



UPDATED 10/15/10

**SUMMARY**

- Format is 6-on-6. Maximum 4 men, minimum 2 women on the court
- 4 players required to start game (3 Men, 1 Woman) No warm-up time on the court.
- Game times will be 7 minutes long
- 6 dodgeballs on the court (4 regulation size, 2 small size). Men may THROW regulation size balls ONLY. Females may throw ANY ball. Men may use female balls to block
- A player is out when hit by a live ball, throws a ball which is caught, crosses the center line, is out-of-bounds avoiding a throw or throwing a ball or is called out for a head shot
- Players can re-enter the game (as discussed below) after a teammate catches a live ball thrown by the opponent
- Headshots are illegal
- Gloves are illegal
- Kicking the ball is illegal
- After 6 and ½ minutes of one game, players are allowed to throw from the ¾ line, instead of just the center line. The referee will indicate when this lightening round begins
- The team that has eliminated the opposition before the end of regulation wins. If there are still players remaining at the end of regulation, the team with more players wins
- If a game should end before 6 ½ minutes is up, the referee will issue a Quick Restart (6 on 6). There can be as many Quick Restarts as the 7 minute time limit permits. See below for scoring detail
- Any unsportsmanlike behavior will result in that player/team being suspended/removed from participating in all ZogSports leagues for one year

**FORFEITS**

Please don't forfeit. Your teammates and opponents count on you to have a full team and competitive game. Each team must have at least 4 (four) players including 1 (one) woman to start a game. Game time is forfeit time. Due to the extremely tight schedule, we strongly suggest arriving at the gym 20-30 minutes before game time for stretching, changing, etc. since the games must start on time to complete the game. **No one may play without signing the waiver.** If it is found that you are playing with someone who has not signed a waiver, your team will receive a forfeit

**CLOCK/TIME**

- Each game will continue until all opposing players have been eliminated, or 7 minutes (running time) has elapsed, whichever comes first
- If a game should end before 6 ½ minutes is up, the referee will issue a Quick Re-start
  - In a Quick Re-start, the teams will go back to the same sides and start a second game from the beginning. There can be as many Quick Re-starts as possible time wise in each official game
  - The official game clock DOES NOT stop during a quick re-start in order to reset the balls
  - Referee's discretion to re-start a game with under 30 seconds
- If the initial game in the 7 minute period should reach the 6 ½ minute mark, the referee will blow the whistle to start the lightning round. Players will be allowed to attack up to the other team's ¾ line for the final 30 seconds
  - There will only be a lightning round if there is 1 game being played in that 7 minute period

**TEAM SIZE/CO-ED RULES**

- 6 players per team (at least 2 women at any one time)



- Teams may play with no less than 4 players (3 men, 1 woman)
  - If a team has less than 4 players a forfeit will be awarded
  - Teams may play with 4 players in any ratio as long as at least one player is a woman
- Teams must start at game time if the minimum number of players are present
- Men may only throw the large balls but can use either for blocking. Women can throw either ball
- Rosters are not limited in size, but no additional players may be added to the roster after the 4th week. If you are short-handed during the season you may pick up another ZogSports player(s) not on your roster for the game. See below "Picking Up Players" for details. Waivers must be signed by all players and handed in before the start of the first game. **PLAYERS WILL NOT BE ALLOWED TO PARTICIPATE IN ANY GAME WITHOUT SIGNING THE WAIVER**

### **PICKING UP PLAYERS**

Since occasionally, teams may be short players and ZogSports wants everyone to be able play every game possible, we permit teams to pick up non-roster, ZogSports players for your game. Before you get too excited, there are penalties and limitations.

