

# Woodland Adult Dodgeball Rules and Regulations

Spring 2012

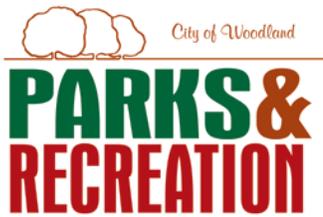


Woodland Parks and Recreation  
(530) 661-2000



## Table of Contents

<b>ADULT DODGEBALL RULES AND REGULATIONS</b> .....	3
Manager Responsibility .....	3
League Participants .....	3
Team League Organization .....	3
Team .....	4
Match Scoring & Timing .....	4
Game Play .....	4
Honor System and Sportsmanship .....	5
Officials .....	5
Court and Equipment .....	5
Player Conduct .....	6
Protests & Appeals .....	6
Player Code of Conduct .....	7
<b>SPECIAL NOTES</b> .....	8
Forfeits .....	8
League Standings & Schedules .....	9
Questions .....	9
<b>Dodgeball Diagram</b> .....	10



## Woodland Parks & Recreation Department

2001 East Street • Woodland, CA, 95776 • Phone: (530) 661-5880 • Fax: (530) 666-7257

---

### ADULT DODGEBALL RULES AND REGULATIONS

---

#### *Manager Responsibility*

The team manager is responsible for his/her players knowing the rules. It is assumed that all players will be informed. Any questions regarding the rules should be directed to Parks and Recreation staff responsible for the Athletic Leagues.

#### *League Participants*

All players must be at least 16 years of age and must have signed the official team roster form.

All players participating in any City organized league game must be registered on the appropriate team roster prior to their first game. All information must be properly filled out for a roster to be valid. If a player is caught playing without signing the roster, that player and the team's manager will be suspended for one full week from all of game play.

Any player using false information will be suspended from all league play for the remainder of the season, or for a minimum of four weeks. Any player found playing after being suspended will be suspended for one calendar year from the date of the infraction.

A player shall be eligible to play on ONE TEAM per division of play. Any player found to be playing on more than one team per night or in a league they have been banned from will be suspended for a minimum of two weeks from all of league play and placed on probation for the remainder of the season, or for a minimum of four weeks. Additionally, the game the illegal player participated in will be recorded as a forfeit.

Players can be added or dropped. Players must go to the Parks and Recreation Office and fill out an Add/Drop form.

For safety and legal reasons, no persons other than registered players, managers, coaches, or officials, will be permitted on the court during any game.

#### *Team League Organization*

Game clock will begin after the official announces game time. Both teams (at least four players) shall be on the court and ready to play at game time. If either team has less than four players at the scheduled game time, a five minute grace period will be given. The team with the required number of players will be awarded **2 games**

and the game clock will continue to run. If the fourth player does not arrive within the five –minute grace period, the game is declared a forfeit.

To eliminate forfeiture with not enough players, teams may “borrow” players from the other teams, so as long as the player is a legitimate player in the league, with a signed waiver and roster. The “borrowed” player will be committed to playing the entire game with the opposing team. The “borrowing” of players must be amiable between both teams.

In the event an injured player is unable to continue a game, the team may bring in a substitute from the bench. If no substitutes are available, the team will be permitted to continue play with less than the required number of players. The match may continue if there are more games to finish and there are less than four players (due to injury.) If the injured player is able to play after sitting out, they may re-enter the game.

## **Team**

Each game will start with 6 players on the court for each team. There must be 3 men and 3 women and there can only be a difference of one between males and females. A minimum of 4 people may start the game and there must be 2 people of each gender. Therefore you can play with 2M/2F, 3M/2F, 3F/2M or 3M/3F. Substitutions may only occur between games except in the event of an injury. Additionally each game you are allowed to have 2 specified “ball shaggers” per team. A fan can be used as a ball shagger.

## **Match Scoring & Timing**

The Match will have a 30 minute running clock and teams will play as many games as then can during that time frame. The team who has won the most games at the end of the 30 minutes will win the Match. If the time runs out during a game, the game will end and the team with the most players will win that match (unless it is the deciding game of the match, then they will finish the game and the winner wins the match). If after 30 minutes the match is tied, then we will have a sudden death game which will have a time-limit of 5 minutes.

## **Game Play**

Playing Field – Players may not enter the opposing team’s section for any reason. Players may lean into the opposing side, but no part of the player’s body may touch the ground in the opposing side. Players may pick up balls on the opposing side, as long as the player does not touch the ground on the opposing side. Any player touching the ground on the opposing team’s side will be out. Players may not leave the court to pick up a ball that is out of bounds. Leaving the court will result in the player being out. However, players may reach outside the court to reach a ball as long as you have one foot touching inside the court. Players can also “straddle” the court, as long as one foot is in bounds.

