

# Ireland DodgeBall Association (IDBA)

## MATCH RULES

For adults (players aged over 16 years)

### IDBA Code of Conduct for Players

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of game officials and IDBA staff.
3. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
4. Be responsible for your actions and maintain self-control.
5. Do not taunt or bait opponents and refrain from using foul or abusive language.

### 1. The Players:

Mixed sex or single sex teams, down to personal preference. 6 players make a team; a squad of 10 is recommended.

### 2. The Court & Equipment:

2.1 Senior Courts are 24ft wide x 42ft(min)-60ft(max) long with a 2ft dead zone at the centre across the width. No player is allowed to step in the dead zone.

2.2 Courts shall be clearly marked with Blue Lines

2.3 Each game uses a set of 3 Dodgeballs

#### The Ball

2.4 The ball shall be official IDBA, UKDBA or IDBF dodgeballs, 9-10" diameter and inflated to 2-3 pounds of pressure.

#### Uniforms

2.5 Each Team shall wear the same colour shirts, numbered on the back.

2.6 It is recommended that shoes appropriate for indoor court play are worn.

2.7 Appropriate sports clothing should be worn. No belts and no zips are allowed on players' clothing

2.8 No jewellery of any kind is allowed on the court.

2.9 No spectacles are permitted on the court unless the player can prove they are specialist sports glasses.

#### DEAD ZONE

#### PLAYER

#### RETURN AREA

#### PLAYER

#### RETURN AREA

2.10 If any player insists on wearing spectacles or jewellery, they can still be allowed to play, but they must take full responsibility for any injuries caused by wearing the item(s) and any damage caused to or by the item(s).

2.11 Gloves are not allowed to be worn, except for medical reasons or as support for an injury.

### 3. Match Play

3.1 Each game has a time of 2 minutes.

3.2 Each overtime period has a limit of 1 minute.

#### Start of Play

3.3 Each team takes opposite courts prior to the start of the game. The designated home team chooses which side of the court to begin play on.

3.4 If at the start of a match one team fails to field a team of 6, it is normally accepted that the team can still play, providing they can field at least 4 players. If they have less than four players the team immediately forfeits the game.

3.5 After the official has determined that both teams are present and ready they place the dodgeballs in the dead zone on the court. The official will start the game and the game begins.

3.6 A maximum of 3 players from each team will run to collect the balls; once possession is attained the ball must be returned to the back court. The ball(s) must be in possession of player(s) behind the Return Line before an attempt can be made.

3.7 Dead Zone infringements –

– 3.7.1 No player can step into the dead zone during the match; if they do they are called out, and must retire to the player return area in order put out.

3.7.2 No player can reach into or over the Dead Zone to make physical contact with an opposing player; if they do they are called out, and must retire to the player return area in the order put out; repeated offences will result in the player being Ejected from the Match.

#### Play

A match consists of 5 or 7 games. (Subject to change)

3.8 Generally play is continuous as each team makes attempts at throwing the other team's players out, until all players on one team are out or time expires.

3.9 No player may leave the boundaries of the court to avoid being struck by an attempt.

3.9.1 If a player does leave the boundaries of the court the official will call them 'Out'.

3.9.2 Players may only leave the court to collect 'dead' balls, after a match official has given permission; players must return to the court behind the Return Line.

3.9.3 Players recovering 'dead' balls from off the court are not in play and must return to play before any attempts on them are valid.

3.9.4 Players must return to the court before they make an attempt.

3.9.5 Players recovering balls must return to the court immediately they have possession of the recovered ball or the officials can call them 'Out'.

3.9.6 Any deliberate delay in recovering a 'dead' ball will be considered un-sportsmanlike conduct and the player will be called 'Out'.

3.10 During play, stepping on the boundary line is considered leaving the court.

3.11 A player is called out when:

3.11.1 Struck by an attempt before the ball strikes any surface, player or

3.11.2 object. All parts of a player's body, including the head, that are struck by an attempt will cause the hit player to be out. A player's clothing counts as part of the body.