- You should be able to field the minimum requirement of players with only roster players. ZogSports will allow teams to pick-up a maximum of 2 players/game.
  - Picked up player(s) must start the game "out" and wait for re-entry to join the game
- If a roster player arrives at the court after the game has started, the non-roster player must be replaced by the roster player and the non-roster player may not re-enter the game
- A forfeit will be given to any team who picks up players and does not inform the referee
- Protests in regards to non-roster players must be made before leaving the court
- **DURING THE PLAYOFFS, ONLY PLAYERS ON YOUR ROSTER ARE ALLOWED TO PLAY**

### **SCHEDULING**

- 3 teams will play round-robin style for 1 hour
- Each team will play the other two teams twice (i.e., each team will play a total of 4 games/night)

### **COURT BOUNDARIES**

- Court will be marked with sidelines, end lines,  $\frac{3}{4}$  lines, and a centerline, all indicated by the referee's explanation of existing gym markings
- Players are allowed to travel out-of-bounds to recover a dead ball or catch a live ball. The court lines are out-of-bounds
- Players are not to remain out-of-bounds

### **START OF PLAY**

- Total of 6 dodgeballs (4 ten inch (large size) and 2 eight and a half inch (small size)) on the court
  - 2 large and 1 small ball will be placed on each team's  $\frac{3}{4}$  line
- Players race from behind their own end line to their own  $\frac{3}{4}$  line to pick up balls after the referee's whistle is blown indicating the start of the game
- Players picking up balls may not throw them until the respective ball has first returned behind its own end line

### **TEAM REFEREES**



The team not playing will help the ZogSports Head Referee officiate the game. The volunteer refs have the authority to call players out without consulting with the head referee (i.e., inform players that their ball was caught, that they were hit by a ball, went out of bounds to avoid a throw, etc.). Be clear in your call and raise your hand to get the attention of the head referee if necessary (player is not listening to your call). The refing team shall position themselves:

1. One player directly across from the head ref
2. Two additional players on the far side, one on each end line
3. The balance on the same side as the head referee

The ZogSports head referee has final decision on any disputes and may overrule the referees from the third team if the referee had a clear view of the play

## **PLAYER ELIMINATION**

### **Term Definitions**

**Live Ball** – a thrown by the offensive team that has not yet touched the ground, walls or ceiling and has not gone out of bounds

**Dead Ball** – a thrown ball that touches the ground, ceiling, walls, or passes out of bounds

### **The THROWER is OUT when:**

- A defender catches a live ball
  - One player also returns to the defender's side
  - If the defender's team already has 6 players on the court, no one can enter or re-enter. A team can never have more than 6 people on the court at one time
- Throwing a ball at the opposition while out of bounds regardless of if someone was hit or not
- A male throws one of the small (female) balls
- Stepping or reaching over the center line (if in the lightning round, the  $\frac{3}{4}$  line)
- Standing out of bounds for more than 5 seconds at the warning of the referee

### **The DEFENDER is OUT when:**

- Hit by a live ball
  - Any player hit by a dead ball is still in
  - Clothing is considered part of the player's body
- An attempt to catch a live ball is dropped
- Ball blocked or deflected by a player using another ball, hits the defender
- Ball ricochets off a teammate and hits into another defender while still live
  - In this case BOTH defenders are out
- Ball is blocked into oneself and falls to the ground while still live
- Blocking ball is dropped as a result of contact from a live ball - the player who drops the ball is out
  - A player may block a live ball and catch the live ball as long as they do not drop the blocking ball
- In the eyes of the referee a player did not make a clear/intentional motion to throw away the ball currently in their possession in order to catch an incoming ball as opposed to simply just dropping the ball
  - Players may catch an incoming ball while hanging onto the ball currently in their possession
- Leaving the playing area to avoid being hit. One foot must be in bounds as per "college" dodgeball rules
  - Players are allowed to go out-of-bounds to recover a dead ball. If a player is hit with a live ball while out-of-bounds, they are out. The player must immediately



return to the court after retrieving/catching the ball or they can be called out at the discretion of the referee

- Stepping or reaching over the center line (if in the lightning round, the  $\frac{3}{4}$  line)
- Standing out of bounds for more than 5 seconds at the warning of the referee

**Players REMAIN IN when:**

- Hit by a ball thrown by the opposition when the thrower was out of bounds
- Hit in the head by a thrown ball
  - Head shots resulting clearly from the defender dodging or ducking result in the defender being out (i.e. you can't get the other team out by "blocking" with your head)
- Hit by a ball thrown by a player who stepped over the center line
  - It does not matter whether the player was hit or not before the thrower stepped over the line

**PLAYER RE-ENTRY**

A player may re-enter the game if and only if that player's team catches a live ball. A player who is waiting to re-enter is now a substitute and must follow substitution rules.

