



Adult Dodgeball League Rules and Regulations

To begin, we would like everyone to know the purpose of this dodgeball league is for everyone to compete and have fun. This is a game with intention to relive a childhood game, in an adult manner. The league will strive to capture the enjoyment of the individuals participating in the league, while also considering their health and safety.

Many of the rules in this league are based on the “honor system”. This is meant to be a social league where players come to have fun, so please do not be “that guy/girl” who disrupts this principle.

Teams:

Team rosters will be made up of 6-20 players. Players must be 18 years of age or older. Teams may not add players or adjust rosters prior to the start of their second match of the season.

Once a player participates in a game for one team, they may not play on another team for the remainder of the season.

Teams are encouraged to have matching color shirts/jerseys for their games. Numbers on shirts/jerseys are encouraged as well but not required. Anything that may be deemed inappropriate or vulgar will not be permitted on the shirts/jerseys.

Players are not allowed to wear gloves or baseball hats during the games.

Players must wear non-marking shoes. If marks are made, the player is responsible for cleaning the floor.

A maximum of 6 players from each team will be allowed on the court for each game, with a minimum of 3 females. To start a game, a team must have a minimum of 4 players, with at least one being a female. It will be considered a forfeit if teams cannot fulfill this requirement.

Substitutions during games must be made between games, not during.

Game Setup:

Teams will have one match per night. A match consists of 10 games. All 10 games will be played regardless if your team wins all 10 games or loses all 10 games, it’s not considered “best of 10 games”. Regular season standings are based on your win/loss record. A forfeit by a team will be considered as 10 losses.

There will be a maximum of a 2 minute break between games. If both teams agree to shorten the break, they may move into the next game.

Games have a time limit of 45 minutes. If the time limit is reached and all 10 games have not been played, the match will complete at the end of the game occurring at the time limit.

All matches will be supervised by a court official. The court official’s responsibility will be to rule on any situation in which teams cannot agree. **The court official’s decision is final, no exceptions.** Team captains are the only players who may approach the court official. This can only take place between games.

Please be honest when you get hit by a ball and remove yourself from the game immediately. This league wants to be kept fun and fair for all.

To start a game, one ball will be placed at mid-court, two other balls will be tossed out by the court official, one ball to each team. All players must remain behind the back line until the balls have been thrown out.

Players must throw the ball to get someone out (no kicking). Please attempt to throw the ball within 5 seconds of gathering possession (possession will be determined by the court official and does not necessarily mean ball-in-hand). If possession of the ball exceeds this time limit, the court official reserves the right to demand a throw. The game cannot progress if the balls are held for extended periods of time. Throw the ball!

If a ball hits an opponent, then hits the ground, they are considered out. If it is determined a player is consistently aiming for an opponent's head, this player may be ejected. Players should aim for the shoulders and below.

If a player is directly behind the back line retrieving a ball and gets hit by a ball, they are out.

Every player is required to leave the game once they are hit and know they are hit. This includes any contact of the players clothing or body. The fun of the game depends on the honesty of its players. The court official will call everything that they can see, but cannot be expected to see every single play.

If a catch is made prior to the ball touching the ground, the player who threw the ball is out. A player from the "catching" team may return to the game. Players returning to the game are based on first out, first in. As soon as a player gets out, they must line up against their team's wall starting from the center and working their way back. Players must be against their wall before they can return. Players who return to the game will enter at their end-line. Players that are not in the game, need to be away from this area.

Once a thrown ball touches an object other than a person in play, the ball is considered dead, and is returned to game play.

If play must be stopped in the middle of a game, the player that has control of the ball must retain control of the ball when play is resumed.

If a thrown ball makes contact with a player, then contacts another player and that player does not make the catch, only the first contacted player is out. The second player is still in the game.

If a thrown ball makes contact with a player, then is caught by a teammate prior to hitting the ground, the player who threw the ball is considered out. Both players on the "catching" team are still in the game.

