



Oakville Recreational Dodgeball League (ORDL)

Rules and League Standards

Revised: April 2022

Oakville Recreational Dodgeball League Rules and Regulations

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ORDL Staff and Contacts

ORDL Website: [CLICK HERE](#)

League Supervisor: Gidon Frank gfrank@oakville.ca
(Work) 905-845-6601 ex 7204

Recreation Coordinator: Kim McDonald kmcdonald@oakville.ca
(Work) 905-845-6601 ex 4543

Oakville Trafalgar Community Center:
325 Reynolds Street,
Oakville, ON
L6J3L7
905-338-4728

All ORDL Schedules and Standings can be found at:
>>>[CLICK HERE](#)<<<

The Oakville Recreational Dodgeball League (ORDL) reserves the right to amend these rules and policies at any time in order to improve the quality and effectiveness of the league along with player safety. Changes will be posted immediately to the website and announced to the league when appropriate.

SECTION ONE: LEAGUE FORMAT

FORMAT

Adult (18+) Co-ed Recreational League.

OBJECTIVE

Eliminate the opposing team in a fun and competitive game of dodgeball.

LEVELS OF PLAY:

Recreational = this level of play is appropriate for all players interested in participating in their favorite Childhood game. Primary focus is exercise, sportsmanship and socialization.

NIGHTS OF PLAY

Friday Nights at Oakville Trafalgar Community Center

LEAGUE SET-UP

12 weeks of play per season including round robin play and playoffs (possible division rebalancing after week 4). All team's quality for the play-offs.

**Session set-up are subject to change.*

TEAM SET-UP

Every team can have a minimum of six players to a maximum of 10 players on a team. There must be a minimum of two females on the court at all times during game play.

MATCH SET-UP

Each match consists of 50 min. running time. Played on the Basketball court (Black lines are the boundary) One timeout allowed per match. After each game, a 60-second break is allowed. Tied games result in one 2-minute overtime period. The team with the most people on the court after 2 min. wins the game. If the game is still tied, the game is over. No additional timeouts for overtime period.

OFFICIATING

All games will be officiated by a league staff. All calls and decisions are final. Abuse of an official of any kind will not be tolerated. If a player has been found to have verbally or physically abuse an official or staff member that player will be subject to our disciplinary rules and possible removal from the league.

ATTIRE & SAFETY

1. Players must wear proper gym attire. Shirtless play is not allowed. Clothing must not endanger the safety of other players.
2. Players may not use clothing or accessories to provide unfair advantage, or unfairly inhibit or assist the movement of the ball to make a catch or throw.
3. Clothing (uniforms and accessories) is considered part of a player's body. However, fallen off garments not attached to a body cannot be hit, or called out.
4. Players are not allowed to play with gloves, bare hands only. Wraps for supporting recovering injuries are acceptable.
5. Players without proper footwear are not permitted to play. For example, sandals, slippers, flip flops, marking shoes, dress shoes, and going barefoot are not allowed.

SPORTSMANSHIP

Players are expected to be sportsmanlike at all times and treat all players and league officials with respect. Any unsportsmanlike conduct may result in removal from the match. Should there be a subsequent offence it may result in removal of the game and facility. It is up to the League Convener to provide a recommendation and ORDL Team will assess occurrences and determine suspensions.

TEAM ROSTERS

All players participating in the league must be 18 years of age or older at the start of the league.

Team rosters must be submitted before the first game of the season. No changes to the roster can occur after the fourth game of the season. If injuries occur or there are extenuating circumstances, the League Coordinator will make a final decision regarding adding players to the roster once the season has started. All players must register through Sports Engine to play in the ORDL. All protests involving player eligibility must be reported to the League immediately following the game.

Each player must check in with the league convener before the start of each game. The Convener will mark them present on the on the roster, and Sport Engine which will track their games played and their playoff eligibility.

SINGLE GAME SUBSTITUTION

If a team is going to be short players, the first option is to utilize subs off the team's roster. It must be reported to the league convener as soon as possible. Players from another team in the league can be used, but must be approved by the league office before the game. If subs are being used the opposing team captain will be consulted by the convener and must agree beforehand in order for the game to be official. Once approval has been given, the result of the game will be final.