**SUBSTITUTION**

- Players who do not start must stand in line on the sideline
- Players who were in the game and called out will proceed to the end of the line in the order in which they were eliminated.
- Players will return to the game in the order in which they are standing in line. End of the line begins next to the referee at mid-court. Players enter near end line
- No more than 2 males may enter the game consecutively UNLESS all available Females are currently on the court
- There may NEVER be more than 6 total players and/or 4 Men on the court at one time
- Substitutes are out of play and may not interfere with play on the court, such as:
  - Kicking or passing balls to a teammate
  - Preventing a ball from going to the other side of the court

**FOULS AND VIOLATIONS**

**Number of Balls**

- It is illegal for:
  - The leading team to control all 6 balls for more than 5 seconds
  - Either team to control 3 or more regulation size balls for more than 10 seconds
  - Either team to control 2 female balls for more than 10 seconds (unless there are no women on the opposite side of the court)

If either of the above occurs and the teams still possess too many balls after a time warning from the referee, the balls will be divided evenly amongst both teams and play will resume on the referee's whistle. If the rule is being abused it's at the refs discretion to limit the time teams have to hold the balls or to call players out for not moving the balls in the time limit.

**Head Shots**

- Repeated head shot throwers (more than 2 accidental or 1 blatant shot) will be called for dangerous play
  - Player will be ejected from current game.
  - Continuous dangerous play in the next game will result in player being ejected from the match and suspended from next match

**Equipment Abuse**



Individuals are not allowed to wear gloves while playing

Individuals are not allowed to squeeze/crush the ball in their hand(s) before they throw the ball.

This technique has resulted in numerous balls being ruined.

- Any out resulting from this technique will not be counted and the player will be warned by the referee
- On the second offense the thrower will be automatically called out

#### **Off-the-Court Involvement**

Players who have been called out must proceed to the sideline and cannot retrieve stray balls for their teammates, or keep balls from going back to the other side of the court. Players who do will be warned by the referee. If it continues the referee may remove the player from the court who retrieved the ball given to him by teammates not on the court.

The referee should also not interfere in regards to directing the balls with the sole exception being when there has been no action and one team possesses 4 or more balls past the allotted time as indicated in the fouls and violations section.

Players who are off the court are not allowed to make calls (unless they are the team that is the assistant referees) or distract the referee in any way from the action on the court. There will be no arguing with the referee over judgment calls.

#### **SCORING**

- At the end of a game the referee will record the score based on how many players are left (i.e., if Team A had 3 players left and Team B has 0, the score is 3-0)
  - If a ball is caught to end a game (which normally results in the re-entry of a teammate), the winning team only receive credit for the players that were on the court at the time of the catch – the re-entry will not be counted in the scoring (i.e. if Team A had 4 players on the court and caught a ball thrown by Team B to end the game, Team A gets credit for having 4 players on the court.)
- If a game should end before 7 minutes is up the referee will count how many players were left on the court for each side and issue a Quick Restart
  - The teams will go the same sides and start a second game from the beginning
  - There can be as many Quick Restarts as possible time wise in each official game
- If more than one game is played in a 7-minute period, the winning team will be the team with the highest combined score (e.g., if Team A won the first game 3-0, but after the Quick Restart, Team B has 5 players left and Team A has only 1 at the end of time, Team B would win 5-4)
- The ref has the discretion on whether or not to have a re-start if there is less than 30 seconds left in a match
- If the initial game in the 7-minute period should reach the 6 ½-minute mark, the referee will blow the whistle to start the lightning round
  - Players will be allowed to attack up to the other team's ¾ line for the final 30 seconds
- Games can end in a tie

#### **RULES**

Referees will have a copy of the rules at the gym. If you have any questions regarding a call that was made (which is rule-based), please ask the referee to refer to the rules if there is disagreement.

We also recommend that each team bring their own copy of the rules just in case. Only captains can discuss a rule with the referee and no judgment calls will be discussed. Players will be



ejected for unsportsmanlike conduct. Any rules issues not resolved at the gym cannot be overturned once teams have left the gym.

