the throwing player will be declared “Out”, and the player that fell out of bounds will also be “Out.”
5. **Ball Shaggers**
- Each team may provide up to 2 ball “shaggers” to retrieve balls from out of bounds for their team. These “shaggers” may, or may not be, on the team’s roster.
  - Ball “shaggers” must wear the provided black pinnies or another identifying shirt to distinguish themselves from the active players in the game.
  - “Shaggers” must get the ball into the court immediately. If a “shagger” holds onto the ball so as to wait for their team to be ready, the ball will be given to the opposing team.
  - “Shaggers” may not touch the ball when it is on the court or in play. Doing so shall result in the ball being given to the other team.
  - “Shaggers” may not cross the centerline, but may reach across to retrieve a ball as long as they do not touch the other side. Touching the other side will result in the ball being given to the opposing team.
6. **Game/Match Format**
- The object of the game is to eliminate all of the opposing team’s players.
  - The team winning the most games in a 30-minute match shall be declared the match winner.
  - No game shall begin with less than one minute left in the 30-minute period.
  - Each game will have a ~~3-minute~~ 4-minute time limit.
  - The team with the most players on the court at the conclusion of the 3-minute period shall be declared the game winner.
    - In the event that each team has an equal number of players on the court at the end of the 3-minute period, the game shall go to Sudden Death.
  - Sudden Death** - The players on the floor at the conclusion of the game shall face off against the opposing team. All balls will be placed on the centerline. Teams will Rock, Paper, Scissors to decide who starts with the advantage in balls. After the Official’s signal, the first team to eliminate a player from the opposing team shall be declared the winner of the final game.
  - PLAYOFF OVERTIME** - If the match is a tie after 30 minutes (and after any played Sudden Death due to equal numbers of players on the court), there will be overtime. Overtime will be played as follows:
    - 4 vs 4 (two men and two women per team)
    - No half court shots to bring in teammates.
    - The team that eliminates the opposing four players will win the match, and move on to the next round.
    - The Championship game: if overtime is needed, a full, untimed 8v8 match will decide the champion.
  - Teams shall switch sides at the 15 minute mark of the match.
  - The Official shall announce the remaining time with 10, 5, and 1 minute left.
  - At the conclusion of the match, BOTH team captain’s must sign and approve the final match score with the official.
7. **Suicide Jumps**
- Suicide jumps are not allowed. A suicide jump is intentionally jumping (usually a running jump) into the opposing team’s side of the court while throwing at an opponent. The hit player, if any, will not be declared out.
8. **Outs**

- a. An “Out” occurs by:
  - i. Hitting a player below the neck with a live ball thrown by an opponent.
    - 1. A live ball is a ball thrown by an opponent before contacting another surface (i.e. ground, wall, ceiling, basketball hoop, ball).
  - ii. Catching an opposing player’s live ball.
    - 1. Mid-air catches (jumping): At least one foot must land in bounds for the catch to be valid. When landing, no contact may be made across the center line or the catch will not count and the catching player will be out.
  - iii. Causing an opponent to drop a ball by hitting it with a live ball.
  - iv. Failing to maintain contact with the court within the boundary lines (EXCEPTION: Jumping, as long as the player lands within the boundaries).
  - v. Touching the ground on the opposing side of the centerline.
  - vi. Throwing a dangerous high throw, at the discretion of the referee. The Head Ref will have final say.
  - vii. If there are basketball hoops, by making contact with any part of the basket (backboard, rim, net).
  - viii. “Pinching/Clamping” the ball. The ball must be held with the fingers extended so as to palm the ball, while keeping the ball in it’s round/spherical shape (no noticeable compression). Any squeezing, pinching, clamping, substantial compression or other attempt to alter the flight of the ball shall result in the offending player being declared “Out”.
- b. Exceptions
  - i. If, after being hit, the ball is caught by a teammate before hitting the ground, the hit player is “saved” and both the hit player and the throwing opponent shall remain in the game.
    - 1. If a ball hits a player, then hits a teammate, and is then caught by the original player all before hitting the ground, it will count as a “Save”.
  - ii. As above, if a ball is dropped as the result of being hit by a live ball, and is caught by a teammate before hitting the ground, the player who dropped the ball shall be “saved” and may remain in the game.