3.11.3 A player from the opposing team catches their attempt cleanly.

3.11.4 A player violates any rule i.e. taunting

3.12 Play is continuous, there is no time allowed between games.

3.12.1 Referees will encourage teams to start the next game as soon as

the dodgeballs are placed in the Dead Zone. Referees will start the next game when both teams are touching the back line or when the referee decides to start the game.

3. 12. 2 Each team can request a Time Out between games, once in each match. Time Outs have a maximum duration of 30 seconds.

3. 12. 3 Team captains are the only players who can request a Time Out.

3. 12. 4 Referees will call out to teams to get ready to start the next game, as soon as the Time Out has expired.

3. 13 The Referees/Officials decision is final. Disputing with the Official may lead to the game/match being forfeited or players being banned from the game/match.

3. 14 Players are expected to abide by the Honour System. Any player who remains on court after they are clearly out and waits to be called 'Out' by an official will be in breach of the Honour System. This is un-sportsmanlike conduct; players will be warned and may be ejected from a game/match if they are seen to behave in this manner on more than one occasion during an event.

#### Possession Changes

3. 15 Possession changes after an attempt is retrieved.

3. 16 When the leading team controls the balls they must make a valid attempt on the opposing team, with the second and third ball(s) in their possession; i.e. when the team with more players on court has the majority of the balls located on their side of the court, or the team in possession of the majority of the balls when both teams have an equal number of players.

A team is in possession of the balls when they have dodgeballs in their players' control or when the balls can be in a player's possession but they decline to pick up the ball.

If a referee determines that a player or team is not trying to make a valid attempt on the opposing team, the referee calls out to the player(s) or team that they have 5 seconds to throw the ball(s). If this is not done, a 5-second violation can be called and the offending players will be called 'Out!' and the player or team will receive a verbal warning.

Deliberately not making a Valid Attempt (See Definition 4.1 Attempt.) after being warned will lead to the match official taking further disciplinary action against the offending players.

Deliberately, retaining possession of the ball(s) for longer than five seconds, after being warned for this offence earlier in the match, will result in the Referee taking disciplinary action: a Yellow Card will be shown to the player for a second offence, meaning the player will be ejected for two games; a Red Card will be shown for a third offence, which is a tournament ejection.

When a team is leading, players can be disciplined for the following: placing the ball just over the 'Dead Zone', rolling the ball into the opposite court, throwing the ball deliberately above the reach of the opposing players, throwing into the floor so it bounces to the opposing team, deliberately throwing the ball 'out of bounds' or deliberately stalling play by holding onto the ball(s) for longer than five seconds.

3. 17 When a dead ball is declared due to an illegal attempt or team interference, the possession is taken by the official from the offending team and given to the other team by bouncing the ball into their court.

#### Ending a game

3. 18 A game is ended when:

All players on one team are out.

Time expires

A forfeit occurs

At the moment of the official's signal, to indicate the end of a game, all play is ended and all balls are 'dead'

3. 19 The winner of the game is the team with the most players left at the end.

Ending a match

3. 20 A match is ended when:

One team wins the majority of games within the match.

One team voluntarily or involuntarily forfeits the match.

3. 21 The winner of the match is the team that wins the majority of games in a match. In league play, matches and games within a match can be drawn. In knockout tournament play, a drawn match is decided by Overtime, played at the end of the match.

Illegal attempts

3. 22 Any deliberate headshot is an illegal attempt.

3. 23 Kicking the ball at the opposing team or at a match official constitutes an illegal attempt.

3. 24 Punching the ball at the opposing team or at a match official is an illegal attempt

3. 25 Illegal attempts are considered as un-sportsmanlike and aggressive behaviour. The offending player will immediately be 'Out' and they can be ejected from the game and/or match.

Leaving the court when Put Out:

3. 26 Players shall immediately leave the playing area when put out or called out. Failure to leave the court immediately can result in forfeit of the game by the offending team.

3. 27 Players must sit out in the order that they are called out and must re enter the game in the order called out i.e. first out first in. Players must remain seated in the player return area. Failure to do so may result in the game being forfeited by the offending team.