TEAM NAMES

The Town of Oakville is committed to ensuring that its leagues are free from discriminatory, inappropriate, and disrespectful conduct or communication. We respect the rights of all participants to play in an environment free of discrimination and harassment. We reserve the right to reject and request a team change their name when content is deemed inappropriate.

When choosing a team name please ensure it is in good taste and is not offensive to individuals or groups on the basis of race, ethnicity, religion, disability, age, gender, sexual orientation, culture, or gender identity & expression. Team names must not contain profanity, racial slurs, sexual innuendo, references to drugs or alcohol, or other words that may be offensive, discriminatory or otherwise degrading in nature.

In the event a team name is rejected, we will change the team name to the captain's last name and provide the captain an opportunity to choose a new one. The ORDL reserves the right to reject and/or modify any team name that does not comply with the preceding regulations.

SECTION TWO: GENERAL RULES

NUMBER OF PLAYERS

Maximum of six players and a minimum of two females on each team at the start of the game.

EQUIPMENT

Six standard cloth dodgeballs are placed on the centerline in two groups of 3. Each group of 3 is placed at opposite ends of the centerline, in front of the referees.

The Boundary is the Black Lines – Basketball Courts on the East and West Gyms.

START OF THE GAME

Opening Rush: Players must be behind the boundary line at the start of the game. After the starting countdown of “3, 2, 1 Dodgeball!” teams approach the centerline to retrieve the balls.

Balls must be brought back over the attack line (Blue line) before they are live. The ball is considered dead, if thrown before returning to the attack line on an opening rush.

GETTING OUT

1. Players attempt to eliminate opponents by hitting them with balls or catching their throws. If a player is hit with a live ball, that player is out.
2. Stepping out of bounds or over the centre line, that player is out. To get a ball out of bounds (on your own side) the player must raise their hand to exit the playing area.
3. Eliminated player’s line up against sideline in order of elimination, on the same side as the ref, which is to be announced at the start of the games.
4. Players are to play by the honour system. If in doubt, player should call himself or herself out.
5. Play continues until one team is eliminated.

GAME STOP or PAUSE

Referees can pause the game at any point by saying, “Stop” or blowing a whistle. At that point, all events after and during are void.

- The game restarts with remaining players are ready to play again and (if any) conflict it resolved.
- All balls on the ground remain where they lay.
- Referees restart the game by a countdown of “3, 2, 1, Dodgeball!” or a whistle blow.

BOUNDARIES

1. Players are not allowed to make contact with any boundary or out of bounds area during game play, unless their hand is raised and they must be retrieving a ball; they will be called out.
2. During the opening rush, players may not cross the centerline.

3. All parts of a player's person, including all parts of his body, clothing, or balls in possession are considered when determining if contact has been made. Garments falling off of a player, and crossing a boundary (e.g. shoes, hats) do not make the player out.
4. The use of the apparatus, or the alcoves in the gyms during the games is illegal. Players in violation will be considered out.
5. Balls that go out of bounds are to be returned to where they became out of bounds, or stopped on the sidelines before they go out of bounds. If the initial out of bounds location cannot be determined, then the balls should be placed on the centerline.

HIT

A player is considered hit only if there is direct contact with a live ball released by the opposing team.

Hit etiquette: If a player is hit, they should drop all held balls, raise their arm to signal that they are out, and leave the court immediately and minimize gameplay disruption. (Once on the sidelines, knocked-out players are not allowed to kick or pass balls to their teammates. This is illegal and will result in the ball being turned over to the opposing team).

Headshots: A headshot is a throw that hits a player in the head before touching another body part or blocking ball, while they are at a “standing upright ready position, which can include knees slightly bent”. While the recipient of the headshot will not be considered out, the person who threw the headshot will be out. If a player significantly lowers their head – no headshot will be called. (Examples: crouch, kneel, sliding) In addition, players leaving their feet (jumping, dropping) are not protected in the headshot rule. In an effort to protect all players, all borderline cases will favour the person being thrown at. If a player has to put their hands up to avoid being hit by the ball, this will constitute a headshot. This will not apply to players who are in a crouched/kneeling position, nor to a player that is jumping.

