

COED DODGEBALL LEAGUE

Rules and Regulations

Updated on 10/5/09

POSTPONEMENTS:

The team manager is responsible for calling the weather hotline at 597-2061 for any cancellations. Once the game begins, the decision whether or not to play is made by the officials. All postponed games may only be rescheduled by the Papillion Recreation Department if time allows.

FORFEIT PROCEDURES:

Team managers must notify the Recreation Department by 5:00 pm the Friday before their game if they wish to forfeit a game. If this procedure is not followed, that team will be assessed both teams official's fees, which must be paid before they next game or that game will result in a forfeit. If fees are not paid within (2) weeks, that team will be removed from the league. NO EXCEPTIONS!!!

LEAGUE PLAY:

We will have (1) division of play. All games will be played at Papillion Jr. located at 423 S. Washington Street. At the conclusion of the regular season, a final position night or a tournament will be played.

GAME RULES:

PLAYERS:

- ◆ The game shall be played between 2 teams of 6 players. 3 male and 3 female. A minimum of 5 players are needed to start a game, 2 females and 3 males, or vise versa.
- ◆ Any less than 5 will result in an automatic forfeit.
- ◆ Each player must sign the roster/waiver before the first scheduled game.

ATTIRE:

- ◆ Soft soled shoe/tennis shoes are the only shoes allowed on the playing surface in the gym.
- ◆ Players must wear shoes and may not play in socks or bare feet.

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, official or other items outside the playing field (wall, ceiling, etc)
- ◆ If a ball is caught, one "out" player from that team may come back into the game using the FOFI (First Out, First In) method.

- ◆ If someone catches your thrown ball “on the fly” before it hits the wall, you are out.
- ◆ If a ball hits someone, bounces off them and is caught by someone on the same team before it becomes a dead ball, you have saved that person. No one is out.
- ◆ You are not out if you are hit by a ball that hits the wall, a ball or the floor first.
- ◆ If a ball hits you, then your ball, you are out.
- ◆ Kicking is illegal.
- ◆ **Headshots:** Anyone who is hit in the head with a ball is not out nor is the person who thru it out.
- ◆ A player may block a thrown ball with a ball in hand. If ball in hand is dropped as a result of the contact, then the player who dropped the ball is out.
- ◆ **Final calls are decided by the official.**
- ◆ Each team will be allowed one (1) 30 second timeout per game. At this time a team may substitute players into the game.
- ◆ Teams may not substitute male for female.

THE OPENING RUSH:

- ◆ Game begins by placing the dodge balls along the center line. Eight (8) dodge balls will be set out.
- ◆ Players take a position behind their end line.
- ◆ After the whistle, the teams may approach the center line to retrieve the balls.
- ◆ A false start will be called if players cross their end line prior to the official's signal to start the game.
- ◆ All balls retrieved at the opening rush must first be taken behind the end line before they may be legally thrown at opponent.

BOUNDARY PENALTIES:

- ◆ Players will be declared out if they:
 - ◆ Contact the playing surface on or over a sideline with any part of their body.
 - ◆ Leave the playing field to avoid being hit by or to attempt to catch a ball.
 - ◆ Have any part of their body cross the center line and contact the ground on your opponent's side.
- ◆ Players may reach over any line to retrieve a ball, but may not touch the ground outside their half of the field.

TIMING / SCORING:

- ◆ All matches will consist of 5 games. All 5 games will be played if time allows.
- ◆ Teams will have a 50-minute time limit to complete their match. Ten (10) minutes per game.
- ◆ Each team will be allowed one (1) 30 second timeout per game
- ◆ If time is over before the 5th game is finished, the team with the most players still in will be declared the winner of that game. If teams have the same amount of players still in, a 5 minute overtime will be played within the Volleyball Court lines. Teams will start

with the same players on the court who were on when the game ended. Each team will receive 4 balls and on the whistle, overtime will begin until one team wins or 5 minutes are up.

STALLING / 5 SECOND VIOLATION:

- ◆ 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 a least one ball across the midline and into the opponent's side. 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 to opponent's side.
- ◆ After the violation has been called the balls will be divided evenly between the teams and play will continue without an opening rush.
- ◆ Only a Game Official may call a 5 second violation.

MISCELLANEOUS:

- ◆ Team captains are the only individuals who may address the referee to question a call. It is also the team captain's responsibility to see that league rules are followed.
- ◆ **If children are at the games, they must be supervised by an adult not playing.** The safety of the children is the primary reason. This is an adult activity; please leave children at home, if possible.
- ◆ **NO SMOKING ALLOWED IN THE SCHOOLS. There is also no food or drink other than water allowed in the gyms.**

SPORTSMANSHIP/ROUGHING:

- ◆ If the gym monitor or referee witnesses any unsportsmanlike act, the game will be stopped and that player or players will be given a warning. If foul play continues, that player or players will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED!!!**
- ◆ Trash talking is illegal. Officials have the right to determine offensive language. Trash talking is talk that may be offensive to officials, opposing players, teams or spectators. If trash talking occurs, the referee will give one warning, if it continues that player or players will be ejected from the game.
- ◆ If a player is ejected from a game, they must serve a one game suspension on their next scheduled game the following week. If a player is ejected twice during the season, they will be removed from the league.
- ◆ Referees have the right to eject a player from a game without a warning if needed.