THE OFFICIAL RULES OF PLAY (V 4.0)

- At least six players from each team will compete during play.
- Additional players can play if both teams have extra players.
- Rosters can consist of up to 10 total players.
- Each match must start with at least two female players. If the team is unable to field two female players they can play with up to four male players and one or no female players.
- Substitutions can only be made between rounds.
- Each weekly scheduled match will consist of 55 minutes of play.
- Each round of play will end after four (4) minutes of play or when all opposing players have been eliminated.
- At the 2:30 mark of each match, players will be able to advance to the 'attack line', located ten feet beyond the center line.
- At the 0:30 mark of each match, players will be able to advance to the '3-Point Line' for the final most intense action of the match.
- Teams will receive five points for each round they win, plus an additional point for each female player left in play at the end of the round.

GAMEPLAY

- Play will begin with both teams lined up on the back boundary line with 6 balls lined up at center court.
- At the ref's signal the clock will start and the players can run to retrieve the balls at center court to begin play.
- Players must vacate the playing field and line up on the sideline when struck out.
- A player is called out when they are struck by a ball before the ball strikes the ground, an opposing player catches their thrown ball, a ball is knocked from their grip from a ball thrown by the opposing team, or they step over the center line during regular play or the attack line after the 2:30 mark.
- A thrown ball is dead once it hits an opposing player's ball. If it hits the player holding the ball or deflects and hits another player there is no impact on the play. In addition if the ball is caught after deflecting off another ball there is no impact on play.

- If an eliminated player intentionally touches a ball on the ground or gets in the way of the gameplay their team must send off an additional player. Unintentional contact is not penalized, as judged by the referee.
- If your team catches a ball thrown by the opposing team, one player may to go back into play as determined by the order of elimination. (First Out, First In)
- HEAD SHOTS ARE STRICTLY FORBIDDEN! If a player is intentionally hit in the head, the person who threw the ball is eliminated for the entire round of play. The person who was hit can remain in the game.
- If a player repeatedly aims for headshots they will be removed from the league.
- Kicking the ball is prohibited. If a player kicks the ball they will be eliminated.
- The referee will try to make the calls regarding getting hit, however players are expected to call themselves out when struck. A missed call by the official does not remove the obligation of a struck player to call himself/herself out. Players that do not call themselves out when obviously struck will sit out an additional round and the team will play short a player for the entire round.

FIELD OF PLAY

- The field of play will be identical to the out of bounds lines used for basketball, with an attack line 10 feet on each side of the half court line.
- Players may reach across the centerline to grasp a ball, provided that no part of their body touches the ground across the centerline.
- Players are permitted to cross the sideline to retrieve a ball out of bounds. Crossing the sideline to avoid elimination or stalling will result in elimination.
- If a player who is across the sideline for any reason is hit with an active ball, they will be eliminated.
- A player may catch an active ball that has crossed the sideline, provided that at least one foot is in bounds and no body part is touching out of bounds.
- A player may fall out of bounds provided that their foot was touching down in bounds when the catch was made.

CODE OF CONDUCT

- Players are expected to uphold a high level of sportsmanship while playing. There is zero tolerance for profanity. Players are required to be respectful of the facility, staff, teammates and opponents.
- The referee has the discretion to eject players from the game.
- If a player is ejected from a game for any reason they must serve an automatic one game suspension.

SUPPORT HEALTHY BUFFALO

Healthy Buffalo is a 501(c) not-for-profit organization that was formed in 2008 to help promote a healthier and more vibrant community. We do this by running first class sporting and fitness events in the community and hosting a free informative website with guides to everything sports and wellness in WNY. If you would like to help advance our mission send an email to contact@healthybuffalo.org. We are currently looking for sponsorships, volunteers, website contributors, and league/event administrators who would like to start Healthy Buffalo events in other sports and activities. If you participate in other leagues or sports clubs send us the information and we will help promote it through our website.