



ADULT CO-ED DODGEBALL RULES

PHONE: (616)748-3230 / WEBSITE: <http://recreation.zps.org/current-sports-league/>

GENERAL INFORMATION:

1. Although very limited seating is available at adult program indoor facilities, families and children are able to attend events if they wish. However, all children must be monitored by a parent/guardian at all times. In order to respect the work areas and space of ZPS staff/custodians/site supervisors, children are not allowed in the hallways or classrooms at any time during the events. Failure to comply could result in those children no longer being able to attend events.
2. No player may be added to a team's roster after the third game of the season without approval of Zeeland Recreation office.
3. No player may play on a team if they are not on the official roster on file with the Zeeland Recreation office.
4. All discussion between teams and the Recreation Department should be handled through the team manager.
5. Participants must be 18 years or older.
6. League winner(s) will receive championship t-shirts and a trophy

OFFICIAL RULES:

Teams:

1. Teams are composed of at least five players (male or female; no ratio is required).
2. If, at the scheduled match time, one team fails to field a team of at least five players, the first game will be forfeited to the other team. If a fifth player does not arrive in time for the second game, that team must forfeit the match.
3. A maximum of six players on each team is allowed to start each game.

Game Clock:

1. The game clock counts down from five minutes at the start of each game.
2. If the clock reaches zero, whichever team has the most players remaining wins the game.
3. Once all players on a team have been eliminated, the teams reset and the next game begins on the official's whistle.
4. The team with the most wins during the hour of game play will be declared the winner of the match.

Court:

1. The boundaries of the dodgeball playing field shall mirror the lines of the volleyball court.
2. The white hash marks, about five feet from the centerline along the perimeter, represent the space on each side of the centerline where players grabbing a ball from out of bounds cannot enter the field of play. This is a dead zone when entering the court after retrieving a ball.

Game Play:

1. Each team lines up on opposite sides of the court to start the game. Once a side is chosen, teams stay on that side throughout the match.
2. Each game begins with each team holding one ball. Play commences on the official's whistle and teams have 5 seconds to throw the ball.
3. A ball is live after being thrown by someone until:
 - a. It hits the floor
 - b. It hits a player that is already out
 - c. It hits the ceiling
 - d. It hits a wall
 - e. It hits the backboard
 - f. It hits any other object not in the field of play.
4. A ball remains live if it hits the opponent ball, even if that ball is in the opponents hand
5. A ball remains live if it hits a player still in the game.
6. The first person a live ball hits is the only one that is out. One ball cannot eliminate more than one player.



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7. A player is called out when:
 - a. They are struck by a live ball and it hits the floor without being caught. If any portion of the body or clothing is struck, they are out.
 - b. In the act of avoiding a live ball, they step over the boundary lines (official's judgment).
 - c. They leave the field of play while holding a ball.
 - d. Any portion of their foot crosses the midline during a throwing attempt.
 - e. The ball they are holding gets knocked out of their hands by a thrown ball or they drop it in the act of avoiding said thrown ball.
 - f. They retrieve a ball from out of bounds and come in between the side hash mark and the center line. They must have both feet in front of the side hash mark.
 - g. The opposing team catches their thrown ball.
8. A player may only leave the court to retrieve a ball once it has left the court. If a thrown ball hits them when retrieving a ball, they are not out.
9. A catch is considered good if:
 - a. After striking a player, it is caught before it hits the floor or any other object in the field of play.
 - b. All parties involved in the play stay completely in bounds throughout the course of the catch.
 - i. If the person hit by a thrown ball or a helping teammate trying to catch that ball steps over the boundary line in the act of catching, the original person that got hit is out.
10. If a player makes a good catch, a player that started the game but is currently out comes back in. The person who has been out the longest comes in.
11. Leave the court immediately when you are determined "out" at the nearest out of bounds point. Purposely interfering with live balls going out is not allowed and results in a second player being "out" automatically.
12. A team may not possess a ball in the field of play for more than five seconds. Within five seconds of gaining possession, they must throw the ball at the other team. The officials will count the time down and call the ball dead if it is held for more than five seconds. The ball is then tossed to the other team.
13. Teams have 10 seconds to retrieve and throw a ball that lands outside of the field of play. After the officials count down and declare the ball dead, it is tossed to the opposing team.
14. Teammates on the sidelines that are out cannot purposely stop a ball if it is rolling to the opposite side of the court. Do not touch the game balls if you are not in play.
15. Playtime is suspended when an injury occurs. Players who are bleeding must leave the court and dress the injury before returning.
16. Players shall observe the highest level of sportsmanship and honesty, and promptly call themselves out when struck. A missed call by the official does not remove the obligation of a struck player to call themselves out.
17. Kicking is illegal and results in a dead ball. However, "trapping" a ball that is rolling on the floor with your foot to stop a ball's motion is allowed.
18. There are no head shots. A "head shot" is when an opponent is struck directly in the head by a high thrown ball. However, if a player gets hit in the head while "ducking" or lowering their head below typical eye level, a head shot will not be called.
19. Verbally attacking the opposing team in an unsportsmanlike manner as determined by the official will not be tolerated. Teams charged with taunting will forfeit the current game and/or match if serious enough.