**TIE BREAKERS FOR PLAYOFFS/SEEDINGS**

1. Total number of points
2. Head-to-head competition
3. Record against other teams in or tied for playoffs (winning percentage – i.e., 0-1 is same as 0-2, but 1-3 is better than 0-1)
4. Number of wins
5. Record against next best common opponent
6. If team forfeited, loses tie breaker if other tiebreaker rules don't resolve seeding

**PLAYOFFS**

Playoff format is three team round-robin just like the regular season. While every game counts (as does the score), there will only be one winner in each match. Thus you will play 4 games in a 50-minute time period. The winner will be the team with the best record (i.e., 3-1 advances v. 2-2 and 1-3). We will conduct quick restarts during the playoffs because heck you came out to play.

**If two teams have the same record at the end of the round-robin**

1. Head-to-Head Record between tied teams
2. Tied Team Point Differential in games between only tied teams.
  - a. We will add up the scores for each of your games and determine the differential (e.g., team 1 and team 2 are tied at 3-1 and they split their head-to-head games 1-1 and the scores were 4-0 and 2-3 with team 1 listed first, team 1 would win 6-3)
3. If Tied Team Point Differential (#2 above) is the same (i.e., the head-to-head games were 4-0 and 2-6 for a 6-6 tie, then we will go to Total Point Differential for all four games played (e.g., team 1 had scores of 4-0, 7-5, 2-6 and 5-0, their differential would be 18-11=7). The team with the larger differential wins
4. If Total Point Differential still leaves two teams tied, we will play a 2-minute sudden death game with no quick restarts

**If three teams have the same record at the end of the round-robin**

1. Head-to-Head Record among tied teams
2. Tied Team Point Differential in games among all three teams. We will add up the scores for each of your games and determine the differential (i.e., if all three teams are tied at 2-2, we will determine the total point differential in all four games for each team). The team with the largest differential wins
3. If Tied Team Point Differential (#2 above) still leaves two teams tied, but eliminates the third, we will
  - a. Compare head-to-head records. If they are still tied, we will
  - b. Calculate the head-to-head point differential between the two remaining teams. The team with the larger differential wins
  - c. If these two teams are still tied, we will play a 2-minute sudden death game with no quick restarts
4. If all three teams are still tied after all of the above, we will play a single round-robin (3 total games) consisting of 2-minute sudden death games, no quick restarts and go through the tie breakers again

**SPORTSMANSHIP**

ZogSports is a charity-focused, social sports club for young professionals. Our goal is for you to have fun. We hope that you keep this in mind when participating. Although the games may



become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by the referee or ZogSports staff may result in suspension and/or ejection from a game or the league.

**SUSPENSIONS/EJECTIONS**

- Any player(s)/team(s) that are involved in a fight will be suspended from all ZogSports Leagues for life. Any teams will forfeit all remaining games
- Any player abusing the referee will automatically be ejected from the game without a warning
- A player ejected for ANY reason will be suspended for the next game. If that player is caught playing in that game, the team will forfeit

**BEER/TRASH/CLEAN-UP**

Unfortunately beer is not allowed in/at the schools. Please wait until after the games to join us at our Happy Hour bars for the drinking to begin.

It is also important to do your part to keep the gyms clean and use the trash cans provided.

Throw away food, wrappers, or bottles. **If we do not clean-up, we risk losing our permits.**

**PETS**

Unfortunately pets are not allowed in/at the schools. Please leave your pet at home or outside the school. This is really important. We risk losing our permits if an animal is brought into the building. Any team who does so (whether player or spectator) will be asked to take the pet outside or to leave the gym with the pet. Lack of compliance will result in games being forfeited for that team.

**FORFEIT NOTIFICATION**

If you know in advance that your team is going to forfeit a game, you **MUST** contact us by 12 pm on the day of the game at [info@zogsports.org](mailto:info@zogsports.org). It is not considered notification unless you receive a reply.

If your decision is not made until after 12 pm, you should still try to reach ZogSports, and we will make efforts to contact the other team. If we can reach them in time to keep them from showing up, no extra penalty. If you do not do this, your team will be eliminated from the rest of the schedule.

There is no additional penalty if you show up short-handed (and need to add other ZogSports players to field a full team) and have to forfeit the game, since you did make an effort to get a team to play.

Once ZogSports is notified you are forfeiting, it is official (you cannot change your mind), and the other team will be notified.