

**LAWRENCE PARKS AND RECREATION DEPARTMENT
ADULT DODGEBALL
GENERAL LEAGUE RULES**

Field Dimensions and Markings

1. The playing field shall be a rectangular surface free from obstructions at least 50ft long and at least 30ft wide.
2. The playing field shall be marked with sidelines, end lines and a center line.

Boundaries

1. During play, all players must remain within the designated boundary.
2. Players may cross the side boundary line only to retrieve stray balls, however, they must re-enter the playing area through their end line only. **At no time can players cross the center line to retrieve stray balls.** *Note:* A player not immediately re-entering the playing area may be declared out at the discretion of the Game Official.
3. A player may be handed a ball, provided the player receiving the ball remains completely within their team's field boundaries and the player handing the ball is standing completely out of bounds in the areas designated for players who have been eliminated or are waiting to substitute, a.k.a. the bullpen. At no time can an eliminated player or substitute player leave the bullpen to retrieve stray balls unless told to do so by a game official.
4. Spectators may not leave the designated seating area to retrieve stray balls for either team.
5. Penalty for leaving the bullpen or for spectators leaving the designated seating area:
 - First Violation:** Free throw for the opposing team. One player is allowed an unobstructed throw at their opponents without risk of elimination. This is possible because a caught free throw does not result in an out for the thrower. After the free throw, balls will be divided evenly between the teams and play will continue without an opening rush.
 - Second violation:** Ejection of one player from the offending team for the remainder of that game. The opposing team will choose the person from the offending team who is to be ejected. Balls will then be divided evenly between the teams and play will continue without an opening rush.
 - Third violation:** Violating team will forfeit that game and each additional game in which the violation occurs.

Note: Violations are tallied per match, not per game.

6. A player will be declared out if he/she:
 - a. Has any part of their body contact the playing surface over the sideline to avoid being hit.
 - b. Enters or re-enters the field through their sideline instead of their endline.

- c. Leaves the playing field to avoid being hit or to attempt to catch a ball.
- d. Has any part of their body cross the center line and contact ground on their opponents' side of the court.

Player Eligibility and Team Rosters

1. Rosters must be completed and received by the Sports Department before the start of the first game. It is the managers' responsibility to see that this is done. Teams will have until the completion of half of the scheduled games to adjust the roster.
2. Teams may have an unlimited number of players on their roster but only 6 may play at one time, others will be available as substitutions.
3. A minimum of 4 players will be needed to start a game. No players may be added until the next game. If 4 players are not available, a 10 minute grace period can be given **at the discretion of the other team's manager; with the understanding that the 50-minute (match time limit) – clock has started.** If after 10 minutes 4 players are still not available, the match will be forfeited 7-0.
4. Coed teams must start all games with no more male players than female players: 3 male and 3 female, 2 male and 4 female, etc.
5. Substitutes may enter the game only during timeouts, or in the case of injury. Coed may not substitute male for female. Once a player is declared out of a game he/she cannot return as a substitute.
6. A player who signs a roster with a team is the property of said team for that season or until the team disbands or releases the player.
7. All players become free agents at the end of the playing season.
8. The team manager **MUST** come to the Sports Office and release team members. Managers cannot release players over the phone. To release a player, manager must come to the office in person.
9. Eligible participants must be at least 16 years old prior to the first game.

The Match

1. Matches will begin with the flip of a coin. (Not necessary if games are played inside)
2. The team winning the coin flip will have a choice of sides to begin the match.
3. Teams will alternate sides after each game. (Not necessary if games are played inside)
4. The object of the game is to eliminate all opposing players by getting them out.
5. An out is scored by:
 - a. A thrown ball that strikes an opposing player, below the shoulders, without contacting the ground, another player or another ball. Note: If a player ducks and this clearly is the cause for the player being hit above the shoulders, the player is out and the throw is legal.
 - b. A thrown ball that is caught by an opposing player without contacting the ground, another ball or another person. **Note:** The person who threw the ball would then be out.
 - c. Causing an opponent to drop a live ball as a result of contact by another thrown live ball. (usually occurs when a ball is being used to block a thrown ball)
 - d. An opposing player stepping out of bounds to avoid being struck by a thrown ball.

6. A player may block a thrown ball with a ball being held, provided the held ball is not dropped as a result of the contact with the thrown ball. A ball deflecting off a held ball is no longer a live ball.

Note: While holding a ball a player's hand is considered an extension of the ball. A player struck on the hand while holding a ball is not out. This is considered a legal block.

Timing, Time-outs, & Substitutions

1. A 50 minute time limit has been established for each match. Teams will play as many games as possible within the 50 minute time limit. A game is concluded when all the players on one team have been eliminated.
2. Each team will be allowed one 30 second time out per game.
3. Only the Game Official's whistle starts and stops the clock.
4. All players are in jeopardy until the Game Official recognizes and signals the beginning of a time out or end of regulation time. All live balls in flight at the time of a Game Official's signal to end regulation time or begin a time out remain live and may eliminate an opponent.
5. During time outs, teams may substitute players. Substitutes must be players who did not start the game. Players who have been declared out are not eligible to return until the next game with the exception of replacing an injured player when no legal substitute is available. Injured players are not eligible to return until the next game.

Note: Coed leagues may not substitute male for female.

Beginning a Game

1. Prior to beginning a game, an equal number of dodgeballs are placed along a line on each side of the center line. A standard game consists of 6 balls, 3 on each side.
2. Players then take a position behind their end line.
3. Following a signal by the Game Official, teams may rush to the lines to retrieve as many balls as possible.

Opening Rush Rule

1. Each and every ball retrieved at the opening rush must first be taken beyond the attack line and into the team's backcourt before it may be legally thrown at an opponent.

Example: Following the opening whistle, a player rushes and is the first to secure a ball from the line. That player must then carry or pass the ball into their backcourt before it may be legally thrown at an opponent.

Declaring a Winner

1. The first team to legally eliminate all opposing players will be declared the winner of that game.
2. The team that wins the most games during the 50 minute match time will be declared the winner. If the numbers of games won are equal, a sudden death game will be played.
3. In the sudden death game, the first team to legally eliminate any one opponent will be declared the winner.
4. No timeouts will be allowed during the sudden death game.

Stalling and 5-second violation

1. It is illegal for any team to control all the balls for more than 5 seconds. If a team controls all of the balls they must make a legitimate effort to get at least one ball across the attack line and into the opponent's backcourt. If this is not done within 5 seconds, a 5 second violation will be called. A team may avoid a 5 second violation by throwing or rolling a ball into the opponent's backcourt.

Note: Only a Game Official may call a 5 second violation.

2. Penalty for 5 Second Violation :

First Violation: Free throw for the opposing team. One player is allowed an unobstructed throw at their opponents without risk of elimination. This is possible because a caught free throw does not result in an out for the thrower. After the free throw, balls will be divided evenly between the teams and play will continue without an opening rush.

Second violation: Ejection of one player from the offending team for the remainder of that game. The opposing team will choose the person from the offending team who is to be ejected. Balls will then be divided evenly between the teams and play will continue without an opening rush.

Third violation: Violating team will forfeit that game and each additional game in which a 5 sec violation occurs.

Note: Violations are tallied per match, not per game.