



Total Turf Experience Dodgeball Rule book

EDITION: ADULT CO-ED LEAGUE

Official Dodgeball Rules!

Rules are to be strictly enforced at all times. Not following the rulebook can result in removal of the league with no reimbursement and/or a permanent ban from the facility. Most important rules: Have fun and play fair!



by [Total Turf Management](#) on May 04 2019

The following are the guidelines that must be understood and followed to participate in Total Turf's Adult Co-Ed Dodgeball League. Please review these rules carefully. This is a recreational league meant for social activity and fun sporting experience. This is not a

competitive based league. Please contact Greg for any questions. Greg@totalturf.net or 856-218-8091.

Total Turf Experience
Co-Ed Dodgeball League Rulebook



Objective:

The main objective in dodgeball is to eliminate all players on the opposing team by hitting them with a dodgeball. Players must dodge the balls to remain in the game. Whichever team successfully eliminates all players on the other team first is the winning team.

- A player is “out” when the following occurs:
 - A player is hit with a thrown ball, before it hits the ground.
 - A player catches an opponent’s thrown ball before it makes contact with the ground or walls.
 - A player crosses the boundary lines.
 - A player goes out of bounds to avoid being hit by a ball.
 - A player throws a ball while out of bounds.

Ways to Win:

- Eliminate the entire opposing team before the match time is up.
- Have more active players (on court) when the match duration is up than the opposing team.
- In the event of overtime occurring, the first team to legally eliminate any one opponent will be declared the winner. Overtime will be played 3v3 and team captains can choose which 3 players play. In overtime the, “attack line” is removed and players may advance up to the centerline during play. All players will begin overtime with, “ball in hand”. Overtime will have a three minute time limit. If

overtime does not reach a final decision at the end of three minutes, the end result will be a tie during regular season matches. In playoffs, this scenario will result in a 1v1, captain vs captain showdown. Three balls will be used. Each player will have one ball in hand and one ball will be left at center court. The last player standing wins.

General Information:

- All players must be 18+ to be eligible to play.
- This is a **strictly recreational league**. This league is meant for social activity and fun. Do not join this league if you are looking for a competition based league.
- Be responsible for your actions and maintain self control.
- Trash talk is strictly prohibited and can lead to elimination and/or banning. This is the referee & league manager's decision. Baiting or taunting opposing teams is not allowed to any extent. Refrain from using foul language. Foul language can result in a player deemed out and/or disqualified. Disqualifications can lead to bans from the facility.
- Games will be regularly played on a multi-sport court surface, but are subject to change and possibly be played on artificial turf.
- No open toe shoes or cleats will be allowed.
- No warm up time is permitted.
- Balls are made of **foam**, NOT rubber. This is for player safety.
- Gameplay begins with an opening rush. All dodgeballs are lined up on the centerline of the court.
- Uniforms are not required, but encouraged.
- Any dispute that cannot be resolved will be ruled by the referee and/or league manager.
- Referee/League Manager decisions are final.

❑ Payment - \$420 Per Team + \$10 per game cash for ref fee

- ❑ Payment is required in full at the time of registration. If you would like to pay cash or check please contact Greg at greg@totalturf.net as online registration will require a credit card.
- ❑ Ref fees are to be paid via cash directly to the ref before the start of each game by both teams. Ref fees are waived during playoffs and will be paid by the league coordinator.

Game Rules:

- Teams can have up to 8 players per team, the other players remaining in jail. At no time can a team have more than 6 players on the court at once. 4 Players are required by any team to start a game.
- Each team begins with 6 players. A minimum of 1 woman and 1 man must be on each team to qualify for co-ed games. Otherwise, the team must forfeit.
- Each team shall designate a player as the team captain. This is the only player that can communicate with the referee during a match. If another player attempts to communicate with the ref, they risk forfeiting the match and possible elimination.
- A match consists of 9 games. Each game counts separately in the standings and is independent of other games.
- Each game will have a 7 minute time limit, monitored by the referee.
- No substitutions are allowed mid-game.
- Head shots are illegal. We want all players to be safe. (If a player is hit in the head, the player who threw the ball is ruled out. If a player ducks or is on the ground and is hit in the head, the player hit is out. All balls must be thrown at shoulder height or below)
- Kicking the ball is illegal.
- Fighting will result in an immediate disqualification. All players involved will be banned from the facility indefinitely. Teams may be eliminated and removed from the league, per management's discretion.
- Players can re-enter the game if a teammate catches a live ball thrown by the opponent. This player should be, "on deck" and ready to get in the game. The player has 10 seconds to re-enter play. If said player does not enter gameplay within 10 seconds, the opportunity to re-enter is eliminated.
- Players in jail (extra players) will be the first to enter a game in the event of a ball being caught and maximum players not on the court at once.
- If a team has no players in jail and a ball is caught, the players that return to play will be in order of the first to be out, and so on consecutively.
- If a team is at "full strength" meaning it has maximum number of players on the court at one time, and a ball is caught, no catch can be saved for a later time. No one may re-enter play as a result of this catch.
- Once a player is out, they must immediately leave the floor, raise their hands to show that they are out, and go to jail. Players who have been called out cannot retrieve stray balls for teammates, or that ball will be given to the other team.
- During the opening rush, players can rush to the center to grab ONE ball. Players can pass the ball back to other teammates or can choose to keep the ball for themselves.
- No ball can be thrown above the, "attack" line. Any player who throws a ball out of the appropriate boundaries will be considered, "out".
- All players must start behind their own baseline until the referee signals the opening rush.
- Players may intentionally leave the playing area on their own side of the playing floor to retrieve a ball.

- Deflections off the floor or off the referee will be called, “dead” and will not count if a player is hit and/or catches the ball.
- Deflections off of a player into another player do count, and will result in both players being out.
- Deflections off of a player that then hit the wall result in the player hit automatically being out, regardless if the ball is caught or not. The ball is dead if the ball hits the floor before hitting the wall.
- Players can block/deflect opposing throws with a ball of their own. (hand/wrist is considered part of the ball while in possession of a ball) In this case, neither player is out and play continues on.
- If the referee feels that a player is stalling or making no attempt to play a ball (approximately 10-15 seconds) the referee may issue a warning to the team captain of said team. If a referee has to issue two or more warnings, the player can be deemed out.



www.totalturf.net/dodgeball.
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