

BRICKHOUSE FITNESS

86 PAINe St SE
Bondurant, IA 50035



Roster/Waivers

Each team must have a minimum of 8 players on their roster, with at least 3 being female. A maximum of 12 players allowed per roster. Each participant must complete the waiver by registering to be part of the team you are playing with.

Sportsmanship

BrickHouse Fitness expects all participants to play with the highest level of sportsmanship. Rude, demeaning or disrespectful behavior to other teams, your own team, referees or any BrickHouse staff members will not be tolerated under any circumstance. Such behavior may result in that player being ejected from the game. Such ejection may result in further suspension from participation in current and/or future BrickHouse events/leagues. An ejected person is expected to leave the premises immediately.

Any disputes or complaints may be addressed with the Athletic Director after the day the incident took place. The day of the incident, all calls are final.

Forfeits

If a team does not have the minimum number of players to play a game, that team must forfeit the match. The opposing team will get a win for the match, and 4 game wins as well. Please give as much notice to the Athletic Director as possible so teams can be notified.

The Court

The curtain will divide the gymnasium. The playing court is considered all of the wood flooring from the curtain to the track. If part of the players body touches out of bounds or crosses the center line they will be considered out.

Teams

There will be a maximum of 8 players on the court at any time and a minimum of 6 players. There will be no more than 5 males on the court at the time. If a team does not have at least 3 females available to play, they must play short-handed. Players that arrive late must wait until the following game to enter the court. Substitutions can only be made at the beginning of a new game. In case of injury, the first person knocked out can substitute for the injured player, however males cannot substitute for females.

Regulation Games

Each match will consist of a best of 7 game series (first team to win 4 games wins the match). There will be a 5 minute time limit on each game. If the game is not completed after 5 minutes, the team with the most number of players remaining wins the game. If the teams have an equal number of players after 5 minutes, the game will immediately go into overtime (described below).

Each game will have 6 balls in play. 4 balls will be placed on the center line. Each team will receive one ball in-hand to start the game. Players begin the game with one foot touching the back line on their end of the court. The official will blow their whistle to indicate the start of the game. Once the game is started, players can approach the center line to retrieve the remaining balls, however they are fair game to be hit by their opponent while trying to retrieve it.

If a player leaves the end line prior to the whistle being blown, a False Start will be called by the official. Players will be reset and one ball from the center will be provided in-hand to the opposing team.

If the official rules that a player is holding the ball for the purpose of stalling, they will initiate a 5 second count. Once a 5 second count is initiated, any player holding a ball must release the ball within 5 seconds or roll the ball to the opposing team's side of the court. If a player does not release or roll the ball back within the 5 second count, they will be considered out. If a player is holding 2 balls, they must release at least 1 ball prior to the completion of the 5 second count.

Knockout Rules

A player will be knocked out of the game under the following circumstances:

- A player is hit with a ball that then proceeds to touch the ground (if a ball hits multiple players and then proceeds to touch the ground, all players contacted are out)
- A player throws a ball that is caught by the opposing team prior to touching the ground. The player throwing the ball will be considered out. If the ball deflects off an opposing player and is caught by their teammate prior to contacting the ground, the player contacted will be saved and the player that threw the ball will be out.
- Any part of a player's body touches outside of the boundaries of play
- A player attempting to deflect a throw with a ball in hand drops the ball which then contacts the ground.
- A player throws a high velocity ball and contacts an opposing player directly in the head. In this case, the player throwing the ball will be considered out. (Note: If the player being contacted in the head is deemed to have made an unpredictable movement that the thrower could not have anticipated, e.g. diving, rolling, crouching, jumping, etc., that resulted in the player being contacted in the head, the throw will be considered legal).
- A 5 second count is initiated by the official and a player holding a ball does not release or roll the ball to the opponent's side within 5 seconds.
- A player intentionally throws the ball out of the court in an effort to stall the game.

A knocked out player must immediately drop any balls in hand and exit the playing field with their hands raised over their head in a clear manner so that the opposing team knows they have already been knocked out. If knocked out player intentionally contacts a live ball before exiting the playing field, he/she will not be allowed to play in the next game.

If the ball hits the ground or a wall prior to contacting a player the ball is considered dead. If the ball hits the ground or wall and then contacts a player, the player is NOT considered out.

If a player deflects a thrown ball with a ball in-hand, the ball is considered dead. If the deflected ball contacts another player after being deflected off a ball in-hand, the player will NOT be considered out. Likewise, if the deflected ball is caught by another member of the team prior to contacting the ground, the thrower will NOT be considered out.

Overtime

If a game ends with the same number of players on either side, the game will immediately go into overtime. 3 players from each team (with at least 1 female) will begin the overtime with one foot touching the endline. Each team will have two balls in hand to start the overtime and two balls will be placed on the midline. The start of overtime will be signaled by the referee blowing their whistle. The first team to knockout a player on the opposing team wins the game. (Note: Only 1 player must be knocked out to win the game, not all 3).

Winning the League

Winner of the league will be determined in the following order:

- Matches Won
- Head to Head Matchup
- Games Won
- Coin Flip (or playoff if available)