Opening Rush – All players line up on their respective baselines with all 6 balls on the centerline. When the referee signals the start of the game each team may rush and get the 3 balls to their right only.

Players must “clear” each ball behind the attack line before throwing at the opposing team. A ball is cleared when it is physically behind the attack line or any body part of the player holding the ball is behind the attack line. If the ball is not cleared, the throw will not count, no one can be out (thrower or catcher) and the other team may keep possession of the ball.

Slow Play – A player gets 15 seconds to possess the ball before they must throw it at the opposing team. A ball on the ground near a player counts as being possessed by that player. Players and teams will be warned for slow play, and will be given a 5-second countdown. If they still do not throw the ball after

the countdown they will be called out. Additionally, whichever team has possession of a ball first, must also throw the ball first.

**Outs** – A player is out if they are hit with a “live” thrown ball from the opponent. A player is out if their “live” thrown ball is caught. A live ball is a ball thrown by an opponent before contacting another surface (ground, wall, ceiling, ball, or player). A player may use a ball to block a throw from the opponent, however if they lose possession of their ball when blocking a throw, they are out. If a player steps over the mid-line at any time, they are out. Head shots result in the thrower being out, unless the player hit in the head or neck is crouching or bending down.

**Catching the ball** – When a player catches a “live” ball their team can bring on the next player from the out line, as well as getting the thrower out. Also, if a ball is caught after hitting another player on the same team then that player is safe, as well as the opposing player who threw the ball.

**Out Queue** – When a player is declared out they must raise their hand to signify they are out and quickly proceed to the Out Queue (shown on the diagram). Players must enter the Out Queue in the order they were eliminated, first out is the first back in. Players must stay in the Out Queue and cannot shag balls while they are in the Out Queue. When a ball is caught the next player in the Out Line can enter from the back of the court only. You must be physically in the Out Queue to be able to re-enter the game, so hurry off after you are called out.

**Head Shots** – Head shots are not allowed under any circumstances. Repeatedly throwing high balls, whether intentionally or unintentionally will result in a warning and then ejection from the game.

**Suicide Throws** are not allowed.

**Final Player** – When a team has only one player remaining that player may attempt to throw the ball into the opposing team’s basketball hoop to “jailbreak” their team. If they make the basket they can yell “Jailbreak” and all the players in the out queue can return to the court.

## ***Honor System and Sportsmanship***

This league is a recreational league and is meant for FUN! Please remember that while playing. If you are hit by the ball, be honest and go out. If you think you were hit by the ball, you probably were, be honest and go out. You are more likely to get favorable calls from the refs if you are honest and do not argue with the referees.

Please do not argue with the referees, they are not perfect. If they call you out, go out. If you are honest it will make the game more fun. If you argue everything, the refs will only watch you closer and are less likely to give you a break if there is a close call. If winning means so much to you that you are considering cheating in Dodgeball then you are in the wrong league.

## ***Officials***

Games will be officiated by you. Designated teams will officiate the games when they are not playing.

Officials shall have complete charge of the game and the players, managers, coaches and sponsors. In extreme cases of misconduct, the official may discontinue play and issue a forfeit or double forfeit. [The official’s decision is final.](#)

## ***Court and Equipment***

The game will be played on a volleyball court with a centerline, attack lines, sidelines and baselines. Each game will consist of 6 dodgeballs. (See attached diagram)

All players must wear shoes and shirt or tank top in all league games, shoes must be closed-toed. For safety and injury prevention, no jewelry such as watches, bracelets, earrings, or necklaces may be worn by any player.

Any player, coach or official who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered (i.e., bandage/cover the wound or remove/change the bloodied clothing.)

## ***Player Conduct***

Players are expected to play in the sports league with sportsmanship. This program is designed to be recreational and it is the purpose to provide a recreational experience with fun and exercise. Players participating in any kind of physical or verbal confrontation on the court or at the facility are subject to suspension for the current season or the entire remaining volleyball year. Spectators involved in any misconduct are subject to suspension from the gymnasiums and/or arrest.

Any vulgarity or language an official finds inappropriate shall warrant a one time, team warning. After the warning, any audible profanity shall be subject to immediate ejection. **NOTE:** An official may eject a player for profanity without a warning. Any post ejection demonstrations of profanity or other un-sportsmanlike conduct may result in game forfeiture, as well as player suspensions.

## ***Protests & Appeals***

Protests that arise during the game based on rule interpretation shall be announced by the manager of the protesting team to the referee immediately and before the next serve is made. The referee shall in turn notify the opposing manager and official scorekeeper. Protest based on an official's judgment in calling play will not be accepted. Protest based on the misinterpretation or misapplication of playing rule or on the eligibility of any player will be reviewed and ruled upon by the Parks and Recreation staff responsible for the Athletic Leagues.

