

Gay Dodgeball Rules & Regulations



The Court

- The following are the official dimensions for a regulation.
- The court is divided into two 30' X 30' areas, with a center line located at center court separating the two sides, total court length of 60' from back line to back line, and a total width of 30' from sideline to sideline.
- Approximately 2'-3' should be allotted for an out of bounds area.
- Every effort should be made to obtain the correct dimensions. However court size may be adjusted to best suit the available space. This is subject to change depending on the location/ venue being used.

Equipment

- 6 regulation size balls should be used per court: 6" Gay Dodgeball foam Ruff Skin.

Players

- Teams consist of 18 max players per team with **13 max players on the court at the start of each match**. All players must be in Gay Dodgeball official uniforms. Subs must be in black.
- Teams may consist of all genders, however many of any gender.
- Any ratio of men and women may participate, including all male and all female teams.

Substitutions

Substitutes are players that are not league members. If a team is short on players they may ask friends to come help their team. The substitute must register online and pay a \$15 for that game at GayDodgeball.com on the home page by clicking the ball that says "SUBS". If the substitutes play more than one week, they still need to register and pay EVERY WEEK.

Substitutes are allowed to play in the Playoffs/ Championship games if they have been a sub for the team they are subbing for **AT LEAST TWICE** through out the season.

Match

A regulation season match consists of two teams playing within 55 mins of time. Playing as many games they can within the allowed time. Each game will count as one point. At the end of 55 mins, the team with the most points wins. If the score is tied at the 55 minute mark the match ends in a tie and a new game does not start is 55 mins of game time has been already played.

Beginning Play

Play begins with all players positioned on their team's backline. Teams should have no more than 13 at the starting line. If a ball is caught by your team, no other players can come into play.

The Rush

- The Rush occurs at the beginning of each game or reset.
- Upon the whistle at the start, both teams rush to center court. To avoid colliding head on with the other team, each team will only be allowed to retrieve the 3 right most balls.
- A team may rush with as many or as few players as they want, but at least one person from each team has to Rush.
- One individual player may retrieve no more than 3 balls.
- Players may not slide or dive head first into the center line.
- Touching the center line will result in an "out."
- Players may not physically grab and pull another player across the center line.

Putting a Ball in Play

The ball must go completely behind the back line. During the Rush, any ball retrieved from the center line must be returned behind the back line before it becomes an active ball and can be thrown at an opponent. A ball that hasn't crossed the attack line is considered a dead ball, any hits or catches are voided plays.

The ways to put a ball into play following a Rush.

- A player carries the ball across the back line.
- A player passes the ball a teammate who is behind or carries it across the attack line.
- A player rebounds the ball off the back wall of the court.

Time Outs

There are no team time outs

Outs

- Player shall be deemed "out" when a live ball hits any part of the player's body, clothing, or uniform.
- If a player is hit by a live ball rebounding off another player or ball lying on the court that player is out.
- A defending player catches a live ball they have thrown (Thrower is out).
- If a ball is thrown and hits more than one player before hitting the floor or walls, all the players that the ball hit are out.
- If a ball is thrown and hits off a player, then caught by another player before hitting the floor or walls, the player who threw the ball is out and the player(s) that the ball hit is/are also out and the player who caught the ball is safe.

Live Ball & Dead Ball

- A Live Ball is a ball that hits another ball or a player directly from the players throw.
- A Dead Ball is a ball that hits anything other then a ball or player when thrown. Example (wall, floor, cone, basketball hoop) The result of the play will be called as whatever happened prior to being a dead ball. Example (If a ball hits a player and deflects into the wall and the player catches it off the wall. The player will be **out**

because when the ball hit the wall it became a dead ball)

Blocking

- Players can defend themselves by blocking the ball in flight with another ball but must retain control over the ball they are blocking with. A player dropping or losing possession of the blocking ball is deemed "out."
- Any blocked ball rebounding off another ball is considered live. Any player hit by the rebounding ball is deemed "out."

Pinching

The act of squeezing the ball in order to alter the thrown or blocked ball is not allowed.

Stalling

- The act of intentionally delaying the game for more than 20 seconds will result in losing the game.
- If both teams are stalling a reset should occur

Center Line

- Players are not allowed to touch the center. If a player touches the center line while making a throw, the throw does not count and the player that touched the line, is out. If a player touches the center line after the throw makes contact with a player, the player is out (If they get hit and they do not catch it) and then the thrower (who touched the line after the ball made contact is out.)
- Below are visual examples.



Out of Bounds Rule

- If any part of the player's body touches the center line at any time during the game, that player shall be called "out".
- A player can reach over the line to pick up a ball but if any part of the player touches the line or the other side, that player is out.

Sacrifice Fly

- A sacrifice fly is when a player runs towards the center line to jump over it while making a throw to get a player out. If the player making the attempt does not touch the line and hits the player with the ball before they hit the ground, then that is a clean play. If the player making the sacrifice fly play misses the other player with the ball, then they are out once they land on the other side of the court.

Headshots

- A headshot occurs when a player is hit directly in the head by a high thrown ball.
- Any player hit in the head will be out.

Uniforms

- Gay Dodgeball does not allow players to wear gloves or baseball caps during play.
- Each player will wear the Official Gay Dodgeball Players Uniform. Talk with your team and choose the same color before ordering. If a player does not have on their Uniform they CAN NOT play.
- All subs are required to wear black or the color to match the team they are subbing for and pay \$15. Subs may purchase a uniform if available.