

Sedalia Parks & Recreation

2020 Dodgeball Rules

This league is built to have fun first and foremost. We will also run off the honor system. If you are knocked out, you must raise your hand and walk off the court.

The purpose of the rules is to create a balance of play; provide reasonable safety and protection; and create an atmosphere of sportsmanship and fair play without unduly limiting freedom of action of individual or team play.

ELIGIBILITY

- After playing one game a player **may not** switch teams.
- A player may only play on **ONE TEAM** sponsored by the Sedalia Parks and Recreation.
- **The Official has the final call, only the captain can protest, the captain in the team represent who meets with the official before the start of the game.**

THE TEAM

- Teams will be made up of 4-8 players on the court, a max of 10 players on roster.
- A minimum of 4 players must be present to begin the game.
- **The eight players that start the game are the only players to play in that game.**
- You must have at least three female players on the court when playing with a full 8. Example 5 males and 3 females.

BOUNDARIES

- The volleyball court lines will determine our lines of play.
- All balls are live until they hit the ground or the wall.
- During play, all players must remain within the boundary lines.
- Players may pass through their end line only to retrieve stray balls.
 - Stray balls are those that have not been picked up and are lying on the ground.
 - **No Outside help from team members on the sideline or fans, the official has the right to throw you or a fan out for interfering in the game.**
- When retrieving a ball, the player must also immediately re-enter the playing field only through their end line.
- Each team must stay in their respective areas-behind the centerline on their side of the court.
- Players shall not:
 - Have any part of their body contact the playing surface on or over the sideline.
 - Enter or re-enter the field through their sideline.
 - Leave the playing field to avoid being hit by or attempting to catch a ball.
 - Have any part of their body to cross the centerline and contact ground on their opponent's side of the court.
 - A player may, without penalty, step on the centerline, but not over.
 - **Penalty:** The player in violation will be ruled out.
 - **Players NOT in action can't touch the balls.**

EQUIPMENT

- **The official ball used will be a 6 inch foam ball.**
- The standard number of balls used for a game is six.
- All players must wear gym shoes. No **BLACK-SOLED SHOES** will be allowed.
- All players are recommended to wear a shirt and shorts/pants
 - It is highly encouraged for teams to wear the same color shirts.

THE MATCH

- Five games will be played per match, regardless of the outcome in the prior games.
- Home team will have the choice of sides to begin the match.
- Teams will alternate sides after each game in the match.
- The object of the game is to eliminate all opposing payers by getting them out.
- An out is done by:
 - Hitting an opposing player with a thrown ball below the shoulders. If a player ducks into the ball and it hits them on the head, then player that was hit is out.
 - Head shots **are illegal**. If a head shot is deemed to be thrown on purpose, the player who threw the ball is out. **A player that is hit in the head (on purpose) remains in the game. If they can not play the next player (same sex) will enter the game in their place.**
 - Catching a live ball thrown by your opponent.
 - Causing an opponent to drop a live ball as a result of contact by another thrown live ball. (Usually occurs when a ball is being used to block a thrown ball.)
 - An opposing player stepping out of bounds.
 - If a player catches a live ball, the thrower is out and everyone hit by the thrown ball remains in.
 - 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 the game.
 - **A deflected ball that hits player 1 and player 2 they are both out.**

TIME OUTS AND SUBSTITUTIONS

- A 3-minute time limit has been set for each match.
- Each team will be allowed one 30 second timeout each game. **ONLY 1 TIMEOUT!!!!**
- Only the Official's whistle starts and stops the clock.
- All players are in jeopardy until the Official recognizes and signals, the beginning of a time out or end of regulation time.
- All balls remain in the team/player possession at their respective end line when a timeout is called.
- Play will resume by the official blowing their whistle.
- **Play is stopped immediately upon the whistle being blown---ball is dead no matter if in the air**

BEGINNING THE GAME

- The game will begin by placing 6 dodgeballs along the center line. Players will take a position touching their respective end lines.
- The official will blow their whistle to start the game.
- When the whistle is blown, each team will sprint to the center line to retrieve the balls. NO contact with the feet will be allowed during the start of the game. HANDS ONLY. A player will be called out for using their feet.
- 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. Respective end line is considered the starting line that your team is lined up on upon start of the game. Players do not have to return to the 10foot line to be hit and called out.
- If a player's feet cross the centerline during the opening rush, it **will not** be a violation.

RE-ENTRY

- Catching a ball thrown by your opponent, before it touches the ground, will permit your team to get an out and a player back into the game.
- The player to re-enter the game is the first out player during the game. As players are "out" they should stand in line. Players should not jump ahead in the out line. (No more than 7 players on the court at one time.)

DECLARING A WINNER

- The first team to legally eliminate all opposing players will be declared the winner.
- If neither team has been eliminated at the end of regulation, the team with the greater number of remaining players will be declared the winner.
- In all overtime periods, the first team to legally eliminate ONE opponent will be declared the winner.

OVERTIME

- If an equal number of players remain after regulation play, a 3-minute sudden death overtime period will be played.
- All overtime periods will begin with an equal number of "balls in hand" behind a teams end line. The first team to eliminate any **ONE** opposing player will be declared the winner.
- There are **NO** timeouts allowed in overtime.
- At the end of each overtime period, if no players have been eliminated, an additional player from each team – maximum of 7 – will be placed back into play.
- The sudden death format continues through all extra periods.

STALLING AND 5 SECOND VIOLATION

The following procedure will be used to prevent stalling and overtime.

- A team trailing during a regulation game must be given the opportunity to eliminate an opposing player. This requires a ball to be at the disposal of the trailing team.
- It is illegal for the leading team to control all the balls for more than five (5) seconds. If the leading team controls all the balls - i. e. all balls are located on their side of the center- line- they must make a legitimate effort to get at least one ball across the attack line and into the opponent's backcourt. 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 into the

opponent's backcourt. This does not include throwing a ball over and through an opponent's end-line.

- **Note:** only the Official will call a 5-second violation.
- **First violation:** Stoppage of play and balls will be divided evenly between the teams. Play will continue with "balls in hand,"
- **Second violation:** FREE THROW for the opposing team - a penalty in which one player is allowed an unobstructed throw at their opponent(s) without risk of elimination. This is possible because a caught "free throw" does not result in an "out" for the thrower.
- **Third violation:** Ejection of one (1) player from offending team.

CONDUCT OF PLAYERS

- A player guilty of unsportsmanlike conduct in connection with any game decision may be suspended from the league, the balance of the season, or any part thereof. Recommendations for suspension shall come from the official in writing.
- **FOUL LANGUAGE** – Upon hearing foul language by a player or coach from a team, the official will warn the team. On the second foul language offense, the player will be considered out.
- If excessive force or unsportsmanlike tactics (constant arguing with the official or another team) are used while participating, the official can and will eject the involved parties. If a team or player argues excessively, the ref will give them a warning. If the behavior continues, the official will eject the player from the game. If this happens more than twice, this player will be removed from the league.
- Only the captain can discuss rulings on the game, any other player arguing can be thrown out for the night.

MISCELLANEOUS

- If for any reason a game is postponed, they will be rescheduled by the SPR.
- Game Time if Forfeit time.
- Pool play Standings will be kept by matches won.
- There will be a single elimination bracket after pool play.
- The top 2 teams will be awarded.
- If you have any questions please contact Tanner McKee, Recreation Superintendent at (660) 826-4930 or tmckee@sedaliaparks.com .