



Istrouma Sports Organization
Adult Co-Ed Dodgeball League

League Intentions

ISO is committed to using sports as a tool to develop relationships within our churches and also to reach out to our community in a family-friendly atmosphere.

Behavior

Head coach is responsible for the behavior of his/her team. It is the coach's responsibility to either handle the improper behavior or report it to someone who can. Inappropriate behavior will not be tolerated. Head coach will be notified of offenses committed by their team members.

Please keep in mind that this is a church-based league and you are playing on church property. Your actions will be a reflection on the church you represent.

There will be no profanity, no tobacco use, and no alcohol allowed at any ISO facility.

Children will need to be supervised at all times. For safety purposes, all fans and children will need to be seated in the bleachers while games are being played. All hallways and classrooms both upstairs and downstairs are strictly off limits.

Uniforms

Each player must have a matching jersey with their church name and a number on back. Players must wear shorts and rubber-soled tennis shoes to play.

Official Rules

*One game consists of a maximum of 3 matches. Each match is 5 minutes. We will play the best 2 out of 3 matches to win a game.

The Team

*6 -10 players per team. All players 18 years of age or older.

*Teams are co-ed, with any mixed number of males and females.

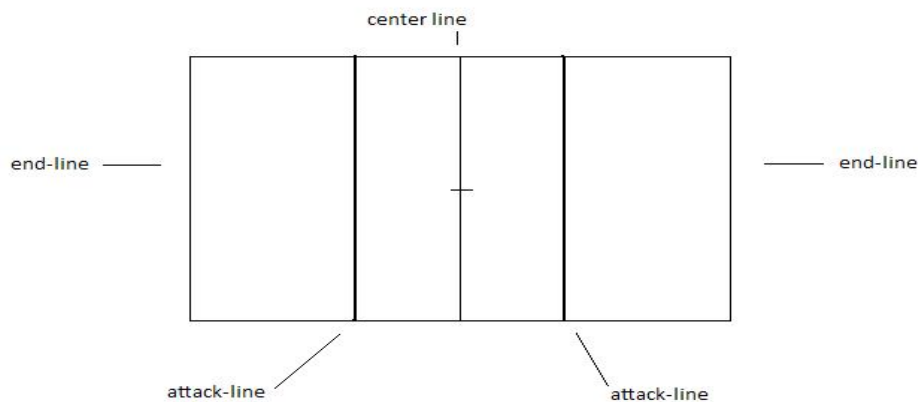
*Each team will have one manager that will be the mediator between the court monitor and their team.

*6 players compete at one time from each team (2 teams play at a time). Two women must be on the court at the start of the game. All other players must remain seated on the team bench and are available as substitutes.

*A team may compete with only 5 players present. Less than 5 players will result in a forfeit.

How to play

*The court is identical to a volleyball court



*The object of the game is to eliminate all opposing players either by

1. Hitting a player with a live thrown ball below the shoulders
2. Catching a live ball thrown by the other team before it touches the ground results in an elimination of the thrower and a one person re-entry for the team who caught the ball.
3. Forcing your opponents out of bounds. You are considered out if you go out of bounds while trying to avoid being hit by a ball.

**A LIVE ball is a ball that has been thrown and has not touched anything including the ground, another player or another ball, the court monitor, or any other item outside the playing field (wall, ceiling, etc.)

*A match begins by placing 6 dodgeballs on the center line of the court. 3 balls on each side of the center hash mark. Players start behind their end-line. When the court monitor blows the whistle dodgeball begins. Players from both teams can retrieve their balls from the center line. A team is only allowed to retrieve the 3 balls to their right of the center hash mark. Once a ball is retrieved it must be taken behind the attack-line of the court before it can be thrown. The first team to eliminate all opposing players wins.

*Each match is 5 minutes long. If the 5 minute time limit is up and neither team has eliminated all opposing players the team with the most players remaining wins. If each team has the same amount of players remaining a 1 minute sudden death match will occur.

*In a sudden death match each team will be given 30 seconds to pick one player to compete. 2 balls will be placed on the center line (each equally distanced from the center hash mark). Both players will start behind their end-lines and on the court monitor's whistle can retrieve their ball (the ball to the right of the center hash mark). The player must retreat behind the attack-line before attempting to throw the ball at their opponent. The first player to eliminate the opposing player by hitting them below the shoulders with a live ball or catching their opponent's live ball will represent the winning team.

