



Adult Co-Ed Dodgeball League Rules **Revised 2/26/2020**

All players must be on the active roster in order to be eligible to play. **The City of Reynoldsburg Parks & Recreation Department reserves the right to modify any rule as deemed necessary.**

1. Equipment & Uniforms

1.01 Six regulation size dodgeballs will be used and provided by the City of Reynoldsburg Parks & Recreation Department. In addition, there will be two 28.5 basketballs provided. (1 for each team)

1.02 Players are not permitted to wear hats of any kind or gloves.

1.03 All participants must have closed toe athletic shoes; bare-feet are not allowed. Flip flops, sandals and boots are all prohibited.

1.04 All teams must provide their own team shirts. Shirts must have numbers on the back and be worn every game.

1.05 Player's attire is considered to be an extension of the player. Dress accordingly and appropriately.

2. Court

2.01 The playing area will be a rectangular surface free from obstructions known as the volleyball lines

2.02. The playing court shall be marked with sidelines, end lines, and a centerline.

2.03. All games will take place indoors at the Reynoldsburg United Methodist Gym unless otherwise noted

3. Player and Team Eligibility

3.01 Teams may carry a roster with a maximum of 15 players.

3.02 Games will be played 6 v 6 which will include 3 males and 3 females on the court at all times.

3.03. Teams must have at least 5 players to start a game. In cases where only 5 players are present, there must be 3 males / 2 females or 2 males / 3 females on the court.

3.04 Teams must turn in a roster form prior to the 3rd scheduled game.

3.05 Participants must be 18 years of age or older.

3.06 Players are not permitted to participate on more than one team.

3.07 Any team that does not have the minimum 5 players to start or meet gender requirements will forfeit the match. Forfeiting multiple matches can affect tournament eligibility.

4. General Rules

4.01 The object is to throw the ball at the opposing team and contact one or more of the opponents to get them out. Any person is out when contacted by a thrown ball on the fly. This includes contact with a person's clothing i.e. shirts, shorts, shoes, etc.

4.02 A person can also be out in the following ways:

A. Player is hit by a ball thrown by an opposing player.

B. Player is hit by a ball thrown by an opposing player that is deflected off of his/her teammate. Example: Player A1 throws a ball that hits player B1 then contacts player B2 and falls to the floor. Both B1 and B2 are out.

C. A player is hit by a ball that was deflected off of another ball. Example: Player A1 throws a ball that ricochets off another ball held by player B1 then contacts player B2 before hitting the ground. B2 is out.

D. The person/player throwing the ball is out if the ball is caught by an opposing player on the fly. Example: Player A1 throws a ball that hits player B1 then is caught by player B3. Both A1 and B1 are out.

E. The player/person throwing the ball is out if a ball is deflected off another ball, then caught by an opponent. Example: Player A1 throws a ball that ricochets of another ball held by player B1, then is caught by player B2 before touching the ground. A1 is out.

F. If a player *steps on* or crosses the centerline, he/she is out.

Note: A player may reach across the center line to retrieve a dodgeball, however, that player may not touch the ground across, *or on*, the center line. If the player touches the ground across, *or on*, the center line at any time, he/she is out.

G. A player may attempt a half-court basketball shot to bring all eliminated players on their team back in the game. If the shot is made all players return. If missed the players remain eliminated. The shooter may not be eliminated while in the premise of the half court circle or while having possession of a basketball.

i. The Player attempting the half-court shot has 10 seconds to release the basketball for his/her half-court shot. As a reminder, Rule 4.02 (F) is still in effect. If shooter crosses the midline, the shot will not count if it goes in and the shooter is out.

ii. Each team is given one opportunity to shoot a half court short save per match.

4.03 Eliminated players shall sit on their bench in order which they were eliminated with the first person eliminated at front of bench due to re-entry rule. Players can only return if the basketball shot is made or if their teammate catches a ball thrown from the opponent.

4.04 Headshots are prohibited. If a player is hit anywhere on his/her head with a throw, that player will be allowed to stay in the game. However, if a player ducks and is hit in the head, that player is out.

4.05 Balls that leave the playing area, including balls that land in the bleachers or stands, may be returned to the playing area only by eliminated teammates. If there are no eliminated teammates, a player may retrieve an errant ball. However, he or she may exit and reenter the playing area only from the back court area behind the nearest line to the wall, and must immediately return to the playing area. Players that are actively retrieving an errant ball may not be hit by the opposing team and may not catch balls from the opposing team while they are out of bounds. Stepping out of the playing area for any other reason will result in the player being called out.

4.06 A ball will become dead if the following occur:

A. The ball hits the ceiling, floor, wall, bleachers, basketball hoop or goes out-of-bounds

B. The ball hits an opposing player and crosses the middle line in the air after hitting the said player.

C. Thrown ball strikes a player in the face. The only exception is if the player ducks.

5. Beginning Play/"RUSH"

5.01 Before play begins, both teams must position themselves behind their respective end lines and wait for the official whistle/signal.

