



Pittsburgh, PA | EST 2015

Pittsburgh 2024 Rules & Regulations

For the 2024 season, our intent is to have a FUN league while allowing players to enjoy the classic game of dodgeball. We understand that in the heat of the moment, each of us can become passionate, but it is important to know that we are playing in an ADULT, LGBTQA+, VOLUNTEER based dodgeball league. Please do your part to ensure sportsmanlike behavior to our volunteers, players, sponsors, and community always, both on and off the court.

Players who do not abide by the rules and regulations herein may be disciplined within the confines of the sport, up to and including being removed from play. No refunds will be administered due to disciplinary action for infractions.

By refusing to follow the rules, regulations, and code of conduct you will forfeit your right to play in any Stonewall Dodgeball leagues. You may also be restricted from participation in any future Stonewall Dodgeball games or social events.

LET'S HAVE FUN!

Leadership reserves the right to make decisions in the spirit of fairness, even if a strict interpretation of the rules indicates a different ruling.

IMPORTANT:

- Please be aware to abide by the regulations of the Thelma Lovette YMCA
- As adults it is our responsibility to make sure we are abiding by the rules set forth, as well as the captain's responsibility for managing their teams.
- Additionally, please be respectful to the stonewall community and stay at home if you are sick.
- Please understand that the rules and guidelines may change during the season depending on any virus reported cases within the league, spikes in cases within the county, and CDC guidance/recommendations.

DATES AND TIMES:

January 5: Kickoff Party at 5801 6:00pm - 8:00pm

January 7: Opening Day/League play (Week 1)

January 14: League play (Week 2)

January 21: League play (Week 3)

January 28: League play (Week 4)

February 4: League play (Week 5)

February 11: Charity Short Court Tournament 11:00am – 4:00pm

February 18: League play (Week 6)

February 25: League play (Week 7)

March 3: Playoffs

March 10: Playoffs only if snow date is needed.

Regular Season: All games played between 11:00am – 4:00pm.

The basics: Throw a ball at someone to get them out. If it hits them (their clothes/hat or hair included), they're out. If they catch it, you're out, and they get a player back in.

You must wear athletic shoes appropriate for playing in a physical sport. While not required, you may wear kneepads, sports goggles, mouth guards, and athletic tapes.

No gloves are allowed. Pinching a ball (so rubber touches rubber inside the ball) is not allowed. You will be provided a warning, then you will be declared out.

Matches: The team with the most games won in the match wins. Matches are 45 minutes. Switch sides after each game. Referees should announce the last game when approaching the 45 minutes. Matches will be 45 minutes exactly. When 2 minutes are left in the match the head referee will blow their whistle signaling the remaining time. During this time deflections are not allowed, you will be out. You can only dodge or catch a ball thrown during this time. If a ball is deflected the player who deflected the ball is out and the thrown ball is dead. A catch made off the deflected ball will not count.

Teams: 12 players may play from a team at a time. The rest are benched and must wear pinnies provided by the league to help refs identify those players who should not be on the court. Players with a different color identifier on, will be allowed to walk around the court to help collect balls. Benched players are out for the entire single game and will not be allowed to

come into match until the start of the next game. 6 players are the minimum you can play with before a forfeit is required.

The team forfeits 10-0 if they can't make the minimum players 5 minutes after the game is scheduled to begin. All captains should be playing players evenly. No player should be required to sit out 2 games in a row. If the player wishes to sit out multiple game consecutively, they are allowed. Only captains from the opposing team can ask the Refs to clarify this with responsible player and captain.

Teams will be allowed substitutes to reach 12 players. No more than 2 substitutes will be allowed. Substitutes cannot be switched once the game has started.

In the Average Joes league, if the substitute is from the Globo Gym League the opposing team will be allowed the same number of competitive substitutes regardless of the number of players they have present for the match.

In the Average Joes league, If the substitute is from the Globo Gym League, and is the last player on the court, the game is over, and the opposing team wins that game.

Captain responsibilities: Up to 2 captains total (co-captains) will be recognized. During the match, captains liaise between your team and the refs, ensuring good sportsmanship and the rules are being followed. Only captains may discuss calls with the refs.