The Boundaries

*The boundary lines consist of: the end-line, the sideline, attack line, and the center line.

*During play, all competing players must remain within the boundary lines. **Stepping on a boundary line or your opponent's attack line is considered out of bounds.** If a player steps on or outside one of the boundary lines they are eliminated from the match. All players must always enter and exit the court from the end-line during official play; this includes retrieving stray balls and substitutions.

* A player may not cross the mid-court line to retrieve balls out of bounds. Doing so will result in elimination.

* The attack line for a team is the broken line closest to the court area of the opposing team.

*Players must enter and exit from the end line and not the sideline. Penalty: they are out.

Time-outs and Substitutions

*Each team is allowed one 30 second time-out during a match. At end of time out both teams start behind the end line with whatever balls are on their side of the court.

*No time-outs allowed during sudden death matches

*Time-outs expire after each match

*Players may be substituted during time-outs only. Substitutes must enter and exit through the end-line of the court.

Penalties

*If the team in the lead controls all 6 balls on their side of the court for more than 5 seconds (an attempt to stall the game) then one player from that team will be eliminated. The team will have 10 seconds to pick a player to eliminate or the court monitor will pick a player at random to be eliminated. The eliminated player is eligible for re-entry through substitution.

*If a player at any time during official play enters or exits the court through any other boundary line other than the end-line they are eliminated from play but are eligible for re-entry through substitution.

*If a player is behind the end line and not retrieving a ball he/she has 2 seconds to get over the end line or he/she is out. A player who is over the end line and is retrieving a ball is not out if they are struck with a ball.

*If a player at any time during official play steps on or outside any boundary line they are eliminated from play but are eligible for re-entry through substitution.

*If a player goes to retrieve a ball from out of bounds he must collect them all, and may not leave any balls remaining out of bounds.

*If a player runs steps on, falls back out of, dodges out of, or crosses the out the back line without a retrievable ball being behind the lines or going out of bounds before a ball does will result in that player being eliminated.

*When a player has collected the balls from out of bounds they must step directly into play, waiting behind the boundary line beyond 5 seconds will result in an elimination of said player.

*If a player throws a ball before retreating behind the attack-line they are eliminated from play but are eligible for re-entry through substitution.

*Headshots do not count! If you are struck in the head anywhere, you and the thrower are both still in. However, deliberate head shots, which are balls thrown with the sole intent of hitting a player in the face to cause harm will result in automatic expulsion from the entire match for the offending player. It will also result in an automatic timeout to reset while the receiving layer may recover. In the case of it being the last round in the match, the offending player will have to sit out the entirety of their next match.

*Balls that are out of bounds or going out of bounds, may not be interfered with by anyone not on the court playing. Interference may result in removal of a live teammate. If you are not playing, you should not be touching the ball.

*If a player hits an opposing player above the shoulders with a ball they are eliminated from match without re-entry privileges. The player can return to play in the next match.

*Unsportsmanlike conduct will result in elimination from match without return until next match and/or possible elimination from game. Unsportsmanlike conduct can include but is not limited to not abiding

by the rules of the game, disrespecting court monitor, team members, opposing team members and/ or spectators, taunting or using foul language.

*If a penalty is committed by the same player more than once during a game they are eligible for elimination from the rest of the game at the court monitor's discretion.

Rule Enforcement

*All players are expected to play by an 'honor system,' meaning players are expected to determine if a hit was legal or not and if they are legally eliminated or not. Any decisions that cannot be agreed upon will be determined by the court monitor. The court monitor's decision is final-no exceptions.

*If a player blocks a ball by holding a ball, the ball holding player is out only if one of their fingers has touched the thrown ball.

*If a player is hit after a thrown ball deflects from a hit teammate, they are not out. The ball is dead after it touches a player.

League Contacts

For scheduling issues, please contact Charmain King at cking@istrouma.org.

For league issues, please contact M.L. Woodruff at 295-0775 ext. 188 or through email at mlwoodruff@istrouma.org.