

# FRIENDLY GUIDELINES

Dodgeball: League by Recess Calgary is a competitive league, but friendly. We emphasis on the friendly.

Each game has Referees who support positive gameplay and remind players of the below rules. Referees main duties are to keep score and time, ensure safety, this includes limiting the use of head shots. Also to promote positive league culture by mediating unfriendly sportsmanship behaviour.

We trust that each player has read and wants to follow the rules to the best of their ability. Whether your team wins or loses, players perform well or not. The outcome is to contribute to a league environment where everyone can belong, enjoys their time and a league where players have fun.

All players should be open to learning and understanding the rules; ideally players are **expected to call themselves out**. We acknowledge that breaking the rules are not bad, rather part of the conditions of playing the game of Dodgeball. With that attitude in mind, mistakes happen, Dodgeball is a fast-paced strategic game and we ask that all players do their best to play well, gain experience, and be open to contributing to the community spirit of the league.

Players are encouraged to find how they can express and contribute to the community culture of the league. Do you bring after game deserts, play in vibrant costumes, create a music playlist, the team cheerleader, mentor new players. Whatever your asset it is, we welcome it in all of it's uniqueness!

Periodically, we'll be documenting through video and photography of the league. Shared on various social media platforms.

All players are asked to sign a general conduct agreement.

# RULES:

## GAME BEGINS...

Every player on the court has signed off on a **Recess Calgary** waiver.

Players can arrive 5 minutes early to warm up, socialize and strategize.

All players are wearing clean, indoor, non-marking shoes.

There is a minimum of **4** players and a maximum of **6** for each match. Each match requires a representation from at least two genders to play. (No gender requirement if there are only 4 players on the court)

All Players are touching the back wall. Refs will call out "**1, 2, 3, Dodgeball**" (or something similar) . Alerting that the round has started. Each team starts a round with 3 balls on their side.

Players can choose to run, walk, (or crawl) towards the three balls on their side of the court. Once a ball is in the possession of a player; it's considered a live ball.

No player, can cross the **centre line**, if so they're eliminated.

Before each game, teams have a fair system to ensure that all subs or additional players distribute playing time equally.

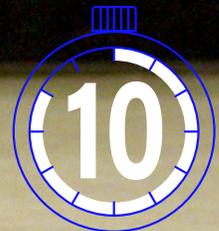
# RULES:

## LIVE BALLS

A live ball is when a player picks up a ball in their possession.

A live ball is when a player **catches an opponent's ball** and now has the ball in their possession, eliminating the opponent who threw the ball.

A live ball will remain live until it has hit another player. If ball hits the floor or wall it is now a dead ball.



A live ball can be held up to **10 seconds**. After a player has held a ball longer than 10 seconds, the ball is considered a dead ball and that player is eliminated. You must get rid of ball no less than 10 seconds of it being in your possession by throwing it over centre line.

Players can only have **one ball** at a time in their possession. If a player is holding more than one ball they're eliminated.

If a ball is thrown from an opponent and bounces off a teammate and the live ball is caught. It's a catch and the opponent who threw the ball is eliminated.

A ball is still live if it bounces off a ball that is in a players possession. If ball hits a fellow player the player is eliminated. If live ball is caught, the opponent who threw the ball is eliminated.

# RULES:

## DEAD BALLS

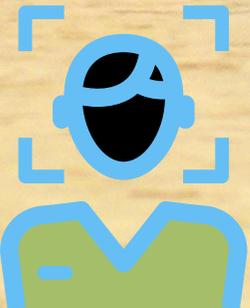
A dead ball is when a live ball has hit anything other than a player. That's the floor, wall, another ball (in mid-air) or ceiling.

**Trap:** A ball makes contact with the floor or wall at the same time it is caught, it is a trap, the ball is dead. The player is NOT eliminated.



A dead ball occurs when a player has been holding onto a ball for more than 10 seconds. That player is then eliminated.

**A head shot is a throw that hits a player's head or thrown near their head.** Whether a head shot hits the player in the head or not, the player who threw it is **eliminated**. If more than one ball is thrown and one hits a player, but the other throw is a head shot, the player remains in the game and the player who threw the head shot is eliminated. All players will do their best to control the ball and not throw head shots. A player who throws and hits a person in the head at any point the person is eliminated and will commit to reducing this mistake. **EXCEPTION:** If a player is ducking and or in a lowered position and the the ball hits *near* their head, It is NOT considered a head shot only unless it does hit the person in the head. Less experienced players will have a grace period for this mistake, but are still required to make efforts to learn this safety skill.



# RULES: ELIMINATIONS

A player steps over or falls onto the opponents side. Any part of a players body crosses the halfway line.

Player throws a ball that doesn't cross the half line.

Throw a ball that is caught by an opponent.

Holds the ball for longer than 10 seconds

Player attempts to catch, but ball drops on ground.

A player is **hit by a live ball** by a dodgeball below the shoulders and the ball is not caught

Player places a live ball on the ground, whether its a fumble, dribble, drop the live ball is no longer in your possession and has not crossed half.

Throws a head shot.

Holds more than one ball at a time

A ball bounces off a live ball in a players possession or a fellow teammate's body and hits you - you're eliminated.

When a player is eliminated they will stand along the wall. They are reactive and return to play when a teammate catches a live ball. They must return to game in the order in which they were eliminated.

# RULES:

## STRATEGY

Active players may kick, swat, or roll a ball along the floor to their teammate during game play.

Players can jump, dodge, glide, duck or catch (or hide behind a fellow teammate) to not get eliminated.

Players can pass a ball to a teammate however, that player then is responsible to catch it. If the ball that is thrown touches the player and is not caught, that player and the player who threw it are eliminated.

If the player doesn't catch the ball, (but doesn't touch it) the player who threw the ball is still eliminated. (The ball essentially didn't cross half).

Throw Together! Players can call out and decide who of their opponents they would like to target.

A strategy is to ensure balls don't roll onto the teams side. However, don't be a ball hog. A general rule is to keep balls actively being thrown back and forth with at least three balls on each side.

Embrace your dodgeball superpowers. Play to your strengths.

Consider throwing when targets aren't paying attention.

Dodgeball is a game of dodging but practicing catching is important skill to develop!

You can block oncoming balls with a ball in your possession.

# RULES:

## GAME ENDS..

The round ends when all players of a team are eliminated. The winning team earns 1 point.

Each round is 5 minutes in length, the team with the most players remaining win the round.

Mercy is called and the score freezes if a team gains a 10-point lead.

If time runs out.. with the same amount of live players on each team. All the players start again in a sudden death match. Where the first player to be eliminated, the losing team loses.

At the end of each game it's encouraged to celebrate as a team and community. We encourage creating bonding moments whether, win or lose.

Recess Calgary, is always looking for feedback to improve the league experience. Don't hesitate to reach out with any questions, concerns and gratitudes about your experience

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Lost & Found will be collected at the end of each week. You will be able to pick up items the following week or if urgent connect with Coach T, [fun@recesscalgary.ca](mailto:fun@recesscalgary.ca)