

ADULT DODGEBALL LEAGUE RULES

1. Team Roster and Team Player Fee must be turned into the Recreation Office prior to first game or forfeit. Team and Player Fee Eligibility - the Recreation Program reserves the right to restrict participation and make decisions of eligibility of all players.
2. New players may be added prior to last 2 league nights.
3. Players may play on only one team per league night.
4. Managers are responsible for players' eligibility and any falsification of residency or eligibility may result in forfeit of game or suspension of manager and player.
5. Rosters are available for inspection during office hours at the Recreation Office (Monday- Friday 8am-5pm).

The Northwest Ottawa Recreation Authority reserves the right to modify these rules throughout the season. Team managers will be notified in writing of any rule changes.

Games will be played at the Lakeshore Middle School Auxiliary Gym.

1. Court: Lakeshore Middle – 35 feet in width/ 100 feet in length.
2. Field of play is inside the blue Lines. Players may Dodge, Catch, or Retrieve balls outside the blue lines but must return to the Field of play. A violation will result in a verbal warning. Repeat violation by the same player will result in the player being called out. This is a judgment call by the official and may not be contested.
3. Shoes shall be worn that are suitable for indoor court play. Shoes cannot leave marks on the floor.
4. NO jewelry of any kind allowed on the court.
5. The team to win a majority of games wins the match.
6. A match consists of 5 minutes of warm up and 55 minutes of games play. Teams will play as many games as possible in the 55-minute period. The team with the most wins takes the match.
7. The number of balls for a 6 player game is three balls.
8. Play continues until one team is eliminated. At that point, the referee calls time and awards one victory for the winning team.
9. The balls are then reset on the centerline and play resumes when the whistle is blown.
10. When time runs out at the end of the 55-minute match play period, the team with the most remaining players wins the game. In the event there are equal players remaining, then the play continues until next player out.
11. If a tiebreaker is needed for the match, one game will be played to determine the winner for the night.
12. There may be up to 9 people playing per team during each match, but 6 players on the court per game. Up to 14 players may be on the roster so you have enough substitutions. *Suggestion: If you have 12 or more players on your roster, consider splitting you roster into 2 teams. The more teams in the league, the more fun. If we can build our league, we may be able to lower the team fee.*
13. Prior to the match, the referees will conduct a coin toss with both team captains to determine choice of ends. Teams switch sides every game.
14. Players then take a position behind their endline. After a signal by the official, teams approach the centerlines to retrieve the balls.
15. Balls must be taken back across the end lines before they can be thrown at an opposing player. If the ball is not taken behind the endline before it is thrown the throw will not count.
16. **Forfeit:** A match forfeit occurs when a team fails to show up on time to play a scheduled match or fails to field at least **five** to begin match. Match forfeits can also be called for sanctions imposed by an official. Game forfeits can be called for sanctions imposed by an official.

Definitions

- **Attempt:** The act of the team with possession of the ball, trying to put out a member of the other team by throwing the ball at them.
- **Actions:** The time after the official time has started but before a game has ended, except when the official has called time out.
- **Catch:** The act of player catching an attempt by the other team prior to the ball striking the ground. If a defender catches a "live" thrown ball the thrower is out and one player then returns to the defenders side in order of first out, first in. If a defender attempts to catch a live ball, but drops it, the defender is out.
- **Returns:** A player currently out may return to the game after a valid catch by his teammate. First out is first in.
- **Ricochet:** A ball that hits a player if caught by the player or teammate without touching the ground will allow player to stay in the game. The thrower is out and one player then returns to the defenders side in order of first out first in.
- **Deadball:**
 - Declaration by the official that an attempt has been nullified.
 - A ball striking an official becomes a deadball at contact.
 - A kicked ball is a deadball at the point it was intentionally kicked. Kicking is illegal.
 - An attempt made prior to the official start of play is a deadball.
 - A ball thrown by a player who has been called out is a deadball.
 - The ball is a deadball at the point any foreign object, person, or ball enters the playing area.
 - Any attempt that has touched anything besides a player or a held ball by a player.
- **Deadzone:** The area at the center of the court separating the two playing areas. Players stepping into the other teams area or on the marker defining the area are put out as if struck by an attempt. A player may not step into the dead zone.
- **Five Seconds:** A call by an official that one player has had possession of the ball in the playing area for more than five seconds prior to making an attempt. A player may pass the ball to another teammate but an attempt must be made within five seconds of the team first taking possession inside the playing area. It is illegal for the leading team to control all the balls for more then 5 seconds. A violation will result in the referee stopping play and the balls will be divided evenly.
- **Head Shots:** Most head shots are not intentional. If the official determines that it was intentional it is up to his judgement..
- **Player Return Area:** The area on one side of the court where players from the current game retire when put out by an attempt. Players sit in the player return area in the order they were put out until the game is over or until they return as 'returnies.'
- **Taunting:** Verbally attacking the opposing team in an unsportsmanlike manner as determined by the official. Teams charged with taunting will forfeit the current match on first offense. Upon second offense the team will forfeit for the night. If a player is charged for taunting, they must immediately leave the site. A player that refuses to leave the site will result in a forfeit for that player's team.
- **Sportsmanship:** Unsportsmanlike conduct includes deliberate head shots, profanity, unnecessary roughness, threatening comments and taunting. These actions as well a others not specifically mentioned will not be tolerated on or off the court. If a player is called for unsportsmanlike conduct, they must immediately leave the site. A player that refuses to leave the site will result in a forfeit for that player's team. Players that have multiple offenses may be suspended for the season. Players shall observe the highest level of sportsmanship and promptly call themselves out when struck. A missed call by the official does not remove the obligation of a struck player to call himself/herself out.

Other Rules

1. The defender may block a live ball with another ball. That ball is still a live ball however, until it hits the floor, wall or ceiling.
2. If a blocking ball is dropped as a result of contact from a live ball, then the player who drops the ball is out.
3. A player may block a live ball, then throw the blocking ball down and catch a live ball.
4. A player shall not leave the playing field to avoid being hit or in an attempt to catch a ball.
5. Players who have been called out cannot retrieve stray balls for their teammates, or that ball will be given to the other team.

School Rules

- **No smoking in school buildings or anywhere on school grounds**
- For your child's safety, children are to be **supervised** & visible at all times.
- If school is cancelled due to severe weather, league games will be cancelled.
- We are not responsible for any personal items lost or stolen.
- Locker rooms and showers are not to be used. Come dressed to play.