CATCH

1. A catch is when a player retains full control of a ball released by an opponent. While possession does not require both feet on the ground, the

player must land with either feet, or any other part of their body inbounds. This includes catching balls going out of bounds.

2. If a player catches a ball thrown by an opponent, the thrower is out and one player returns to the catcher's side in the order of first out, first in.
3. In order to be eligible to return to the game, the player who is out must be at the wall or sideline next to the designated referee **before** a teammate makes a catch to bring him back in. The intention of this rule is to ensure that the player being brought back in was clearly hit out prior to the catch.

Returning players after a catch: Returning players are considered active once they enter the court behind the attack line.

- This must be done without hesitation to upon entering the court.
 - If the player purposely touches a ball before going behind the attack line, the ball becomes dead and it given to the other team.
4. If a dead ball is thrown and then caught, it is considered a legal catch.
 5. **Attempted catches:** If a player attempts to catch a live ball thrown by the opposing team, but drops it or allows it to touch any surface or object, other than themselves, before gaining full control, they are out.
 - If while trying to complete the catch, the player becomes out, the catch is void.
 6. **Catches after blocks:** It is considered a catch if an opponent's ball hits a blocking ball and is then caught by the same or another player. The blocker, however, must have the blocking ball in possession when making the catch; otherwise, he is out.
 7. If a ball deflects off a player's body, any player on the same team can make a legal catch afterwards.
 8. In order to make a successful catch, a player must maintain possession of all balls held at the time of initial contact.
 9. A player can only hold a maximum of two balls at one time.
 10. In the case where a catch is made and no player walks off (e.g. the player didn't see his ball get caught):
 - If referees observe the catch but the thrower cannot be determined, the referees should pause the game and request for one of the throwers to come off the court. Referees can assist by indicating the side that the ball might have come from. If the throwing team

volunteers no thrower, referees must come to a decision using all available on-court information.

- If all referees miss a catch entirely and no one leaves the court, there is no dispute and play continues.

Clothing exception: If a player makes a catch, but loses an article of clothing during the process (e.g. a hat falls off, even with ball contact), the catch is still valid. There is no requirement to maintain possession of all worn garments during the catch; the player shall continue to be in the game.

BLOCK

A block is when players use ball in possession to keep themselves from being hit.

Failed Block (Deflection Exception): A player is out if:

- An opponent's ball hits a player's blocking ball and then hits the blocker's body or clothing afterwards.
- A player drops their blocking ball, because of trying to block an opponent's ball.
- A ball hits the blocker's fingers or hand first, or after, while trying to block.

DEAD BALL

Dead ball: A ball is only dead, if it is declared as a dead ball by the referee.

10 Second Holding Rule: The intention of the 10 Second Holding Rule is to prevent stalling and encourage continuous play. Players can only hold the ball for 10 seconds. After 10 seconds, the ball is dead and must be turned over. It is the responsibility of players to know their ball's countdown status.

- a. The 10 second count starts in these situations: a) when a player picks up a ball, b) when a player holds down a ball that is on the ground for longer than 3 seconds, c) when a player maneuvers a ball alongside himself on the ground to move to a different position on the court, and d) when the first ball is activated at the opening rush (**see “Technical” #1**)
- b. The 10 Second Rule does not start in these situations: a) when a player rolls a ball to another teammate (ball must not leave the ground), b) when a player rolls a ball back from the centerline, and c) when a player stops a moving ball.

The 10-second count is announced: “Ten, nine, eight, seven, six, five, four, three, two, one, dead ball.” The interval between the first utterance of each number or word must be at least **one second**. The count should be announced loudly enough for the player to hear, yet the onus remains on the players to keep count themselves and to be aware of the referee's count. If the player has not released the ball at the first utterance of the word 'dead ball', the player must turn over the ball.

