

# Minneapolis Park & Recreation Board

## DODGEBALL RULES

### **GENERAL INFORMATION:**

**League Location:** MLK Park & North Commons

**Matches:** One match consists of 7 games

**Roster Due Dates:** Roster is considered final after the second scheduled game

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**ROSTERS** can include up to a maximum of twelve (12) players. Players must be 18 years of age or older and may play on only one team in each league. Rosters must be filled out neatly and completely, including all addresses and signatures of all legal players. Rosters are due *online ASAP, preferably by the first night of play*. If you do not turn in a new up to date roster your team could have to forfeit all games if another team questions the eligibility of the participants on your team.

**FORFEITS** will occur when a team is not able to begin a game with at least four players. A team with less than four players present from their roster will be allowed a five-minute grace period. After five minutes the team will lose the 1<sup>st</sup> game. After ten minutes, the match is forfeited.

### **FACILITY RULES - NO SMOKING IN PARK BUILDING.**

1. Players must wear clean tennis shoes. (Please - no black soles.)
2. There is a courtesy phone at the park front desk. Please use it in case of emergency only.
3. A gym supervisor will be available if you should need them.
4. Food and beverages are not allowed in the gym.
5. Do not spit on the gym floors.

### **GAME PLAY -**

#### **The Team**

Teams will be made up of 6-12 players. A maximum of 6 players will compete on a side, a minimum of 4 players required to start a game; others will be available as substitutes. CoRec leagues will have 2 women on the court at the start of each game. Substitutes may enter the game only during timeouts or in the case of injury.

#### **Time Rule**

Games must be completed and the equipment put away by 9:30p.m. No exceptions. If this rule is not followed by a team(s) you may be dropped from the league.

#### **The Court**

The game may be played on a regulation size volleyball court. The playing field shall be a rectangle approximately 59 ft long and 30 ft wide, divided into two (2) equal sections by a center boundary line using 6 ball placement cones.

#### **Setting up the Courts -**

ALL TEAMS playing the first match are to help retrieve the dodge balls and boundary cones.

ALL TEAMS playing the last game of the night are responsible for putting all equipment away.

The equipment is owned by the Minneapolis Park and Recreation Board and any damages occurring during league play will be paid for by the league teams.

#### **The Equipment**

The official ball used in league play will be a 6.5" or 7" rubber-coated foam ball. Participants must wear non-court marking tennis shoes. Center line ball placement cones will also be utilized.

#### **The Game**

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

1. Hitting an opposing player with a thrown ball below the shoulders. If a player is dodging a ball and in doing so gets hit above the shoulders that player is not out. This is an acquired skill, to be able to get hit in the head, and deserves the ultimate reward of staying in the game. The thrower also stays in the game.
2. Catching a ball thrown by your opponent before it touches the ground or the wall. This results in the player throwing the ball to be out and allows the player's team who caught the ball to send 1 player of their teams choosing back into the game.
3. You are allowed to deflect a ball thrown at you with another ball, but if the thrown ball hits any part of the blocking players body during or after the block that player is out, if you drop the ball that you are using to block with you are still in the game. Balls that are thrown and hit an opposing player or are blocked by an opposing player and then deflect in the air and are caught by any player result in rule #2 above being in effect.
4. If a player blocks a thrown ball and then the ball proceeds to hit a teammate the teammate is still in. The only player who can be knocked out on a blocked ball is the player who blocked the ball, see rule #3.

The game begins by dividing the balls equally between the 2 teams. Teams then both verbally agree to begin the game. This signal officially starts the contest.

### **Inherent time limit rule**

When the game progresses to where only 1 opponent is remaining on a side, a 6 second time limit goes into effect for both teams, players only have 6 seconds to throw a ball they have picked up. This is in place to speed the game up. The first team to legally eliminate all opposing players will be declared the winner. An 18-minute time limit has been established for each match consisting of 7 games.

### **Time-outs & Substitutions**

Each team will be allowed one (1) 45 second timeout per game. At this time a team may substitute players into the game. This can be utilized as an equalizer for CoRec teams because you are allowed to have a female call a timeout and substitute a male back into the game for the female.

### **Rule Enforcement**

Rules will be enforced primarily by the "honor system". Players will be expected to rule whether or not a hit was legal and whether they were legally eliminated. In case of disputes please resolve them quickly and the designated manager for that match must take charge and solve disputes immediately. It is dodgeball- I do not want to hear any complaints.

### **Boundaries**

During play, all players must remain within the side court boundary lines. The back wall will be utilized as the backcourt boundary marker. Players may leave the boundaries only to retrieve stray balls. If a player leaves the court boundary area intentionally to dodge a ball that player is ruled out. If a player is dodging a ball to the best of their ability and happens to go over the court boundary unintentionally that player can remain in the game. Players cannot be hit while out of bounds while retrieving a ball that went out of bounds.

### **Match play**

Matches will consist of 7 games with all 7 games being played regardless if your team might win all 7 games or lose all 7 games. The regular season standings will be based on a games won/lost record and if a tie occurs at the end of the season head to head records will be used as a tiebreaker.

### **Protests**

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

### **Minneapolis Park & Recreation Board Dodgeball Code of Conduct**

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

### **Dodgeball Scoring Rules**

A tie will be given to teams when the seventh game in the match did not get started because teams ran out of time. In case of a tie, each team will score ½ win.

**Report Scores** to Minneapolis Park and Recreation Board Sports Department through e-mail: [jbartsh@minneapolisparcs.org](mailto:jbartsh@minneapolisparcs.org) or 612-230-4692. It is the responsibility of the team captain. Please call in your scores each week! At the conclusion of regular season play team standings will be determined by the total number of games played – not necessarily the number of games that have been reported.

When calling in scores, please leave the following information:

- Team Name
- Day & Date of Game
- Number Games won/lost in each set

### **First Aid**

1. A first aid kit is available for all players each evening, located at the front desk.
2. If we need to replace any items in the first aid kit (i.e. cold packs, band-aids, etc.) Please let the front desk know.

### **MINNEAPOLIS PARK AND RECREATION BOARD**

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