Situational Rules

-If a ball is thrown, hits an opponent and ricochets into the air, then a second ball is thrown at the same opponent, the opponent catches the second ball before the first ball hits the ground, when the first ball hits the ground, they are out and a player on their team comes into the game. The player who threw the second ball that is caught is out as well.

-If a ball is thrown, hits an opponent and ricochets into the air, then a second ball is thrown at the same opponent, hits them then the floor, and the first ball is caught by a teammate, they are out and a teammate comes in. The player who threw the ricocheted ball that is caught is out.

-If a ball is thrown, hits an opponent and ricochets into the air, then a second ball is thrown at the same player, they catch the second ball and the first ball is caught by a teammate, both players on the opposing

team who threw the first and second balls are out and two of the “catching” teams players come back into the game.

Players can defend themselves by blocking the thrown ball with another ball, but they must retain control over the ball used for blocking. A player dropping or losing possession of the blocking ball will be called out.

The game balls will be rubber-coated foam balls. Please do not squeeze the ball to alter the size/shape. This damages the ball and usually makes it unusable.

Boundaries:

During a game, all players must remain within the boundary lines. The actual line is not considered out of bounds, across the line will be out. If a player must retrieve a ball that is out of bounds, they may exit through their own end-line, and re-enter through their own end-line. Once a player is out of bounds to retrieve a ball, they are not a target to be out. They must re-enter before they can continue game play.

Players are not allowed to cross the center court line at any point during the match. If they do, they will be out. The center line is considered neutral, so touching the actual line is not considered crossing.

If a player crosses the line in the motion of, or after throwing a ball, they will be called out. If the ball hits an opponent after this, they will be allowed to stay in the game.

Players are not allowed to go out of bounds when trying to dodge a ball. This includes trying to catch a ball that is out of bounds. If a player catches a ball out of bounds, they are out and the player who threw the ball stays in the game.

Substitutions:

Only players on team’s rosters may play in a game, no last minute substitutions are allowed.

If there is a question about a legal player, the team captain must notify the court official before or between games, not during. If it is confirmed that the player is not on the roster, the player will be out of the game, and the team will take a loss for that game. If the illegal player participated in any other games that evening, those will be losses as well.

Substitutions may only be made between games.

Conduct Including Technical Fouls and Ejections:

Do not complain to the court official about calls and do not ask for a rule clarification during a game. This is considered unsportsmanlike conduct and will result in a technical foul or ejection. Team captains are the only players who may approach the court official between games. Protests of judgment calls will not be accepted or entertained.

A technical foul eliminates that player from that individual game. An ejection eliminates the player from the entire match for that night. If the action is deemed extreme by the court official, that player will be ejected from the entire league.

A technical foul that is issued between games counts toward the following game

If a teammate is ejected from a game or an entire match, that team must play one person down for the remainder of that game or match (depending on whether the call is a technical foul or ejection). If a male gets ejected, a male must sit out the remainder of the match. If a female gets ejected, a female must sit out the remainder of the match.

If a player receives an ejection, they will not be allowed to participate in their team’s next scheduled match.

If an unsportsmanlike act occurs after the match or is reported at a later time, the league reserves the right to eject that player from their next scheduled match.

Players should be responsible for their actions and maintain self-control.

Players should not taunt or bait opponents. They should refrain from using foul or abusive language.

Team captains should control their players to make sure they are not putting themselves in a position for a technical foul or ejection.

Alcoholic beverages are not permitted on Harrisonburg City owned property, this includes parks. Players or coaches, who are found to be consuming alcoholic beverages on Harrisonburg City property, will be ejected from the league. If the issue is not resolved immediately, police will be notified, and additional charges may be filed.

If a team is more than 10 minutes late, the match will be considered a forfeit.

Finally, as a benefit to the Harrisonburg Parks and Recreation, your team, your opponents, and yourself, please go out and have a ball!!