

# Northglenn Parks and Recreation

## Adult Dodgeball Rules

### Rule 1 – Team

Teams shall be Co-Rec, 3 men and 3 women playing at a time (more women than men allowed)

Teams may be made up of up to 10 players, provided all players are on the team roster.

Teams play with 6 players on the court to begin the game (3 men and 3 women). They may not exceed 6 players at any time or they will be penalized and be dropped down to 4 players.

### Rule 2 – Playing Area

The game will be played cross-court using orange cones as the mid court marking. **Red line** on either end, & **white line** on the sides.

### Rule 3 – Boundaries

During play, all players must remain within the boundary lines. All parts of the body must be touching the floor either within or on the boundary line. **1 foot in & 1 out on all sides except the center line is acceptable.** Team may lean over center line to grab a ball as long as his/her foot does not cross the line (shoe touching line is ok).

Players may leave the boundary lines on their own side of the court to retrieve a **stray** ball. A **stray** ball is one that is lying on the floor and has not been picked up. Retriever must return through their own boundary.

If retrieving a ball, a player must exit and immediately return to the playing area as quickly as possible. NOTE: A player that doesn't return immediately to the playing area may be declared **OUT**.

Players who are out should help get balls back in play by rolling them into the playing area. Out players may not retrieve balls around court, they must stay in the designated out area.

A player shall not:

1. Leave the playing area to avoid being hit by, or attempting to catch a ball. Feet and other body parts may be on the line but not completely outside the boundary or center line.
2. If this violation occurs, the player will be declared **OUT**.

### Rule 4 – Equipment

The official ball used will be an 8” rubber coated foam ball (Rhino Skin Ball).

Six balls will be used in a standard game.

Participants must wear gym shoes.

Participants must wear a shirt and shorts/pants.

## **Rule 5 – Game Play**

### **Section 1: The Game**

First team listed on the schedule will pick the side of the court that they want to begin play on. Teams will alternate sides following each game.

Object of the game: To eliminate all opposing players by getting them **OUT**.

An **OUT** is scored by:

1. Hitting an opposing player with a **CLEAN** thrown ball below the shoulders.  
**CLEAN – A thrown ball that strikes, or is caught by an opposing player before contacting the ground, the wall, the ceiling, another player or another ball.**
2. **NOTE:** IF a player hits an opponent above the shoulders, the thrower is **OUT**. The player that was hit above the shoulders is **NOT OUT**.
3. Stepping out of bounds to avoid being hit.
4. Holding the ball longer than **10** seconds before throwing. **10** seconds starts once player has brought an out of bounds ball in bounds. (SEE RULE 8)
5. Catching a **CLEAN** ball thrown by an opponent. When a catch occurs, any previously eliminated player may re-enter the game. **The player that threw the ball is OUT.**
6. Catching a ball after a deflection off one or more players. Those players are saved and are **NOT OUT**. **The thrower is NOT OUT.**

Blocking- A player may block a thrown ball with a ball being held (not more than 10 seconds), provided the held ball is not dropped as a result of the contact with the thrown ball.

**NOTE:** If the held ball is dropped then that player is **OUT**.

A ball deflecting off a held ball and hitting the holder is no longer a **CLEAN** ball, therefore, that player holding the ball is **NOT OUT**.

### **Section 2: Beginning the Game**

1. Prior to the match, the balls are placed on the center line.
2. Players line up touching the back wall (mat) with at least 1 hand.
3. On the start signal (whistle), each team runs to the center and picks as many balls as possible. Once a team gets a ball they must run back and touch their wall before they can begin throwing at the other team.

## **Rule 6 – Re-entry Rule**

When a player catches a **CLEAN** ball, thrown by the other team, any one player from the receiving team that was previously put **OUT** may re-enter the game. The player that threw the ball is **OUT**. If there is no player available to come in, play continues but the thrower must still go **OUT**.

## **Rule 7 – Time Outs / Substitutions**

Each team is allowed one 60 second time out per game (Referee will blow signal and play must continue until whistle is blown). A Time-Out may not be called when balls are in the air.

During a time out no players may be substituted into a game. Players that start a game must finish that game unless injury occurs.

If a time out is called due to an injury, that sub can only come in for the injured player. The team is not charged with a time out if the injury appears legitimate. If injury occurs, males sub for males, females for females.

## **Rule 8 – Stalling Violations**

A team trailing in numbers of players requires a ball to be at their disposal for the opportunity to eliminate opposing players. If the team leading controls all of the balls, they must make a legitimate effort to get at least one ball to the trailing team as quickly as possible.

**Only the official can make a 10 second violation call.** If the official sees a player holding a ball he/she will begin a 10 second count out loud. If the ball is not thrown within 10 seconds, then that player is **OUT**.

## **Rule 9 – Declaring a Winner**

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

**Matches will consist of three series of games between the two teams.**

A time limit of **10 minutes** has been established for each game. If neither team has been eliminated at the end of the time limit, the team with the greater number of players left will be declared the winner. (10 minute time limit)

If each team is equal in numbers at the end of the time limit, a sudden death overtime of 2 minutes will be played **until one team gains a player advantage over the other**. Only the players that were in when the time limit expired will compete in the sudden death period. **The overtime ends as soon as a player is eliminated.**

If still tied after 2 minutes then a player may be added to each team and another sudden death overtime of 2 minutes will be played and so on until the tie is broken.

### **\*\*\*BONUS BASKETS:**

If a team member makes a basket on the opposing players side, **ALL** players out are able to re-enter the game of the throwers side. Ball cannot be tipped in accidentally by opposing player. Ball **may** hit any other object (ceiling, cross-bar, backboard, etc...) and be counted. Catching the ball off the goal while the opposing team is attempting to make a basket will not result in the thrower being out.