5.02 The Rush occurs at the beginning of each game or reset.

5.03 Upon the referee's signal, both teams rush to center court and attempt to retrieve as many balls as possible.

5.04 A team may rush with as many or as few players as it wants, but at least one person from each team has to Rush.

5.05 There is no limit to how many balls an individual player may retrieve.

5.06 Players may not slide or dive head first into the neutral zone or they will be called out.

5.07 Crossing over the neutral zone will result in an "out."

5.08 Players may not physically grab and pull another player across the neutral zone or prevent them from returning to their side of the court.

5.09 No player may be eliminated with possession of a dodgeball until they have crossed the first volleyball line on a retreat. (I.E. Player A and B grab ball at midcourt "rush" and player A hits player B right away. Neither player is out due to no one getting behind the first volleyball line)

6. Game Length/Timeouts/Substitutions

6.01 All dodgeball matches are a best of 7 series or 50 minutes in time. There will be a scoreboard that will have a rundown clock.

6.02 Teams will have a 5 minute grace period that will count against the time limit to have the minimum player eligibility requirements to play a match.

6.03 The clock will start on the officials whistle and will only stop for the following reasons:

A. Player injury

B. Team calls timeout.

C. For any extensive delay (i.e. – ball is stuck in bleachers or basketball hoop)

D. During a free throw or free shot. (As defined below in rule 7)

6.04 Each team is permitted to use 1 time out per 7 game match. A called time out will consist of one 60 second timeout. Substitutions may be made during this time.

6.05 Substitutions can only be made for an injury, during a time out or between games.

6.06 Substitutions must be gender matched. (Ex. Girl for girl, Guy for guy)

7. Stalling/ Hoarding/5 second rule

7.01 Stalling is prohibited in the league. Stalling in dodgeball is defined as running out the clock by holding the active dodgeballs and/or making no effort to engage in game play. Teams have 10 seconds to throw the ball before the stall count starts.

7.02 A referee deeming stalling is taking place will:

A. Determine which team has more players and is therefore stalling (if teams are at equal numbers, then it's the team with more dodgeballs in their possession).

B. Alert that team that they must throw (must cross attack line) at least half the balls in their possession within a 5 second countdown.

C. Referee(s) will begins a 5 second countdown (by hand)

7.03 If team called for stalling doesn't throw half the dodgeballs in their possession by the time the 5 second countdown has ended then following will occur:

A. Half of the balls in their possession are forfeited to the other team

7.04 Five second violation- No team with at least a 3 player advantage can hold a ball for more than 5 seconds.

8. Ending/ Winning a Match

8.01 The first team to legally eliminate all opposing players will be declared the winner of that game.

8.02 **The team that wins 4 of 7 games or the most games during the allotted match time will be declared the winner. If for some reason there is no winner and the time limit has been reached, the team with the most remaining players will be declared the winner.**

8.03 Standings will be kept and updated weekly on the Reynoldsburg Park and Recreation website.

9. Forfeits

9.01 Teams must have the minimum amount of participants at game time or they will forfeit the match.

9.02 If neither team has the required participants at game time it will be a double forfeit.

9.03 Any team found with an ineligible player will automatically forfeit the match.

9.04 Any team that forfeits 2 or more matches during the regular season will be ineligible for the postseason tournament.

10. Post Season Tournament

10.01 All eligible teams will participate in a post season single elimination tournament.

10.02 Seeding will be based on regular season record.

10.03 Tournament Champions will receive a team trophy.

11. Referees and Site Supervisors

11.01 Each game shall be officiated by one referee. All referees are assigned by the Parks & Recreation Department.

11.02 Referees and Site Supervisors are trained and responsible for conducting games in a professional manner. As such, they are empowered at their discretion to give a warning and/or eject any player that instigates arguments, uses foul language and/or flagrant abuse towards the opposing team, referee, or staff.

11.03 Matches can end early only at the discretion of the Referee and Site Supervisor if deemed necessary. This ruling is final.

11.04 A referee can call a player out for any of the following reasons:

A. The player engages in unsportsmanlike conduct.

B. The player argues with an official.

C. The player uses abusive language.

11.05 Participants are expected to exercise integrity and honesty to ensure fairness. All participants are expected to know the rules. Referees may not see everything so please be honest. In other words, while we have referees, we are also expecting participants to play fair.

11.06 The captain is responsible for the conduct of his/her: team and spectators.

12. Ejections

12.01 Any player, coach, spectator, or sponsor ejected from any league game must leave the complex and may not return until that person(s) have spoken directly with the Recreation Superintendent or Recreation Coordinator.

12.02 Disciplinary Actions may include any & all of the following depending on the situation:

- A. Verbal Warning
- B. Written Warning
- C. One (1) game suspension
- D. Two (2) game suspension
- E. Removal from the league
- F. Banned from all Parks & Recreation Adult Sports Leagues/programs

12.03 Any player, coach, spectator or sponsor ejected from any league game is subject to a minimum of (1) league game suspension and/or removal from league.

12.04 Any player, coach, spectator or sponsor on suspension is not allowed at RUMC for games until suspension is over.

12.05 Any suspension that occurs will carry over into post-season play.

Weather Hotline: 614.322.6834