No players are allowed to argue with or berate the referees. Only captains may call timeouts. At the end of each match, they will ensure scores are recorded accurately on the scoreboard.

Starting the game: Each game will be played with 7 balls. These balls will be lined up on the center line for the start of each game. 4 balls on the right side of the center line (team opposite the window side) will be assigned to a team and 3 balls on the opposite side will be assigned to the other team. Rock, paper, scissors will determine who starts on the side with 4 balls. There will be NO RUSH ball.

At the start of each game teams will line up behind the back line. When the ref blows the whistle, run to get the balls on your designated side (your team's designated balls will always be on the right side of the center line when you are lined up on the back line at the start of each game). False starts result in losing a ball to the other side. You can step over the centerline on the initial rush but doing so any time after that means you're out. If a team obtains their designated balls and throws them across the center line before the other team picks up their designated balls at the start of a game, they are then able to obtain the other team's balls that are remaining on the center line.

Live ball/dead ball: A ball is live when it's thrown from behind the center line. Live balls can hit players or be caught, resulting in outs. A ball becomes dead when it:

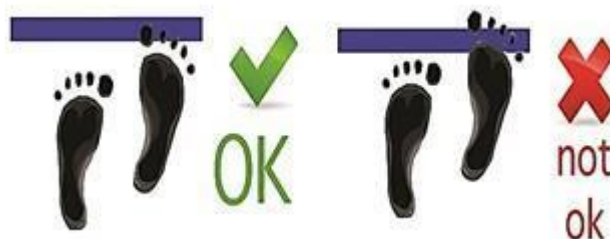
- Touches the floor or any other boundary, including a wall, other parts of the building, or the net.
- Touches another ball not being held by a live player.
- Touches a player who is already out or a non-player.
- Is caught.
- Comes back across the center line.

Note: A live player isn't technically out the moment they are hit; they are out moments later when the ball that hit them becomes dead. For traps (when a player makes a catch using another surface or object such as the ground or wall), both players are safe.

Boundaries and exiting the court: Players are out if their body/clothes touch the floor beyond the boundary lines (unless it's during the initial rush). Players may step out of bounds only to get a ball that is out of bounds, and they must enter and exit quickly. No standing out of bounds after collecting a ball, but the player is safe until they return to the court (one foot back in).

Don't take balls with you when exiting the court. If you carry a ball off the court to obtain another ball, you must relinquish that ball to the other team. The last player left may not exit the court, so their team will need to gather balls for them. Violating any of these sideline rules will result in an out.

Players on the court may retrieve a ball(s) from over the centerline if no part of them touch the opposites' side of the court. Catches count only if the player has two feet in bounds when they catch it. If they make the catch and then fall out of bounds due to momentum, they're not out due to stepping out of bounds. As soon as a player is eliminated, they can in no way interfere with the ongoing game while proceeding to the outline. Players who are out cannot touch balls that are inside of the court, doing so result in relinquishing that ball to the opponent. Players should immediately exit to the back of the court when making their way to the outline. They should not walk across court to exit when they are out as this can alter the game in play. This means no swatting oncoming balls or kicking or passing balls to fellow team members as they exit the court.



Shagging: Out players may return out-of-bounds balls (shagging) if the players stay on their side of the court. The balls must be promptly returned to play. Out players may not reach into the court or over into the other teams outline area for any reason. When a ball exits the realm of

the court (i.e., it's in the rafters or on another court), players from either side may shag the ball if they do not cross the centerline (players may retrieve a ball over the centerline outside the court if they do not touch the court over the centerline). If you're out, do not touch balls that are in play, even if you're still exiting the court. Out players should immediately move to the back of the court and exit on the designated side. Any ball that is shagged violating these rules will be relinquished to the opposing team with repeated violations resulting in the player being remove/rejected for the game.

Deflections: A deflection occurs when a ball bounces off a player or a ball that a player is holding.

