



DODGEBALL RULES: DC METRO

Amended October 2013

Thanks to all of you for deciding to play NAKID Social Sports. NAKID is a SOCIAL league - everyone is here to meet people, make friends and have lots of fun. The sports that we provide are an ancillary piece; they're fun and sometimes competitive, but no one playing here is out to be a dodgeball superstar. It's not a kids game, but it's also not the end-all-be-all of existence either.

We understand that games can become exciting and intense, which can be a great element for a game. However, any verbal or physical abuse of other players, referees and umpires, spectators or facility employees and customers will not be tolerated, and will result in immediate ejection from the game. Repeat offenders may be banned from the league without refunds.

I. Registration

1. All players must be registered and paid in full to play NAKID.
2. All players must be 21 or older, have health insurance, and has signed our online waiver (during registration).
3. Players may only play for the team(s) for which they have registered.
4. Players will not hold NAKID, our facilities or our sponsor bars responsible in any way for any injuries that occur during game play or at any NAKID events.
5. No refunds will be provided.
6. Any team caught using players not registered with the league will be disbanded and the players will be moved to other teams as needed.

II. Rosters

1. NAKID rosters shall consist of no more than 20 players and no less than 15 players.
2. Rosters are flexible meaning:
 - a. Players can be traded as long as the captains and players agree to the trade AND the roster size is the same for both teams after the trade as it was before the trade. Shirts will need to be traded amongst players. The trade deadline is two

- weeks prior to the end of the regular season.
- b. Once a team trades a player or players, that team cannot acquire that player again at any point during the season or playoffs.
 - c. If any registered and paid players fail to show up or contact their captain for a period of three consecutive games, players may be removed from the roster and replaced at the captain's request.
 - d. The replacement player will have to register and pay a prorated amount in order to play.
 - e. Players who eventually do show up we will be placed on a team as needed
3. Rosters shall be created to insure that the requirement of three males and three females will be able to play at any time in the field.

III. Game Gear

1. Players must wear clean tennis shoes. (No black soles.)
2. All players must wear their issued team shirt while playing.
3. A player who has not received a shirt or has misplaced or forgotten a shirt will be permitted to play (once per season) in the game on the following basis;
 - a. Player must be registered and paid to play on the team.
 - b. Player must have a valid ID and the captain must vouch for the player's place on the team.
 - c. If the player is found not to be on the roster after a roster check, the game will be marked as a loss.
4. All players must use game balls supplied by NAKID.

IV. Referees

1. The league will provide two referees for every match
2. Both referees will be positioned during game play at the center line.
3. Referees are responsible to serve as an arbitrator for all calls, to start and maintain game flow, and to ensure safety of all participants and spectators.
4. Although the referees are to help with calls, it is the **players'** responsibility to remove themselves from games when out.
5. Captains are the only team members who may argue calls.
6. All decisions made by referees are final.

V. Sportsmanship

1. NAKID dodgeball is a sport, just like any other, and at times people competition will get heated. This is expected and understood. However, abusive treatment to referees, other players, or spectators will not be tolerated.
2. Directing profanity at a referee or other team will be considered an ejectable offense.

3. Accusing a referee of cheating will be considered an ejectable offense.
4. Any action regarded by the referees as poor sportsmanship or dangerous will be considered an ejectable offense.
5. It is the referees' discretion for the consequence for unsportsmanlike behavior, which may include,
 - a. Warning
 - b. Team loses a player in the round being played
 - c. Player is ejected for the rest of the night
6. All other disciplinary action is at the discretion of the league on an as-needed basis.
7. Conduct that is viewed as detrimental to the league or its players may lead to dismissal from the league.
8. Player are expected to call themselves out when hit.
9. Any player caught cheating will be issued a warning if it happen they are ejected for the rest of the match. (Examples of cheating includes not calling yourself out when you were clearly hit or throw balls back to your teammates for the other teams side)
10. Any player ejected from three or more games will not be allow to play in the playoffs.

VI. The Playing Court

1. The NAKID playing court will be half of the basketball court of the YMCA.
2. Each court will be from the hanging tarp to the line closest to the opposite wall.
3. The players not in the game can stand next to the wall and on their teams side of the court.
4. "Attack" lines for each team shall be marked.
5. Teams will switch sides after every game.

VII. The Teams on Game Day

1. Dodgeball teams will consist of a maximum 6 players on the court at one time. At least two of each gender is permitted and a maximum of 4 players of each gender.
2. If you have no players of one gender you are only allowed to play 4 players.
3. The object is to win each game by eliminating the opposing team's players.
4. Each dodgeball match is the best of 9 games.
5. Each game will be no longer than 4 minutes.
6. If the teams have an equal number of players at the end of a game there will be a one-minute playoff involving 3 people with at least 1 of each gender.
7. Substitution will be allowed only in-between games.

VIII. The Game

1. The game will begin with the referees placing eight balls along the middle of the court.
2. Teams will start behind the back line. The referee will blow the whistle to start the game

and each team will retrieve the balls.

3. Once the balls are retrieved, players may not throw the ball until behind the Attack line.
4. The game continues until all players from one side are eliminated or time runs out.
5. If time runs out, the team with the most players remaining wins that game.
6. Any player hit by the opposing team's ball on the fly will be eliminated, unless the ball is caught by one of their teammates. Players are not eliminated if the ball first bounces off anything.
7. Eliminated players must stand out of bounds, and they may throw the balls back to their teammates.
8. If a thrown ball is caught by an opposing player, the throwing player will be eliminated, and the team that caught the ball will be allowed to bring back a player. (The players must be brought back in the order they were eliminated.)
 - a. This includes catching a deflected ball off one of a teammate or of another ball a teammate is holding.
 - b. If a woman throws the ball and it is caught by a man, the woman is eliminated, but the other team does not get to bring back in another player.
 - c. Balls caught off the court, the wall, backboards or any other object not in play will not count as an elimination.
9. Players may block an opposing player's throw with their own ball.
 - a. If the ball is knocked out of their hands while blocking, that player will be eliminated unless the thrown ball is caught by you or your teammates.
 - b. If a blocked ball hits another player or yourself, you or that player **are** eliminated.
10. Throws at the head (whether intentional or not) are not allowed. If a player is hit in the head, that player stays in the game, as long as the player is in a substantially upright position.
11. Teams are not allowed to stall. A ball needs to be thrown within 10 seconds from each side. If balls are not thrown within 10 seconds, the ref will first give a warning. After a warning the ref may eliminate a player.
12. Balls must be thrown. They may not be kicked or punched.
13. Teams are expected to arrive and be ready for play at their scheduled game time.
 - a. Teams will be given a 5-minute grace period, after which the first game will be forfeited.
 - b. For every 5 minutes after the grace period, another game will be forfeited.
14. Teams are allowed to play as long as at least 4 players are present.
 - a. If a team has no person on one gender they may only play 4 players of the other gender.