## 9. Out Queue

- a. After being declared “Out” a player must raise his/her hand to signify their removal from the game and proceed to the Out Queue.
  - i. Players must enter the Out Queue in the order they are eliminated from the game, with the **first eliminated player standing nearest the baseline**.
    - 1. First out, first back in!
  - ii. After a live ball is caught, the opposing throwing player is “Out” AND a teammate may re-enter the game from the Out Queue in the order they were eliminated. Players must enter the court from the baseline.
  - iii. A player must be PHYSICALLY IN the Out Queue at the time of the catch in order to be eligible to re-enter the game. i.e. not walking towards the out queue from the court when the ball is caught. This means HURRY to the Out Queue!
  - iv. A re-entering player must enter the court before grabbing a ball.
  - v. If a player tries to re-enter out of order, intentionally or not, the offending team will forfeit the right to re-enter for that occurrence.

## 10. Head Shots

- a. Head shots are not allowed under any circumstances. Dangerous high throws will result in the thrower being called “Out”.

- b. If a player is hit above shoulder level, the throwing player shall be declared “Out.”
  - 1. If the official believes the hit player intentionally moved into the path of the ball, the **hit player** will be “Out”.
  - 2. If a player is hit in the head by a low throw while ducking or bending over for a ball, the hit player should usually be declared out unless the official believes the thrower was aiming for the head.

**11. Bounce Backs**

- a. Intentionally throwing at the wall or bleachers in order to regain possession of the ball is not allowed and players doing so will be issued warnings, followed by yellow cards and red cards.

**12. Redemption Rule - without Basketball Hoops**

- a. At any time in a game where a team has only one (1) player and the opposing team has three (3) or more players, the redemption rule applies. The winning side will then have 30 seconds to eliminate that last player, starting when they have advantage in balls. If they are unable to do so at the end of 30 seconds, the losing side will be allowed to bring in the next player in line. Once that "next player" comes in, the redemption rule is no longer in effect until the same conditions described above occur again.

**13. Ollie, Ollie, Oxen Free - With Basketball Hoops**

- a. When a team is down to its final remaining player, that player may attempt to sink a basket on the opposing team’s hoop.
- b. While shooting, the player may not cross the centerline.
  - i. If the shot is released before touching the opposing side the shot may count but the shooter will be out.
- c. If the player is successful in making a shot, he/she may yell, “Ollie, Ollie, Oxen Free” and all teammates from the Out Queue may return to the game.
- d. If the team in opposition to the single remaining player sinks a basket in their own hoop it shall be declared a successful basket and the Out Queue will be released.
  - i. Without making contact with any part of the basket, a player may stop an Ollie shot by catching the ball, tipping it to him- or herself, or blocking/tipping the ball so that it is caught by a teammate (counts as a “save”).
  - ii. Making contact with the ball in flight, without someone catching the ball in bounds, results in the tipping/blocking player being called out as normal.
  - iii. Throwing a ball at the shot is allowed provided the blocking ball is not thrown up through the hoop.
- e. A shot will count despite:
  - i. the shooter being hit by an opponent’s throw if the shot was released prior to being struck.
  - ii. the shooter having a ball caught after the shot has been released.
  - iii. the shooter catching a ball after the shot was released, resulting in a new player coming in.

- 14. For the purposes of tiebreakers, no team shall win or achieve a differential of more than +10, even if the team won by more than 10 games.