- Deflecting a ball into yourself means that you are out (including deflecting into your own head).
- Deflecting a ball into someone else does not result in an out. A thrown ball can get at most one person out.
- A ball that is deflected is still a live ball that can be caught until it touches any part of the building, the net, an out player or non-player, or another ball that is not being held by a player. (See **Live ball/dead ball**)
- Deflecting a ball that is then caught is treated as a regular catch such that anyone hit by the ball prior to the catch is safe, the thrower is out, and the catching team gets a player back in.

Maintaining ball control during deflections or catches: If you deflect an incoming ball with the ball you're holding, you must maintain control of the ball(s) you were holding immediately following the deflection, or else you're out. The same goes for catches if you're holding a ball(s) at the time of the catch. This only applies to deflections. You may willingly/purposely drop the ball(s) that you are holding **before** catching the incoming ball to make a valid play. If you are holding a ball(s) and are hit/deflect the opponent's balls, you must maintain control over the ball(s) you were in possession. If you drop the ball(s) you were in possession of after being hit/deflecting the ball, even to make the catch you will be out once the first ball you had possession of is considered a dead ball. If you make the catch before your ball(s) are considered dead, the catch counts but you will be out for losing control of you ball(s). (You and the thrower are out and a player on the catcher's side is in).

Referees: Referees are here to ensure the integrity of the game. A referee's main priority is to keep the game moving and to rule on any unclear plays. All ref calls are final. Don't argue with them. There are two refs per match. Refs can call you out, but they shouldn't have to. Any player who knows they should be out but doesn't go out will be warned (possible suspension from next game or remaining games for match if there is a second occurrence). Referees can stop play by blowing their whistle and walking on the court, at which time all live balls are declared dead until the ref resumes play with their whistle.

For calls that require discussion, in general, captains may calmly discuss a play with a head referee, to clarify a rule or what was observed. Referees can and should reach consensus on calls, with the head referee making the final call, if needed. Captains and player may be asked

for clarification on the situation but is not required. All Referee calls are final. Board Members will be available for additional escalation, but this should be as a last resort.

Teams will be required to provide for 2 players who can/will act as referees for assigned games during the regular season and tournament. If a team is unable to provide referees for their scheduled time slots or find replacements, the team may be penalized with the following:

- 1st infraction – verbal warning
- 2nd infraction – the team's next game will start with a 1 – 0.
- 3rd infraction – the team will forfeit their next game.
- 4th infraction – the team is ineligible for the championship tournament.

Captains may also bring to the Head Referee's attention any opposing player who they believe is intentionally violating the rules. In this case Head Referee will pay specific attention to the players in question and may call upon a member of the League Management team for additional support in doing so.

No player may argue with or berate any referee - violations will be subject to an automatic yellow card. Any player who exhibits overly or consistently aggressive behavior, physically contacts or personally insults any referee, official or opponent will receive an automatic red card and ejection.

Arguments between teams, up to and including fighting, will result in red cards issued directly to involved players and may result in the immediate ending of the match at the discretion of the Head Referee and League Management.

Yellow Cards:

A player who is issued a yellow card is automatically declared out if they are a live player and must sit out the remainder of the game in session. Players who receive two yellow cards in one match, Updated Winter 2022 automatically receive a red card. In addition to the violations listed above, Head Referees may issue a yellow card for any rule violation which they determine to be flagrant or intentional.

Red Cards:

A player who is issued a red card must sit-out the remainder of the match in session. All red cards will be reported to the Director of Dodgeball and Director of Sports Operations, who will review the circumstances of the incident and will follow-up with that player. Players issued a red card for gross violation of rules pertaining to play, safety or sportsmanship may be subject to further action including suspension and/or expulsion. Players who are expelled from the league are not eligible for refunds.

Ball Control/Stalling: We play with 7 balls. Your team cannot hold 4 or more of the balls for more than 10 seconds. After 10 seconds the Head Referee will deem that the team with ball control is stalling and will give a warning by yelling, "ball control" and start counting down from

10. If a team fails to give up ball control after the 10 second count down, all the balls will be awarded to the other team and the referee(s) will stop play and facilitate the transfer of balls. The team with ball control must have no more than 3 balls (from the original majority that had when ball control was called) before the referee's count reaches 0. Balls outside the boundaries of the court are not used for determining ball control (balls on the track above the court, balls that are currently on the over court, balls under the bleachers, etc.). A team with 4 or more balls on their side still has ball control even if another ball is outside the area of the court (balls on the track above the court, balls that are currently on the over court, balls under the bleachers, etc.). Placing balls just over the center line doesn't count as giving up control of the balls. Deliberately throwing balls so they return without giving the other team a chance to take control of them or setting balls just over the centerline is stalling, Referees will issue a warning for stalling to the team and any stalling offenses from that team after will result all the balls in possession from that team being awarded to the other team.

