

# PLYMOUTH RECREATION DEPT. ADULT CO-ED DODGEBALL LEAGUE RULES AND REGULATIONS

UPDATED 1/11/2016

## GAME TIMES

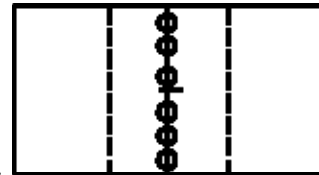
7:00-8:40p. Schedules will be posted prior to each night.

## THE TEAM

Teams will be made up of 6-10 players. Six (6) players will compete on a side; others will be available as substitutes. There are no substitutes during a game, unless an injury occurs. There must be 1 female starting each game at all times. If you don't have a female, you must play with 5 men on the court. Players are only eligible to play on 1 team per session. No player can be on more than 1 roster per session.

## THE COURT

The game will be played indoors. The playing field shall be a rectangle at least 50 ft long and at least 30 ft wide, divided into two (2) equal sections by a centerline and neutral zone 3m from, and parallel to the centerline. There will be a neutral zone where on the beginning rush each player must return behind in order to throw a ball or become eligible to be hit. Players have 3 seconds from opening rush to get behind the neutral zone line.



IDEAL MEASUREMENTS: 50' x 30' – Identical to a volleyball court.

## THE EQUIPMENT

The official ball used in tournament and league play will be 2 - 8" rubber-coated foam ball and 4 - 6" rubber-coated foam balls; called Screammers.

## THE GAME

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

1. Hitting an opposing player with a thrown ball below the shoulders this includes the ball hitting your hair and your clothes!
2. Catching a ball thrown by your opponent before it touches the ground or anything else besides a person's body (this includes hair and clothes)
3. If the ball hits off any person on your team and you catch it, the person who threw it is OUT!
4. If the ball hits a person inbounds, the person may catch the ball out of bounds before it hits another object.
5. Catching a ball thrown by your opponent enables a player from your team to rejoin the game **through the end line**. The player rejoining is the first person who was knocked out of the game and then so on down the line. Max number of people on a court is 6.
6. A ball can be used to defend against another thrown ball but if the ball being used as a shield is dropped; the player holding that ball is out.
7. NO HEAD SHOTS! \* THAT PLAYER STAYS IN THE GAME AND A WARNING IS GIVEN TO THE PLAYER WHO THREW THE BALL.
  - \*If the ball hits a player in the head who is bending over or on the ground that is not considered a head shot, and that player is out.
8. Players may retrieve balls only on their side of the court. They must return to the game through where they left the court. NO ADVANCING OUTSIDE THE COURT.
9. Players must stay behind the attack lines when throwing. Any part of the body that comes in contact with **the floor over the middle line or comes in contact with the middle line means you are OUT!**
10. **A player may not jump out of bounds to avoid being hit. One warning will be issued then you are called out!**
11. The first person the ball hits is considered live. After that, the ball is considered a dead ball and anything that it touches after that does not count. \* unless another player catches it off their body.
12. A player must exit and enter through the same approximate space on the court. You may not walk up the out of bounds area and then return to the game. **You have 5 seconds to enter back into the court or you will be out.**

13. You are considered in bounds if any part of your body is on or over the line, your body does not need to be completely in.
14. No balls can be kicked during the game. If a ball is kicked during a game, the person who kicked it is automatically out.
15. Players may not jump over the center line to throw a ball at an opposing player. Any player that crosses the center line while throwing the ball will be out, and the person hit by the thrown ball will remain in.
16. Players must immediately exit the court after being hit. If a said player intentionally interferes with a team mate getting hit with a ball, both players will be out.
17. Balls may not be caught out of bounds unless that ball initially touched a player on their team in bounds.

### **BOUNDARIES**

During play, all players must remain within the boundary lines. Players may leave the boundaries only to retrieve stray balls, but may not cross the imaginary middle line to get a ball. They must also return back into the game where they originally left the court. There is no advancing in the out of bounds area.

### **SWEARING/BAD SPORTSMANSHIP PENALTY**

During play, players are not allowed to use curse words at any point in time. **Bad sportsmanship will not be allowed. This includes intimidation, threatening, name calling, kicking or throwing balls after you are out, etc. If bad sportsmanship or swearing is seen or heard by the court monitor it is an automatic loss of that player for the remainder of the night and the following weeks games; the player must leave the building immediately following their ejection. Second offense is suspensions from the league. If any player crosses the middle line to the opposing teams' side in a confrontational manner they will be banned from the league on the spot.**

### **THE OPENING RUSH**

Game begins by placing the dodgeballs along the centerline – Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Once a ball is retrieved it must be taken behind the neutral zone before it can be legally thrown. The neutral zone does not exist through the remaining game. Players may not cross the centerline at any point during the game. Touching or going over the middle line results in that player being out.

### **TIMING AND WINNING A GAME**

The first team to legally eliminate all opposing players will be declared the winner. A 10-minute time limit has been established for each contest. If neither team has been eliminated at the end of the 10 minutes, the team with the greater number of players remaining will be declared the winner. In the case of an equal number of players remaining after regulation, a 1-minute sudden-death overtime period will be played.

### **TIME-OUTS & SUBSTITUTIONS**

There will be no time outs in the game unless injury occurs. Substitutions may be made for injuries only.

### **5-SECOND VIOLATION**

In order to reduce stalling, a violation will be called if a team controls all six (6) balls on their side of the court for more than 5 seconds. Penalty is one person is out from your team.

### **REFEREE'S AND ARGUING WITH REFEREES**

During all matches, rules will help be enforced by two referee's. What this means: players who get hit are responsible for taking themselves out of the game. If a player knowingly gets hit and doesn't exit the game and is caught by the referee, they will be suspended for the rest of the evening's games. The referee's will also make calls for players getting hit, head-shots, getting hit while in or out of bounds, etc. **THE REFEREE'S DECISION IS FINAL – NO EXCEPTIONS. Arguing with the referee's will not be tolerated. Anyone who questions the referee's call or argues with a player from the opposing team will be suspended for the rest of the night's games and the following week's games automatically without warning and that player must leave the building immediately following their ejection. Failure for a player to immediately leave the building will result in their team forfeiting the rest of their games that night. There are no warnings or exceptions.**

### **Plymouth Recreation Code of Conduct**

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of game officials and staff.
3. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
4. Be responsible for your actions and **maintain self-control**.
5. Do not taunt or bait opponents and refrain from using foul or abusive language.
6. There is **ABSOLUTELY NO** alcohol or drugs permitted in or around Memorial Hall or its parking lot. Players caught with alcohol/drugs will be expelled from the league and ALL Plymouth Recreation Dept. activities.