



Keene Parks, Recreation and Facilities Department

Adult Coed Dodgeball Rules

GENERAL

1. Only the players on roster are eligible. Players can not be added after week 1 of league play. Players may only play on one team. Team captains are responsible for their player's eligibility.
2. Jewelry is not permitted (ie: necklaces, earrings, rings, watches etc.) Hats are allowed.
3. All games will be officiated by 2-3 members of another team not playing during that time. One official to watch each side of the court, and another to settle calls in question. (Calls in question see Miscellaneous 2 & 3)
4. ***This league is built to have fun first and foremost. We will run off the honor system. If you are knocked out, you must raise your hand and walk off the court.***

LEAGUE FORMAT

1. Each team will play for 30 minutes. The clock will be stopped the last 5 minutes of each game to get the balls lined up on the centerline.
2. The team winning the most games in those 30 minutes wins the overall.
3. In the event of a tie game there will be an overtime consisting of one match. The team that eliminates all of their opponents first will win the game.

THE TEAM

1. Teams will be made up of 6 – 12 players 18 years of age or older.
2. The game shall be played between two teams of 6 players.
3. A team may start with at least 4 players on the court and will be allowed substitutions only during timeouts or in the case of an emergency.

THE COURT

1. The game will be played on the Recreation Center gym floor.
2. The boundaries are the black lines marking the basketball court.

THE GAME

1. The object of the game is to eliminate all opposing players by getting them "out". This is done by:
 - A. Hitting an opposing player with a thrown ball below the shoulders. Head shots are illegal- if a head shot is deemed to be thrown on purpose; the player who threw the ball will be out. If a player ducks into the ball and it hits them on the head, the player that was hit is out.
 - B. Catching a ball thrown by your opponent before it touches the ground.
 - C. Touching the centerline, end line, or sideline while throwing the ball.
2. If a player catches a live ball, the thrower is out and everyone hit by the thrown ball remains in. (This includes balls that hit another player, for example. If you throw the ball and it hits player 1, bounces in the air and

- player 2 catches it, the player who made the original throw is out and player 1 is still in.)
3. The game will begin by placing the dodgeballs (6) along the centerline (half-court). Players will take a position touching their respective end lines.
 4. The official will blow their whistle to start the game.
 5. When the whistle is blown, each team will sprint to the center line to retrieve the balls -no contact or feet will be allowed during this start of the game. Hands only, a player is out for using their feet.
 6. Player is out if any part of their body touches the center line.
 7. Once the balls are retrieved from the centerline, the players must bring the ball to their respective end line before throwing at the opposing team.
 8. Players must always stay in bounds unless retrieving a ball.
2. A player may defend themselves by using another dodgeball (if control of the ball used to defend is lost, the player will be ruled out) When a player deflects a ball with a ball they are holding:
- a. they remain in the game IF it does not make contact with any part of their body. It must be a clean deflect.
 - b. They remain in the game IF it hits off the ball and another player catches the ball before hitting the ground or wall
 - c. They are OUT, if the ball they deflect hits the ball and then hits them on the deflection
 - d. They are OUT, if the ball knocks the ball out of their hands on the deflection
8. Each team will be allowed one 60 second time out per game. At this time, teams may substitute players in the game. Timeouts can only be called and directed to official when all balls are in player possession and not in the air. All balls will remain in team/player possession at their respective end line when a timeout is called-play will resume by the official blowing his/her whistle.
9. A player retrieving a ball that has gone out of bounds is considered in play and can be put out.
10. Players may not stall and must throw available balls within a reasonable time period.
11. The official's ruling is final. Any arguments will result in expulsion from the league.
12. If a player gets a ball through the **end basket** on the opposing team's side that players team is back in the game.
13. **There is no whining in dodgeball.**

BOUNDARIES

1. All balls are live until they hit the ground, wall, or rim of the basket.
2. Each team must stay in their respective areas-behind the centerline on their side of the court.
3. All players must stay on the court marked by the black boundary lines unless retrieving a ball. This includes the base line underneath the basket.
4. At no time can anyone cross or touch the center line.

EQUIPMENT

1. The KPRFD will supply the dodgeballs for use in the game.
2. Teams are encouraged to wear same color jerseys or t-shirts.

MISCELLANEOUS

1. Late arrivals cannot enter game. The number that you start a game with is the number you end the game with.
2. If excessive force or unsportsmanlike tactics (constant arguing with official or another team) are used while participating, the official or supervisor can and will eject the involved parties. If a team or player argues excessively the ref will give them a warning. If behavior continues a red card is issued to the player and they are suspended from the game. If this happens more than twice this player is removed from the league.
3. If a team has more than 10 points over another team, the clock will continue to run between games inside 6 minutes.
4. This league is built to have fun first and foremost. We will run off the **honor system**. Please be honorable. If you are knocked out raise your hand and walk off the court.

N.A.D.A. 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 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**