

# Covington Parks and Recreation

## Adult Dodgeball League Rules



City of Covington Parks and Recreation  
16720 SE 271<sup>st</sup> Street, Suite 100  
Covington, WA 98042



**Every team/player in the league is responsible to know what rules they must adhere to.**

**The City of Covington Parks and Recreation Program Coordinator has the authority to make rulings on any and all dealings regarding this league. All decisions are final.**

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**Sec-1 TEAM REGISTRATION**

All league business will be conducted through team managers and/or coaches only.

Teams will be registered to play in the City of Covington Dodgeball Program upon receipt of entry fee and meeting all eligibility requirements.

**Sec-2 TEAM SIZE**

Teams consist of 6 players per side and maximum of 12 players on the roster. The minimum allowed to begin play is 3 players. This is a co-ed league. Minimum 1 female on the court at anytime.

If a team is unable to provide a female on the court, they will be penalized by only having 4 on the court.

**Sec-3 ELIGIBILITY**

All teams in the Adult Dodgeball League must register all players on their rosters with the City of Covington before they play. All roster information must be completed and the players must sign the roster with payment of entry fee to be eligible.

To be eligible, a player must be 16 years old or turning 16 years old during the season.

Additions and subtractions to official team rosters must be made prior to that team's fourth (4) week of play. No changes to rosters will be accepted after that time.

An individual may play on only one team in each division.

**Sec-4 START TIME & SCORE-SHEET**

All matches will start on the hour (Example: 6:00pm or 7:00pm). Teams will be allowed a **5 minute grace period**. After the 5 minute grace period teams are required to start the match. If a team does not have 3 players at the start of the match, that team will automatically **forfeit** the match and the other team will receive **10 game points** and **10 match points**

Coach or/and players are required to fill out score-sheet before each match.

**Sec-5 WAY TO WIN GAME & MATCH**

Games within a match shall consist of **5 minutes** unless otherwise noted. Teams will play as many games possible in a **55 minute match**. Every game you win you get **1 point**. Between each game there will be a **30 second** break. The team with the most games won during the match will also receive an additional **10 points**.

The winner will be determined by three ways:

- Eliminating all of the players on the other team.
- Which ever team has more players on the court at the time limit
- Which ever team wins Sudden Death after a tie in regulation

**Sec-6                    START OF THE GAME**

**Opening Rush:** Players will take position on the baseline using the outline of the volleyball court with your hand touching the wall or divider wall. The scorekeeper will start the 5 minute match with a whistle or horn on the scoreboard. At this time members of both teams may approach the centerline to retrieve the balls. Teams may only retrieve the 3 balls that are on their side of the centerline. Each ball that is retrieved from the centerline on the opening rush must be cross back beyond the attack line (It will be marked on each side of the court by cones) before the ball may be legally thrown at an opponent.

**Sec-7                    ELIMINATING PLAYERS**

- Player is hit with a ball that has not bounced on the ground first.
- Player attempts to catch a live ball, but is unsuccessful.
- Player fails to hold on to a ball used to shield off an incoming ball. (Once a player shields off a ball, the ball is still live until it hits the ground or gym wall.)
- Player crosses the centerline.
- If an opposing player catches a live ball, the person throwing the ball is eliminated

**Sec-8                    AWKWARD PLAY CALLS**

One ball can take out two players at a time when it is thrown.

If a player is hit with a ball and a teammate catches the ball that deflected off the player who was hit; the player hit is still in the game, but the opposing player who threw the ball is out. However, no new player comes into the game from the team that caught the ball.

Once a player shields off a ball, the ball is still live until it hits the ground or gym wall. A player can catch the ball for opposing player to be out and player may be hit by ball to be called out.

A player can only handle one ball at a time.

**Sec-9                    RETRIEVING STRAY BALLS**

One player at a time may pass through their own endlines to retrieve stray balls on their own side only. Players outside of the boundaries are not in play; the player out of bounds cannot throw balls to their teammates or at the opponent and can only retrieve two balls at a time.

**Sec-10                  CATCHES**

If a player catches a ball thrown by an opponent, the thrower is out and one player returns to the catcher's side in the order of first out, first in (FOFI).

**Sec-11                  GETTING BACK IN GAME**

One player may re-enter the game once a player on your team catches a ball from the opposing team.

**Sec-12                  BLOCKING**

Players may use a ball to block balls that are thrown at him/her. However, the player must hold onto the ball once the oncoming ball hits it. If the player drops the ball they are eliminated. Also,

a ball deflected off the **blocker ball** is considered **live**. So if it hits a teammate, they are eliminated or if it is caught off the blocker ball then the thrower is eliminated.

**Sec-13 CENTERLINE**

Players are not allowed to step on or over the centerline. They are out if they do. (The only exception is during the opening rush.)

**Sec-14 CLOTHING**

Uniforms and accessories are considered part of a player's body. Matching uniforms are not required but feel free to provide team shirts/jerseys if you'd like.