How to turn over a dead ball: A dead ball, after a 10-second count, must be rolled over with the intention to touch the opposing team's wall, not just placed over the centerline. If a dead ball stops midway from the centerline and the opposing team's wall, the referee can intervene to assist the turnover.

- The receiving team must play dead balls before the other team can use it again.
- Countdowns on balls are stopped once they go out of bounds, and do not resume when the balls return to the court
- Players cannot intentionally put balls out of bounds, or just over the centerline to reset the ball count. Those balls will be deemed as dead by the referee and must be turned over to the other team.
- When a player is out for any reason, all balls under their possession are to be dropped. Any countdowns on those balls are removed, unless any of those balls have already been deemed as dead balls by the referees.
- **Dropped balls:** Intentionally dropping or passing balls will not stop the 10-second count. A player may drop a held ball in order to catch a thrown ball, but the dropped ball is still counted down.
- If a team has all six balls on their court, and they are not being used (i.e. all six balls are left on the ground), referees will begin a 10-second holding rule on the ball closest to the centerline until it is played or turned over to the other team. If a player plays a ball, the countdown is transferred to that ball.

SHOWDOWN

If there is only one player left from each team, showdown goes into effect after 10 seconds. The procedure for showdown is:

- Referees count down 10 seconds, ending with “showdown” to pause the game.
- The centerline boundary is dissolved, while the sidelines remain active boundaries.
- Players begin with two balls in their hands at their respective end lines.
- The other two balls go at the ends of the centerline.

- When ready, showdown begins with a “3, 2, 1, showdown” from the referees.
- “Tagging” the opponent in a showdown will not count; balls must be released to hit someone out
- There is no 10-second dead ball count.
- If a victor cannot be determined, then a showdown rematch will occur.

SUBSTITUTIONS

1. Not allowed during a game unless there is an injury. The same six players who start a game shall end the game. Substitution may occur after each individual game (i.e. when you switch sides).
2. Only substitutes (players who did not start the game) are eligible to replace an injured player. A male substitute can only replace an injured male player, but a female substitute either can replace an injured male, or injured female player. In the case where no substitutes are available, the team will play short, or forfeit the game if the injured player is the last live player. Depending on the severity of the injury, Gym Leads reserves the right to ask an injured player to stop playing.
3. A minimum of two females is required to play a game. If you are short female players. A team can play with a maximum of five players, 1 female and 4 males.
4. For eligible substitute players, must be registered within the league to play. Please contact ordl@oakville.ca with any questions.

SECTION THREE: CLARIFICATION OF SPECIFIC RULES

1. The ball countdown at the Opening Rush starts when the first of the six balls is activated. Once the countdown starts, the countdown applies to all six balls simultaneously.
2. An opposing team’s balls at the centerline can be taken once all of your own team’s balls are taken, and they must be activated before they become live.

3. Activated means –moving the ball back behind the attack line before throwing the ball.
4. If a player throws a ball at the opposing team while over the centerline during the Opening Rush, they will be called out.
5. When catching, a player must be in full control of the ball without using any out of bounds area or floor as leverage.
6. A player is not to use any part of their clothing, or assistive accessories to make a catch, or interfere with a thrown active ball. Otherwise, that player is out.
7. When attempting to catch a blocked ball, a player must hold onto all the balls that they had in possession of at the time of the block, otherwise the player is out. (Max. of 2 balls)
8. Countdown on balls is stopped once they go out of bounds and does not resume when the balls return to the court. Balls purposely placed out of bounds are exempt from the resetting of the count.
9. Any physical contact with an opposing player will deem the player that initiated contact out.
10. If a ball is thrown before the first utterance of “showdown”, or “dead ball”, the throw is considered legal.
11. A ball must be picked up in order for the release to be legal. Smacking, spiking, kicking, or scooping a ball are not allowed, and the hit will not count; however if caught by the opponent, the catch is legal.
12. Players must line up next to the referees in the order they were knocked out.
13. Players return to the game in the order they were knocked out. (e.g., Player A was hit out first. Player B was hit out second. Player B lines up next to the referees before Player A. A catch was made by their teammates but Player A has not lined up next to the referees, therefore the catch does not bring anyone back in.)

