

**Winston-Salem Recreation and Parks Department**  
**Adult Dodgeball**

**Updated 2/17/23**

**THE TEAM**

Teams consist of six (6) players. Minimum to start a game is four (4) players: One (1) female is required to play for the game not to be a forfeit (Coed division). There is no maximum for female play. Maximum for male play is three (3). If a team is waiting for player(s) to reach the minimum, the game clock (6 minutes) will run for each game until minimums have been achieved. Each game that has started will be considered a forfeit by the team without enough players. All players must be at least 18 years old and out of high school to play. Players may play on one (1) team per league.

**GAME FORMAT**

Each team will play at least 7 or 14 games in an evening.

**COST OF LEAGUE**

The cost of the league is \$238 per team. There is a \$20 non-resident fee for each player living outside the city limits.

**THE COURT**

The game will be played indoors on basketball courts. The basketball court will be divided in 2 equal sections by a center court line. The basketball court will be the boundary lines.

**THE EQUIPMENT:**

The official ball is a 7" & 8.25" rubber-coated foam ball. Six balls will be used for each game. Tennis type shoes with non-marking soles are required. Team uniforms are optional.

**THE GAME:**

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by the following

- Hitting an opposing player with a thrown ball or kicked ball
- Catching a ball thrown by your opponent before it touches any other surface.
- Going out of bounds while dodging a ball.
- Ball can only stay on a side 30 seconds.
- Kicking the ball at the start of the game.

Game begins by placing the dodge balls in the middle of the court or spread across the mid court line. The decision will be up to the floor captains. Players then take a position behind their end line. Following a horn by the game official, teams may approach the centerline to retrieve the balls. Balls may not be kicked at this time of the game. This horn officially starts the contest.

The first team to legally eliminate all opposing players will be declared the winner. A 6-minute time limit has been established for each game. If neither team has been eliminated at the end of the 6 minutes, the team with the greater number of players remaining will be declared the winner. In the case of an equal number of players remaining after regulation, a sudden-death overtime period will be played until there is a winner. This will be done with the volleyball lines as the boundaries. Three (3) players from each team will stand on each boundary line and keep the balls in play. If you are outside the volleyball lines to retrieve balls, you may not reach into the volleyball lines to give a ball to your teammate(s). The balls must be clearly out of the boundary lines. If the official sees this take place the sudden-death overtime will be over and the opposing team will be declared the winner of that match.

## **THE CATCH**

A legal catch is one that is made by a player from the opposing team of whom threw the ball. This must be done prior to the ball touching any other surface (dead-ball). If a ball strikes you, you must be the person to make the catch before the ball touches any other surface.

## **DEAD-BALL**

A ball is dead when it hits the playing surface, ceiling, wall, any part of the basketball goal, or hits off of another player.

## **THE NON-CATCH**

The following are defined as “non-catches”:

- A ball strikes another surface prior to being caught.
- A player may attempt to make a catch while in possession of another ball. However, if the official rules that the ball in their hand touch the thrown ball it will be ruled a non-catch.
- A player makes a complete catch inbounds and then their momentum carries them out-of-bounds along the baseline. The person who threw the ball nor the person who caught the ball, will be ruled out. This can only happen on the baseline (sidelines & mid-court do not qualify)
- A player is struck by a ball but a teammate catches the ball

## **TIME OUTS & SUBSTITUTIONS**

Each team will be allowed one 30 second timeout per game. During the timeout, a team may substitute players into the game. No timeouts are allowed in the overtime period. **Only players who did not start the beginning of the game may be substituted.** No player who has been eliminated during the game may reenter. Players may only substitute players of the same sex, males replace males & females replace females.

Substitutes may enter only during timeouts or during a stoppage of play in case of injury.

Floor captains must identify themselves before each game. They are the only ones authorized to address the official.

## **PROTESTS**

Protests will only be accepted in cases involving use of an ineligible player. Protests of judgment calls will not be accepted.

## **RULE ENFORCEMENT**

Rules will be enforced primarily by the "**honor system.**" Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. All contests will be supervised by a game official. The game official's responsibility will be to rule on any situation in which teams cannot agree. This includes rulings on all legal hits, out-of-bounds, center court crossings or 30-second violations.

**ALL GAME OFFICIALS' DECISIONS ARE FINAL - NO EXCEPTIONS.**

## **RETRIEVING BALLS OUT OF BOUNDS**

When balls go out of bounds, a player must leave and enter the playing court by the baseline. They are not allowed to go out of the sidelines. Players cannot be eliminated while retrieving a ball out of bounds. Players cannot go out of bounds to dodge a ball. If this occurs, the player will be called out. Players must be in-bounds to be eliminated or to throw the ball at opposing players.

## **BOUNDARIES**

During play all players must remain within the boundary lines. Players are not allowed to step over the center line or the sidelines. Any player who does so will be called “out.” Players are allowed to make contact with the boundary lines. As long as part of their foot is on the line they are safe. If any foot or body part is over the boundary line they will be called “out”. The space above the boundary lines “in the air” does not count as a boundary and can be crossed as long as no other part of your body is over the boundary line.

## **BALL POSSESSION**

A ball can stay on a side for 30 seconds.

## **DODGEBALL CODE OF CONDUCT**

- Understand, appreciate, and abide by the rules of the game.
- Respect the integrity and judgment of game officials.
- Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
- Be responsible for your actions and maintain self-control.
- Do not taunt or bait opponents and refrain from using foul or abusive language.

## **PLAYER CONTROL PROBLEMS**

Yellow cards are given for unsportsmanlike conduct. A red card is given for the second unsportsmanlike conduct on the same night of play on the same player. Red cards are given for flagrant unsportsmanlike conduct (yellow card not needed).

- If a player, coach, or manager, is ejected from the game that person must leave the facility immediately. Failure to leave the facility will result in a forfeit of all games remaining to be played that night.
- If for any reason, a player is ejected from a game, due to behavior or actions, that player will not be allowed to play any remaining games of that evening and the next scheduled games. A player ejected twice during the season will be out for one calendar year from the date of ejection. No refunds.