Injuries

3. 28 Play and time is suspended when a player is injured. The player must leave the court and cannot return till the following game. A substitute can be used.

3. 29 Any player with a blood injury must leave the court immediately and dress the injury.

3. 30 Players must change uniform with blood on it – if no uniform is available any safe clothing can be used. If blood becomes present again the player must be substituted.

Substitutions:

3. 31 Substitutes must meet the requirements of the game being played.

3. 32 A substitute is allowed to enter only once per game, for an injured player.

3. 33 Substitutions may only be made during a stop in play with the recognition of the Official and between each two-minute game.

Returns:

3. 34 Players are allowed to return to the game from the 'Player Return Area' when their teammate catches a valid attempt from an opponent. The official will call the player back in. Players must return to the court behind the Return Line.

3. 35 The player that is allowed to return is the player that has been put out the

longest time during that game. First out is first in.

### 3.99 Alcohol:

The consumption of Alcohol is completely forbidden during the tournament hours. No player can play whilst under the influence of alcohol; if they do

they will be immediately expelled from the tournament.

## 4. The Definitions

4.1 Attempt: The act of a team with possession of the ball trying to put out a member of the other team by throwing the ball at them.

4.2 Backcourt: A team's Backcourt is the area of the court between the back line/wall and the Return Line ( marked across the court, 6 feet from the back wall/line) and within a playable height, i.e. within reach of the team's tallest player on court.

4.3 Blocked Ball: When a player uses a ball in their possession to block an incoming attempt. When holding a ball, which is being used to block an incoming ball, the player's hands and fingers will be considered to be part of the ball he/she is holding, while the player's hand(s) or finger(s) are in contact with the blocking ball. If the ball used to make the block is dropped on impact, or forced from full control of the player's hands, the player is ruled out and the incoming ball is declared dead. The incoming ball is 'dead' at the moment it strikes the blocking ball.

4.4 Catch: The act of a player cleanly catching an attempt by the other team prior to the ball striking the ground or any other object natural or unnatural to the playing area. The deliberate drop of a ball to catch a second ball is allowed. The ball can be caught after it has struck the player that catches the ball, but for a catch to be clean no other player, ball, object, person or surface can be touched by the ball before the catching player has full possession, even when a player already has possession of a ball and catches a second ball without dropping the other ball first; if the ball originally in possession is touched by the incoming ball after it has touched the player, the original ball will cause the catch to be negated and the player will be OUT.

A catch is considered clean, i.e. a valid catch, when a player has full possession of the ball in their hand(s) with some part of their body touching the court within their team's boundary lines. A catch must be completed before any part of a player's body touches down out of bounds and must have some part of the body in bounds when the ball is ruled as in their possession and a catch completed.

4.5 Clothing: Players' clothing counts as part of the body. If a thrown ball touches a player's clothing, while it is still a live ball, that player is 'Out'. All players MUST wear shirts/tops.

4.6 'Dead ball' : Declaration by the official that an attempt has been nullified.

A

ball striking an official is a dead ball; a kicked ball is a dead ball. An attempt made before the official has started the game is also a dead ball. A ball thrown by a player who is out is a dead ball. The official shall make a verbal call declaring the ball dead.

The possession of the ball will change to the opposite team if a dead ball is called. The official shall continue the game by bouncing the ball towards the team which has gained possession, or by calling for the team in possession to roll the ball to the back of their opponent's court.

4.7 Dead zone: The area at the centre of the court separating the two playing areas. Players stepping into the dead zone are out as if they have been struck by an attempt.

4.8 Driven Ball: A ball that the official deems has been delivered with force and intention. A driven ball may not be delivered intentionally to the head of any player.

4.9 Five seconds: A call by the official warning the leading team with the majority of the balls that they have no more than 5 seconds to make valid attempts such that they no longer have possession of the majority of the balls. Failing this, the official calls the offending players 'Out' and play continues.