14. Headshot Strikes: League Conveners and other league executives, upon witnessing headshot violations, have the authority to issue headshot “strikes” to individual offenders. Players observed conducting themselves in the manner constituting a Dangerous Play (or throwing Headshots) will be subject to official warnings, which could lead to suspension or expulsion. If the following occurs in one night during the regular season:

- **First headshot thrown** – The throwing player receives a verbal warning. The thrower is also out, but is eligible to be caught back into the game.
- **Second headshot thrown** – The throwing player is out and will sit the greater of three games or the remainder of the series. For warnings given at the end of a series, the player will sit off the following series.
- **Third headshot thrown** – The throwing player is out and will not be eligible to play for the remainder of the night. If this infraction occurs in the player’s final game of the night, the player will not be eligible to play the following week.

**In the event the third dangerous play occurs in the final game of the final week of regular season play, that player will sit out the first series of the playoffs after just one dangerous play during the playoffs. This scenario will be regarded as a player on probation. If a third headshot occurs during the playoffs, the player will be ineligible to play for the remainder of the playoffs and could face further suspension that can affect other nights of play if the player plays on multiple teams.

SECTION FOUR: SUSPENSIONS & APPEALS

The ORDL League Coordinator, Kim McDonald, will determine suspensions and Appeals.

PLEASE NOTE: All incidents are recorded and tracked each season. They can carry over season to season if necessary to determine a League Suspension.

Deliberate Attempt to injury – any action at the discretion of the referee that is deemed an intentional attempt to injury an opposing player with result in removal

from the game. This penalty can also be upgraded to a major penalty at the discretion of the referee or convener.

OFFENCE	1st OCCURRENCE	2nd OCCURRENCE	3rd OCCURENCE
General Misconduct – Unsportsmanlike conduct or violation by team members on or off court	Review		
Abuse of League staff	1 game	2 games	Review
Physical or verbal altercation	1 game	2 games	Review
Deliberate Head Contact	1 game	2 games	Review
Deliberate Attempt to injure	1 game	2 games	Review
Inappropriate off court behavior	1 game	2 games	Review
Fighting	3 games	5 games + Review	Removal
Racial Slurs	Review	Removal	
Verbal threats towards official(s)	Review	Removal	
Deliberate Physical Contact with Official	Removal		

****Listed are minimum suspensions per offence. All offences are subject to review, which could result in increased suspensions at the discretion of the League Office.***

We record all suspensions that occur in the ORDL throughout all seasons. These occurrences are accumulated as long as a player is in the ORDL, not just in the current season they are playing in. An accumulation of fouls (Technical and Unsportsmanlike) will result in the following suspensions; 4 fouls: 1 game suspension, 5 fouls: 2 game suspension, 6 fouls: Review.

SECTION FIVE: PLAY-OFFS

PLAYOFF ELIGIBILITY

For a player to be eligible for playoff competition, the rostered player must have played in **FOUR** regular season games during the session. If there are extenuating circumstances, please discuss with the League.

All team's qualify for the play-offs and will play all weeks of the playoffs

Playoff match ups will be determined based on regular season results. In the case of teams being tied after the season, Ties will be broken by:

1. Head to head results on the season
2. Team's points scored minus team's points allowed on the season
3. Fewest points allowed on the season
4. Coin toss

ORDL prizes will be awarded to the winning team in each division.

SECTION SIX: ACCIDENTS/ INSURANCE/ INSURANCE CLAIMS

All accidents must be reported to league convener or Town of Oakville staff immediately after the accident has occurred.

If for whatever reason an injury is not reported the day it occurs it must be reported to ordl@oakville.ca the next day.

The Town of Oakville insures all players. To make an insurance claim contact the League Supervisor. Claims must be submitted no more than 90 days after the injury occurs. Claims are to be sent directly to claims@oakville.ca