**Sec-15 HIT ETIQUETTE**

If you are hit, please drop your held balls, raise your arm to signal that you are out, and leave the court immediately.

**All players who are out must sit on the bench.**

Once on the sidelines, knocked-out players shall not kick or pass balls to their teammates. This is illegal and will result in the ball being turned over.

**Sec-16 HEADSHOTS**

Head shots are allowed. Getting a ball thrown at the head will be treated as a normal elimination.

Some people have asked 'does it hurt to get hit?' In general, no. We use coated foam dodgeballs. So, unlike in grade school where you were getting nailed by a big rubber ball being thrown as hard as possible, there's less sting and less velocity.

**Sec-17 DEAD RULE**

Any ball that hits any surface (excluding players) i.e. another ball in mid-air, floor, wall etc., becomes a dead ball. Catches or hits after contact with these surfaces does not count.

**Sec-18 SUBSTITUTIONS**

Substitutions are not allowed during games, unless there is an injury or another medical situation. The same 6 players who start the game, end the game. However, substitutions are allowed at the start of a new game.

**Sec-19 TIMEOUTS**

Teams get a total of **Three 30 second** timeouts for each match. Teams can use the 3 timeouts during any of the games within the match.

Timeouts must be heard by scorekeeper. When no balls are being thrown the Scorekeeper will push the horn and stop the clock. Teams will keep the balls they have in their possession when the timeout is called. Teams will start after the timeout with all players on the court touching their own endline.

**Sec-20****SUDDEN DEATH**

- If there is a tie, the game will go into “Sudden Death” meaning the first team to eliminate a player from the other team is the winner .
- No time management is needed for Sudden death. Sudden death will begin with remaining players touching own endline and 3 balls in possession on each side of the court.

**Sec-21****GAME-BREAKER**

When teams have the same amount of games won at the end of match (55 minutes). A sudden death game (3 on 3) will occur with first team to eliminate a player will win the match.

**Sec-22****HONOR SYSTEM OFFICIATING**

It is ultimately up to the players to enforce and uphold the rules of Dodgeball when playing or referring. Dodgeball relies on the Honor system, in which officiating is determined more between players and less from the supervisor. However, if there is a controversial play, the referee/scorekeeper will make the final call (If present). They have the right to stop a game and discuss the incident before proceeding. In respect for the spirit of the game, and for your fellow players, there is absolutely no protesting.

**Sec-24****REFEREE / SCOREKEEPER**

The Referee / Scorekeeper is there to make some calls, keep time, keep score, and to make sure people are being fair. With 6 balls and 12 people playing at once it is impossible for them to call everything. It’s up to the players to be **FAIR and HONEST**. Consistent failure to abide by the rules and be honest will result in an expulsion from the match and/or the league. They may stop play and time to access a situation and are open for discussion, they will not tolerate arguing or yelling.

**Sec-25****STANDINGS**

Standings will be updated on a weekly basis. The following tie-breaker format will be used for teams that are tied in the standings at end of regular season

- Winner in head to head competition matches
- Most games won in head to head matches

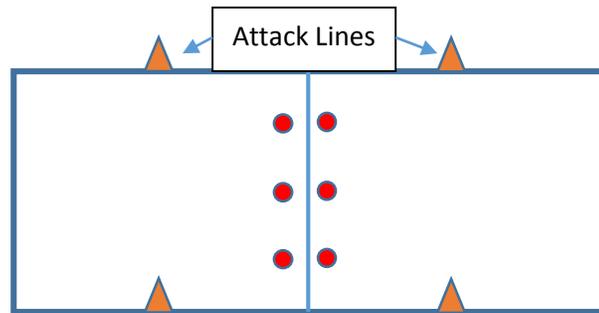
**Sec-26****EQUIPMENT**

Six rubber coated foam “Gator” balls will be used. Please do not excessively squeeze the balls as it greatly detracts from their longevity. Teams must wear shoes that are acceptable for use on the gym floor.

**Sec-27****PLAYING AREA**

The game shall occur in the gym at Cedar Heights. During opening rush, teams may only retrieve the 3 balls that are on their side of the centerline. Each ball that is retrieved from the centerline on the opening rush must be cross back beyond the attack line (It will be marked on each side of

the court by cones) before the ball may be legally thrown at an opponent. Court Diagram is below.



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### CODE OF CONDUCT

**Unsportsmanlike conduct will not be tolerated. This Includes:**

- foul language, racial slurs and verbal abuse
- unnecessary roughness and physical abuse
- slamming down or kicking balls in anger when hit
- arguing with officials, staff, participants, or fans
- abuse of the honor system

**Code of Conduct:**

- Understand, appreciate and abide by the rules of the game
- Respect your opponents and congratulate them in a courteous

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### Miscellaneous

**No Food or Drinks in gyms.** Please respect the gymnasiums.

Teams will need to fill out scoresheet before each match.

Coaches must keep spectators, children and team out of hallways, classrooms and other non-gym areas

If a game is cancelled because of inclement weather, it shall be rescheduled by the City of Covington Parks and Recreation.

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