



2022 City of Cheyenne Recreation Adult Co-Rec Dodgeball Rules

The Playing Area

- Games will be played at the Youth Activity and Community Center (1317 Parsley Blvd.)
- Playing area will be the same dimensions as a volleyball court (60' x 30')
- Cones will be placed on each corner of the court, and at the half court line.
- All players must always remain inside the playing area. Failure to do so will result in the player being out for the remainder of the game. Note: Players may leave the playing area only to retrieve a ball.

Equipment

- We will provide game equipment. This will consist of an 8.25" rubber-coated foam ball and boundary cones.

Supervisors/Referees

- Games will be officiated by a referee who will be scheduled and provided by the Recreation Division.
- Only a team representative may dispute a call with the referee. The referee has jurisdiction over the play and may penalize a player, including game ejection, for unsportsmanlike conduct.

Participants

- All players must be 16 years of age or older. Players may only register for and play on one team.
- Cheyenne Recreation Division reserves the right to suspend any player at any time for unsportsmanlike conduct, violation of any rules, for failure to pay appropriate dues or for being disruptive, without any refund whatsoever. Any team wishing to suspend any member for just reasons must do so on their own and provide Cheyenne Community Recreation & Events a written reason as to why. Again, no refunds. At the discretion of Cheyenne Community Recreation & Events, any member suspended may not be allowed to participate in any future Cheyenne Community Recreation & Events leagues and/or events.

Teams

- Each team must consist of a minimum of six (6) players and no more than fourteen (14) players.
- A team may not play more than six (6) players at a time on the court. No more than (5) five men at any time of the game and with at least (1) female on the court.
- Every player present is required to be on the dodgeball lineup.
- Every player present is required to play at least one (1) game.
- If a team does not have the required minimum number of female players on the lineup (1), the team must forfeit.
- If a team cannot play at least six (6) players (minimum of one (1) female), they automatically forfeit.
- Shirts among team members do not need to match but are encouraged.
- Players may not quit one team and join another after 5:00pm on the day of their original team's first scheduled league game, regardless of whether the individual in question participated in the original team's game.

Regulation 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 below the shoulders.
 - A ball thrown that hits an opposing player in the neck and/or face is illegal & the thrower will be called out.
 - If a player ducks, and this is the cause for the player being hit above the shoulders, the player is out, and the throw is legal.
 - Catching a live ball thrown by an opponent.
 - Causing an opponent to drop a live ball because of contact by another thrown live ball (usually occurs when a ball is being used to block a thrown ball).
 - Once the ball is blocked, it becomes a "dead ball" – If a blocked ball hits the blocker or another person, they are still in.
 - Once a thrown ball hits a player it is a dead ball – If it bounces off and hits or is caught by another player, only the first player it hits is out.
 - An opposing player stepping out of bounds.
- When a player is ruled out, they must immediately remove themselves from the court with their hand raised in the air, to indicate their out status, and return to their team bench.
- "Squishing" balls down in size is strictly prohibited & any player doing so will be out for the remainder of the game.

Timing, Timeouts & Substitutions

- A three (3) minute time-limit has been established for each game and a “match” consists of best-of-seven games.
- If a team is not present at game time, they must forfeit. Game time is forfeit time.
- Each team will be allowed one (1) 60-second timeout per game.
 - All players are in jeopardy of getting out until the referee recognizes and signals the beginning of a timeout or end of regulation time.
 - Exception: All live balls in flight at the time of an official's signal to end regulation time or begin a timeout remain live, and may eliminate an opponent, until they become dead.
- Teams may substitute players between games as long as the minimum player rule is met, six (6) players with at least one (1) female.

Beginning the Game

- Prior to beginning a game, eight (8) dodgeballs will be placed along the centerline.
- Players must take a position behind their end line.
- Following a signal by the referee, teams may approach the centerline to retrieve the balls. All dodgeballs are open to either team on the opening rush.

Opening Rush

- Each ball retrieved at the opening rush must first be taken beyond the attack line and into the team's backcourt before it may be legally thrown at an opponent.
 - Example: Following the opening whistle, a player rushes and is the first to secure a ball from the centerline. That player must then carry or pass the ball into their backcourt before it may be legally thrown at an opponent.

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 any one opponent will be declared the winner.
- Each match will be best-of-seven (7). First team to win four (4) games is the winner.

Overtime

- If an equal number of players remain after regulation play, a 4-minute sudden death overtime period will be played.
 - Team captains may choose to add an equal number of players prior to the start of the first overtime. Both captains must agree to the number of players added. If not, overtime will begin with the number of players left standing at the end of regulation time.
- All overtime periods will begin with an equal number of "ball-in-hand" behind a team's end line. The first team to legally eliminate any one opposing player will be declared the winner.
- No timeouts are allowed during overtime.
- Substitutions and/or additions are permitted only prior to the start of any overtime period.
- The sudden death format continues through all extra periods.

Stalling & 5 Second Rule

- A team trailing during a regulation game must be given the opportunity to eliminate an opposing player.
- 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 they must make a legitimate effort to get at least one (1) ball across the attack line and into the opponent's backcourt. If this is not done within five (5) seconds, a 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 mean throwing the ball over and through an opponent's end line.
- Penalty for a 5-Second Violation:
 - First violation: Stoppage of play and the balls evenly divided between the teams. Play continues with "ball-in-hand."
 - Second violation: Free throw for the opposing team – a penalty in which one player is allowed an unobstructed throw at their opponents 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 the offending team.
- The stalling rule does not apply to overtime periods.