The protesting manager shall submit to the Parks & Recreation office during the first working day following the protested game. The Intent to Protest form must be completed and accompanied by refundable \$30 protest fee

1. The date, time, game location, and team names involved.
2. Names of officials and scorekeeper.
3. A description of the rules and procedures involved.
4. All essential facts involved in the matter of protest.

When a protest based on interpretation or application of a rule is upheld, the game shall be replayed from the point of the protest with the decision corrected only if the outcome would affect the league championship.

Managers may protest the opposing team of illegal players. If the player is in the starting lineup or enters the game he/she must be protested before the end of the game. The protesting manager shall notify the official and the scorekeeper of his/her protest and must submit all appropriate paperwork along with the \$30 protest fee during the first working day following the protested game. When a protest based on the use of an ineligible/illegal player is upheld, the game shall be forfeited to the protesting team. Appropriate action will be taken against the ineligible/illegal player.

Team managers may make appeals on the following decisions:

- The placement of a team in a league (e.g. the league the team is placed in and the make-up of the team.)
- The prohibition of a player on a team.
- The suspension of a player.

Any team or player is eligible to appeal. A written appeal and a \$30 fee (per appeal) must be submitted within seven calendar days of being notified of the decision. The fee will be refunded if the appeal is approved. The appeal will be brought before the Dispute Resolution Board (a local board made up of one official and two team managers).

### ***Player Code of Conduct***

NO PLAYER SHALL lay a hand upon, shove, strike, threaten, or physically attack any player, official or spectator. Officials are required to immediately suspend a player from further play and report such player to League Coordinator. Such player shall remain suspended until the League Coordinator has considered his case. MINIMUM PENALTY: Suspension from all league play for two weeks and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension for life and/or assault charges filed.

NO PLAYER SHALL refuse to abide by official's decision. Officials are required to immediately suspend player from further play and report such player to the League Coordinator. Such player shall remain suspended until the League Coordinator has considered his/her case.

MINIMUM PENALTY: Suspension from all league play for one week and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension from all league play for one year and placed on probation for additional one year.

NO PLAYER SHALL be guilty of objectionable demonstrations of dissent at official's decision.

MINIMUM PENALTY: Warning by the official and possible ejection from game.

MAXIMUM PENALTY: Suspension from all league play for one year and placed on probation for additional one year.

NO PLAYER SHALL discuss with an official in any manner the decision reached by such official except the manager or captain.

MINIMUM PENALTY: Warning by the official and possible ejection from game.

MAXIMUM PENALTY: Suspension from all league play for two weeks and placed on probation for remainder of season.

NO PLAYER SHALL be guilty of using unnecessarily rough tactics in the play of the game against the body and person of an opposing player. Officials are required to immediately suspend players from further play and report such player to League Coordinator.

MINIMUM PENALTY: Suspension from all league play for two weeks and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension from all league play for one year and placed on probation for additional one year.

NO PLAYER SHALL be guilty of an abusive verbal attack upon any player, official, or spectator. Officials are required to immediately suspend player from further play and report such player to the League Coordinator.

MINIMUM PENALTY: Suspension from all league play for one week and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension from all league play for one year and placed on probation for additional one year.

NO PLAYER SHALL appear on the court at any time in an intoxicated condition. Officials are required to immediately suspend player from play and report same to League Coordinator for further consideration.

MINIMUM PENALTY: Suspension from all league play for one week and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension from all league play for four weeks and placed on probation for one year.

## **SPECIAL NOTES**

Any player who is suspended will automatically be placed on probation for the remainder of the season or a minimum of four weeks.

Any player being placed on probation for the remainder of the season and reported again for violating the "Code of Conduct" will be suspended for the remainder of the season or a minimum of four weeks.

Any player removed from a game will have two minutes to leave the court. Such player may also be directed by the official to leave the gym immediately. Failure to do so can result in a forfeiture of the game and the suspension of said player for the remainder of the season or a minimum of four weeks.

A player who has been suspended from play may be barred by the League Coordinator from attending the game(s) from which he/she has been suspended.

## **Forfeits**

Teams forfeiting two games in a row may be dropped from league under certain circumstances.

## ***League Standings & Schedules***

League standings and schedules will be posted at [www.teamsideline.com/woodland](http://www.teamsideline.com/woodland) .Should a score be recorded inaccurate or a problem arise in scheduling, please notify the sports personnel immediately.

## ***Questions***

The Parks and Recreation Department is not responsible for the supervision of children during scheduled Adult recreation activities. All questions and concerns shall be directed to Brad Petersen, (530) 661-2000 or at [brad.petersen@cityofwoodland.org](mailto:brad.petersen@cityofwoodland.org).

Rules adapted from the following organizations:

XOSO Sports – [www.xososports.com](http://www.xososports.com)

AZ Dodgeball – [www.azdodgeball.com](http://www.azdodgeball.com)

# Dodgeball Diagram