Headshots: Shots directly to the head do not result in an out. Exception, if you're on the ground (defined as three points of contact with the floor), headshots on you do count. No deliberately blocking the ball with your head. If you are hit in the head and you catch the ball, the catch counts. You deserve it! Otherwise, the ball is immediately considered dead. If you deflect a ball into your own head, you're out (that's not a direct headshot). If you are hit in the head attempting to dodge, run, bend to grab a ball, or make any motion that puts you into any position that the thrown ball will hit you in the head, you are out. Headshots are left to the discretion of the referee. You may be penalized (per match) with the following:

- 1st infraction – verbal warning
- 2nd infraction – You will be removed from that current game.
- 3rd infraction – You will be removed from the rest of the match.

Outline: When you're out, line up on the side of the court with the first out closest to the back of the court (The "outline" will be opposite of the center court divider). Player is required to line up immediately after leaving the court. Players come in on catches in the same order they arrived in the line (players on their way to the outline cannot come in on catches, and the line order is determined by when the player arrives at the line rather than the order in which they got out). Players who "jump/cut" the line to enter earlier will be removed from the match/game and no player will be allowed to return on that catch. Returning players are active upon having 1 foot in bounds and should reenter play in the back of the court.

Timeouts: Each team will have one (1) timeout per match. Timeouts will be thirty (30) seconds long, pauses official game time, and starts when the ref blows the whistle. All players, besides the captain(s), should stay in order in the outline and live player should remain on their side of the court, and all live balls are dead when the ref begins the timeout. If a ball is thrown when the whistle is blown, it will be returned to the player who threw it, and no catches or hits will count.

Shirts and Numbering: Every player must have a number between 00 and 99 (unique within their team) written onto the front left breast of the shirt. Two white boxes will be provided on the front of the league shirts for your name and pronouns (right breast), and unique number (left breast). Please do not include decimals or any other special characters. This will assist the refs in making calls during the game. Only registered players may play. All players must be wearing their Stonewall Dodgeball shirts (must be current season due to sponsorship on the back) with unique number to play. You will not be able to play without the approved, numbered Stonewall shirt.

Injuries: Injured players may remove themselves from play for up to two minutes and then return to play. Injured players who cannot return to the game may be replaced by another team member. The replacement player should be the next player on the outline who would enter on the next catch. If all 12 players are on the court when player is injured, any of the benched players may replace the injured player. If the game ends before the two-minute period is completed, and the player has not yet decided to step back onto the court or has been replaced by another player, the game is over.

Tie breakers: Ties are allowed during regular season. For tournament/playoff matches, ties are broken by playing one final game to completion. During a tie breaker game, no deflections are allowed (you will be called out). You can only dodge or catch a ball thrown at you during a playoff tie breaker. If a ball is deflected during a tie breaker round, the player who deflected the ball is out and the thrown ball is dead. A catch made off the deflected ball will not count.

Slaughter rule: If the point differential of any match reaches 10 points, the match is declared a victory for the leading team and the score is recorded as-is. The match is over. A mix-up with whomever (must be part of the league) can restart play with an open-gym style. No ref will be provided, and scores don't count anymore.

Miscellaneous Information: Stonewall will provide marking tape, balls, pinnies, whistles, etc. Every week there will be a 10 to 15-minute period of setup before the first match and after the last match. This will include politely moving and replacing items that belong to the facility that are in the way on the court. We appreciate help from players in setting up our equipment and then resetting the facility to the way it was once we leave each night.

Teams will be provided the correct number of pinnies for benched players prior at the start of their match. After their match is finished, pinnies will be returned to a separate (used) bag to be washed and sanitized for the following week.