

Grimes Parks & Recreation Department

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CITY OF
GRIMES



2010 Adult Dodge Ball League Rules

OBJECT OF THE GAME

To eliminate all players from the opposing team. A game ends when all players from one team have been eliminated.

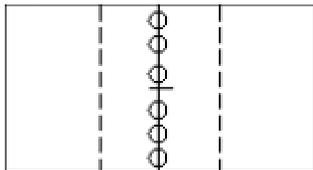
THE TEAM

Six (6) players will compete on a side; others will be available as substitutes. Co-Ed teams should have 3 men and 3 women on the court to start the game.

- Substitutes may enter the game only in the case of injury.
- Four players are required to begin a game (Co-Ed- 2 men/2 women). Co-Ed Teams may also play with more women than men, but not the reverse.

THE PLAYING COURT

The playing court will look similar to this containing the playing balls in the middle and the attack lines approx 3 feet on each side of the center line:



- Players may not enter the opposing teams 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 for any reason. A player touching the opposing team section will be called out.

THE EQUIPMENT

The official ball used in tournament and league play will be a rubber-coated Gator skin foam ball.

THE OPENING RUSH

Games begin by placing the dodge balls along the centerline. Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. You must take the balls back behind the attack line before you throw them (only on the opening rush). Throwing the ball back to your teammate behind the line is allowed and can be used as a strategy.

THE GAME

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

- Hitting an opposing player with a LIVE thrown ball. "Head shots" do count but are not promoted.
- 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, another player, official or other item outside of the playing field (wall, ceiling, etc).)
Players who are out must leave the court and line up in the "out line" in the order in which they were tagged out.
- Teams may get an out player back into play by catching a ball thrown by your opponent before it hits the ground or anything non-human. The next player back in the game must be the first player who was ruled as out during the match play. (If this rule is not followed, a loss will be recorded for that team.)
- A player "save" occurs if a ball strikes a player and the ball is in turn caught by a teammate before it touches the ground, wall or anything non-human. No player is eliminated in the case. (Note: the thrower is SAFE)
- A player may deflect a thrown ball with a held ball and not be called out. However, if the player drops the deflecting ball, he/she is OUT.
- A ball is considered dead once it touches the wall, floor, or anything else non-human, or the ball has caused a player to become out.

BOUNDARIES

During play, all players must remain within the boundary lines. Players may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end-line. All balls must be thrown and caught within the boundary lines.

WINNING A GAME

- Each match will consist of 15- 30 minutes of running clock depending on the # of teams. Standings are determined by the best winning %.

TIME-OUTS & SUBSTITUTIONS

Each team will be allowed one (1) 30 second timeout per game.

5-SECOND VIOLATION

In order to reduce stalling, a violation will be called if a team in the lead controls all the balls on their side of the court for more than 5 seconds.

- The penalty for a violation will be one team member from the violating team being called out (the opposing team picks which team member should be called out).

RULE ENFORCEMENT

During pool play or regular-season matches, 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. If you are out - go out.
- A court monitor/supervisor will supervise all contests. The court monitor's responsibility will be to rule on any situation in which teams cannot agree. **THE COURT MONITOR'S DECISION IS FINAL – NO EXCEPTIONS.**

RANKINGS

Standings will be posted at www.grimesiowa.gov.

NOTES

League rules may be updated throughout the season as needed.

- All players must be on the roster **BEFORE** the last scheduled league game in order to play in the end of season tournament.