

## Norrisville Recreation Council DRAFT Dodgeball Rules/Regulation

Winter Schedule: Beginning November 3rd, Monday evenings from 8-9:30 PM

### **Player Eligibility**

Under 18 a parent or guardian must be present during play, registration forms are required for all participants, Fee is \$15 per person for the season. Participants must wear sneakers with non black soles, no open toed shoes are allowed.

### **Code of Conduct**

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of game officials
3. Respect your opponent and congratulate them in a courteous manner following each match.
4. Be responsible for your actions and maintain selfcontrol.
5. Do not taunt or bait opponents and refrain from using foul or abusive language.

### **THE EQUIPMENT**

The official ball used in tournament and league play will be an 6" rubbercoated foam ball.

### **Teams**

Maximum of 6 players on each side

### **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 LIVE thrown ball below the shoulders.
2. Catching a LIVE ball thrown by your opponent before it touches the ground.  
*Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc)*
3. If you are holding a ball and your opponent throws a ball at you, you are out if you drop your ball or your ball is knocked from your hands and hits the ground or another person on your team.
4. If you duck and the ball hits above your shoulders, this will not be counted as a hit above the shoulders.
5. If you hit an opposing player above the shoulders, you will be declared out.

### **BOUNDARIES**

During play, all players must remain within the boundary lines. Players may leave the boundaries through their endline only to retrieve stray balls. They must also return through their endline. When retrieving a ball, players must immediately reenter the playing field. Players not immediately reentering the playing field will be declared out. Players having any part of their body touching the surface over the sideline will be declared out. Players may not cross the center line or they will be declared out. Players may jump across the attackline but must throw the ball before coming down on the playing surface.

### **THE OPENING RUSH**

Game begins by placing the dodgeballs along the center line – three (3) on one side of the center hash and three (3) on the other. Players then take a position behind their end line. Following a signal, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Teams may only retrieve the three (3) balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attackline before it can be legally thrown.

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

The first team to legally eliminate all opposing players will be declared the winner. A 5 minute time limit has been established for each contest?. If neither team has been eliminated at the end of the 5 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 suddendeadth overtime period will be played. Teams will start with 3 people on each side, the first team to eliminate a player will be declared the winner.

### **TIMEOUTS & SUBSTITUTIONS**

Each team will be allowed one (1) 30 second timeout per game (series). At this time a team may substitute players into the game.

### **5 SECOND VIOLATION**

In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds.

### **RULE ENFORCEMENT**

During pool play or regular season matches, rules will be enforced primarily by the "honor system". Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated.