



The City of Grande Prairie Dodgeball League Policies

League policies govern the rules of league play (e.g. player eligibility, waivers, safety, playoffs and discipline).

DIVISIONS & ELIGIBILITY

1. The City of Grande Prairie Dodgeball League offers two divisions: the Competitive Division and the Fun Division.

- The **Competitive Division** is for those teams who have a goal and priority to win.
- The **Fun League** is for those teams who care less about the score than about getting out and spending time with friends. The Fun League is not for competitive teams wanting to secure a win.
- Although the League aims to place teams in their preferred division, teams may be asked to switch divisions based on team play and/or scoring.

2. Teams are co-ed, made up of a minimum of 6 players and maximum of 12 players.

3. All players must sign a waiver, and be 18 years and over, in order to play. Players who are between the ages of 16 & 18 years must have a parent/guardian sign their waiver in order to be eligible to play.

4. All teams must have 2 females, if not more, on the court to start a game. If needed, a team can borrow a female from another team, but must still have 1 player from their own roster for their games to officially count.

5. Teams may borrow additional females in the regular season to a maximum of 5 players, excluding the female player from the original roster.

6. In playoffs, no team may be allowed to borrow any females from another team.

7. Substitutes that are outside of the League must sign a waiver and be added to the team roster prior to playing in regular season games.

8. In playoffs, teams are not allowed to borrow male players from another team in the same division.

9. Substitutes must play at least one regular season game, and therefore be on the team's roster, in order to play in playoff games. Exceptions may be granted on a case by case basis.

10. Illegal substitutes could result in a forfeit of all games played by the illegal substitute. An illegal substitute is a player that infringes General #6-8.

SAFETY





1. The gymnasiums used do not have a separate viewing area or stage for bystanders or children to watch games from. Each court has benches along the side for teams and their gear; inactive players and belongings must stay clear of the playing area at all times. Bystanders and children attend dodgeball games at their or the parent/guardian's own risk.
2. Usage of gym apparatuses during dodgeball play (basketball nets, benches, ropes) or performing dangerous actions and stunts (backflips off walls and the gym stage) are banned due to safety concerns.

PLAYOFFS

1. Playoffs are scheduled in the last two weeks of the dodgeball schedule.
2. Every team will have playoff games; seeding is dependent on teams' games wins, losses, and ties during regular season games.
3. The playoff schedule will be communicated to team organizers as soon as playoff standings and schedules have been determined.

TEAM ORGANIZERS

1. Team Organizers (or a teammate on their roster) must attend the Team Organizers Meeting at the beginning of the Dodgeball season.
 - The meeting is for the benefit of the team organizer and their team. It is an opportunity to meet the referees and supervisor, clarify and demonstrate rules, and meet other team organizers (great resources for substitutes).
 - Failure to have a team organizer or representative at the meeting will result in a game loss in the season's standings.
2. Team Organizers' handshake: to build trust, goodwill and a better sense of community, team organizers are to meet with each other and the referee at the beginning of the night, before any games are played, and take a minute to introduce themselves, shake hands, and wish each other well. This helps with rule clarification and any conflicts on the courts.
2. Team Organizers' Clause: a game may be played under some variation of the rules and policies agreed upon by the captains of the teams involved.**





DISCIPLINE

1. Any physical altercations or serious breaches of spirit and sportsmanship will be automatically met with disciplinary actions which could result in suspensions or expulsion.*
2. The City of Grande Prairie Dodgeball League has a zero tolerance policy towards drugs and alcohol. They are prohibited in all gyms and surrounding areas, and within players' bodies (playing under the influence). Simply put, if a player or the referee can smell the substances emanating from a player, then the offender will be ejected from the premises immediately and will be subjected to further disciplinary action afterwards, including suspensions and expulsion.
3. The City of Grande Prairie Dodgeball League expects all players to be mature, respectful and sportsmanlike to other participants, referees and to league organizers. In order to protect the community, we reserve the right to refuse service.

* – In order to protect league players, the League reserves the right to give official warnings and suspensions on any of the above violations, and may ask the instigator to leave the court or premise immediately if the violation is severe. Three official warnings, or a single severe violation will lead to a ban from the league for the rest of the season including playoffs.

** – This rule is only for rare and extenuating circumstances (e.g. permitting a team to play with only 1 female on the court or 1 female substitute player at Playoffs due to unexpected injury or absence). Both team organizers must agree on any changes of the rules and policies. In addition, pressuring another team organizer to change the rules and policies against his/her will is unsportsmanlike.

Code of Conduct

1. Understand, appreciate and abide by the rules of the game
2. Respect your opponents and congratulate them in a courteous manner following each match whether in victory or defeat
3. Respect the integrity and judgment of game referees
4. Be responsible for your actions and maintain self-control





Unsportsmanlike Conduct

Spirit is of utmost importance, and unsportsmanlike conduct, spirit breaches, and actions detrimental to dodgeball play will not be tolerated. This includes:

1. Headshots and regular high throws
 1.
 - a. Regular hits above the shoulders (headhunting)
 - b. Contested vs Uncontested head shots
 - ii. Contested headshots do occur, and are considered accidental (to a degree) or reasonable due to the play:
 - The player is kneeling or crouching low;
 - The ball bounces off of something (ball/wall/ground/player) and hits a player in the head;
 - A person is throwing at another player and the recipient walks in front of the throw;
 - The person lowers their head into the ball
 - iii. *Uncontested* headshots are unacceptable and unsafe
 - They occur in full standing position or similar (a slight crouch);
 - Are uncalled for;
 - Directly contact the recipient without hitting anything else;
 - May also occur after a thrower has been consistently throwing high (despite being told otherwise by referees)

At any time, if a headshot is thrown, the thrower should immediately apologize and ensure that the apology is received by the headshot recipient.

2. Foul language, racial slurs, verbal abuse and slander
3. Unnecessary roughness and physical abuse
4. Slamming down or kicking balls in anger when hit
5. Arguing with referees, execs, participants, or fans
6. Abuse of the honour system
7. Excessive or unruly complaining and negativity to other players, referees or organizers





8. Biased refereeing to favor or disfavor other teams
9. Side refereeing (calling out missed-calls or voicing opinions on a call) is not permitted. Teams should allow players to referee themselves and their own team and refrain from refereeing the other team. The referee will make the final call on the play.

**In order to protect players, organizers reserve the right to give official warnings and suspensions on any of the above violations, and may ask the instigator to leave the court or premise immediately if the violation is severe.*



IDA Dodgeball Rules by [International Dodgeball Association](#) is licensed under a [Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License](#).

Adapted from International Dodgeball Officiating Guidelines Version 2.3; August 31, 2015