4.10 Forfeit: A game forfeit occurs when a team fails to field the required number of players at the start of a game. A match forfeit occurs when a team fails to show up to play or fails to field the required number of players and the opposing team claims the win.

4.12 Gloves: The wearing of gloves by players is not allowed. If a player requests to wear gloves due to a medical condition or as protection and/or support for an injury to their hand, the referee can allow gloves to be worn by that player providing the player can provide proof of their condition or injury and the gloves do not enhance performance in any way.

4.12 Head Shot: A ball that strikes the head of a player above the shoulders. This is a valid attempt and a player struck on the head is OUT, unless the referee believes it to be a deliberate Head Shot.

A 'Head Shot' DOES NOT count in Under 16 games and it is regarded as an illegal attempt.

4.13 Hit: A successful attempt. After a hit on a player, the ball is 'dead' and no further hits or catches will count; the hit player must go to the 'Player Return Area'.

4.14 Lines: The lines showing the boundaries of the court. The actual line is out of bounds. If any part of a player touches any boundary line, or any surface beyond the boundary line, either wall or floor, they are 'Out'. The opposing team's court is considered as being over the boundary line.

4.15 Official: Responsible for enforcing the rules and regulations of the game. All judgement calls of the official are final. An Official can be a Referee, Scorer, Line Judge, Coordinator or any IDBA officer or the league/tournament organisers.

4.16 Overtime: In knockout tournament play, Overtime is played at the end of a match, when both teams have won an equal number of games in the match. All 6 players retake the court and the one-minute overtime game starts. At the end of one minute the referee will halt play. The team with the most players on court wins the match. If both teams have an equal number of players at the end of the overtime period, the referee will allow play to continue until one team has a player called 'Out', which means that team loses the Match. When teams are level at the end of one minute, the Referee will call out 'Sudden Death' to alert both teams to the situation.

4.17 'Play Ball' : Declaration by the official that a team must pick up a ball on their side of the court to make an attempt.

4.18 Player Return Area: The area on one side of the court beginning the centre where players in the current game retire when 'out' by an attempt. Players must sit in the order they were out until the game is over.

4.19 Referee: An Official who is responsible for enforcing the match rules during

play.

4. 20 Returnees: Allowing the return of players put out when a member of the same team catches an attempt of the other team before the attempt has struck the ground, wall or official.

4. 21 Return Line: the line marked across the court six feet in from the back wall/back line.

4. 22 One-on-One Play: also known as a Sacrifice or Suicide Play/Kill. This is when a player jumps over the opponent's side of the court, taking off from their own side, and makes an attempt while still in the air. This is a valid attempt. However, if the attacking player jumps directly at the defending player in such a manner that the referee deems it to be an aggressive act, the attacking player will be ejected from the match, and possibly from the rest of that day's play for unsportsmanlike conduct.

4. 23 Taunting: Verbally attacking the opposition and referees in an unsportsmanlike manner as determined by the official. Taunting is illegal; teams charged with taunting may forfeit the current game, it is recommended that referees initially warn the team captain(s); individual players will be disciplined as the match officials see fit.

Calling for the opposing team, and/or to the referee, for the release of balls due to a Five Seconds Violation will be regarded as un-sportsmanlike conduct and dealt with as if taunting.

4. 24 Team Interference: Interfering with the natural direction and/or speed of a live ball within the boundaries of the court, by a player or spectator who is not actively involved in the game, i.e. a player who is out, a team member not involved in the game or a spectator.

4. 25 Team Possession: Begins when a ball is in play on that team's side of the court and ends when a player on that team makes an attempt.

4. 26 Throw: Another term for attempt.

4. 27 Time Out: a thirty second rest period between games in a match. Team captains can request a time out once in each match; a Time Out must be called for at the end of a game and before dodgeballs are set in the Dead Zone for the start of the next game.

IDBA reserves the right to alter any rule at any time. Teams will be notified.  
*Participation in any sporting activity is entirely at your own risk and the organisers, their agents or servants do not accept liability for any personal injury or loss/damage to property howsoever caused.*