**Officiating**

1. Xoso Coed Dodgeball is a player-officiated sport, and each team is responsible for designating players from their team as referees for other games as indicated on the provided season schedule:
  - a. Under the "Officials/Referees" section of the schedule will be your team name. For each listing, you must provide FOUR officials for the game, one of which must be the Captain (special circumstances may allow for an assistant captain to take their place). If your team is officiating two games simultaneously (both courts), a total of EIGHT officials will be needed. Have 2 referees on each side of the court, 1 watching each half.
  - b. A team failing to provide FOUR officials in accordance with the schedule will result in a **"Party Foul" forfeit** in the team's record which will count toward its total number of forfeits. This party foul forfeit does not count as a loss. Teams with two or more forfeits, including match forfeits, will be ineligible for the tournament or playoffs.
2. The team-designated official is the designated league official for the game.
3. **Only team captains may dispute calls with the Officials.**
4. All decisions by Officials are final.
5. Any player who commits the following infractions shall be declared out at the Officials discretion:
  - a. No player shall use abusive language.
  - b. No player shall engage in any unsportsmanlike conduct.
  - c. No player shall argue with a Xoso staff member or Official.
  - d. No player shall intentionally throw at any player's head.
6. Any player who breaks the above rules twice in one match shall be ejected.
7. Any player ejected twice in a season shall be removed from the league.
8. **Official Duties**
  - a. The official will be responsible for:
    - i. Starting matches
    - ii. Keeping time
    - iii. Recording each win and loss
    - iv. Enforcing the slow-play/ball possession rule
    - v. Enforcing the honor system
    - vi. Enforcing all penalties
    - vii. Managing the game
    - viii. Turning in the final score, with team captain signatures at the end of the match.

### **Sportsmanship and Cards**

1. Any player or team may be removed from the league for the remainder of the season, and denied registration for subsequent seasons due to unsportsmanlike conduct at the complete discretion of Xoso if it is in the best interest of the league.
2. Officials and Xoso staff members may give **YELLOW** and **RED** cards at their discretion for unsportsmanlike conduct without prior warning.
  - a. Games will be whistled to a stop to issue the card.
  - b. Suspensions as a result of YELLOW/RED cards may be reviewed by Xoso staff members who may alter or amend punishment as they deem necessary.
3. **Warnings, Yellow Cards, and Red Cards**
  - a. **Warning:** No suspension, but if conduct is repeated there should be a card given.
  - b. **Yellow Card:** Player must sit out the remainder of the current GAME and the following GAME (may be the next scheduled date if necessary). The team shall play minus one player for these games.

- c. **Red Card:** The player in question shall sit out the remainder of the current MATCH and the following MATCH. The team shall play minus one player for the date the player received the card. The following week the team may play full strength but without the player in question. The player must leave the premises.
  - i. Two Red Cards for any player in a season shall prevent that player from participating in or registering for any Xoso league for one year.
- d. 2 Yellow Cards = 1 Red Card
  - i. A player receiving two Yellow Cards on the same day (before, during, or after a match) will result in a Red Card and immediate ejection from the game, match, and facility.
- 4. If a **Yellow** or **Red Card** results in a team's inability to meet the minimum gender requirements to play in a game or match it shall count as a forfeit for said team.
  - a. The forfeited game or match shall count as suspension time served for the offending player.
  - b. If the opposing team must forfeit it shall also count as suspension time served.
- 5. **Some Causes for Cards**
  - a. Drug and alcohol use on or near the playing court/field shall be an immediate **RED CARD**.
  - b. Repeated High Throws
    - i. Order of penalty: Warning/thrower called out, Yellow Card, Red Card for repeated violations in a single match.
  - c. Arguing calls, especially by non-captains, with other players, referees, or Xoso staff members.
  - d. Unsportsmanlike communication between opposing teams, both verbal and non-verbal:
    - i. Arguing, yelling, pointing, questioning, misleading or confusing the other team with incorrect rules, swearing and other foul language.
      - 1. Warnings should be given to **BOTH** teams at first.
    - ii. Crossing the center-line in an intentional or threatening manner, physical abuse or posturing shall result in an immediate **RED CARD**.
  - e. Foul language or behavior directed towards referees, spectators, players, or Xoso staff members.
  - f. Intentionally throwing a ball at a referee, Xoso staff member, or spectator.

### **Protests and Disputes**

- 1. Protests and disputes must be filed on paper with the Xoso staff member on site or by email on the day in question.
- 2. Team captains may dispute the final score of a match or the receipt of a Yellow or Red Card for a team member by explaining in detail their reasoning.
  - a. Disputes based on referees judgement calls (safe, out, etc.) will not be heard.
  - b. Only rules explicitly outlined in this document shall have grounds for reversal.
  - c. The initial ruling shall be considered accurate, and the burden of proof shall rest with the captain filing the protest.
- 3. The Xoso staff shall consider all protests and may request additional information/perspectives from other players and witnesses in the interest of making the proper determination and ruling on the protest.

**These rules may be modified as needed to make the league more fun for everyone.**