Trussville Parks and Recreation DODGEBALL RULES

- Winter Season starts early January. Summer Season starts early June.
- Three Leagues: Men's / Women's / Co-ed
- Cost: $50 for a team of 10 players
- TPR will provide the dodgeballs for league play. TPR staff members will serve as the Official for each match.
- Playing in sandals, boots, and/or barefoot is NOT allowed.
- Winning Teams in Each League will receive a Championship t-shirt.

- All matches will be played at Cherokee Gym between two teams of up to 10 players.
- Games will be on Sundays starting at 1 PM with a rolling clock.
- Matches will be “best of 5 format.” Playoffs will be Single Elimination format.
- All Participants must sign a waiver before they can play.

“Teams will be expected to use the “Honor System” when enforcing rules. Any player legally put out should leave the court, whether the official saw the play or not (if you’re out, you’re out).

“The official will have final authority on all calls and rule interpretation.”

Game Play:

1. Teams must have a minimum of 4 players to start the game/maximum of 6 on court at one time. **Note: In the Co-ed league, at least 2 females must be on the court to start each game.**
2. Object of the game is to eliminate all of the opponents within the 3-minute game limit; if neither team is completely eliminated after time limit, the team with the most players remaining wins.
3. If an equal number of players remain when time expires, sudden-death overtime will be played. 
   **Sudden-Death Overtime: One 3-minute OT period with three players on the court.**
   i. Follows same rules as during regulation play. Co-ed league requires 1 female on the court.
   ii. The first team to eliminate at least ONE opposing player will be declared the winner.
4. Opening Rush: Following a signal by the official, teams may approach the center line to retrieve their respective 3 balls [placed to the right of the center circle].
5. Playing surface is defined as all space between the outer court line from midcourt to baseline. No player may cross the midline while attempting to throw a ball at an opponent.
6. A player may defend themselves using another dodgeball. Though; a player is out if a thrown ball touches any part of their body/clothes or causes them to drop the ball as a result of contact.
7. **An OUT is scored by:**
   a. Hitting an opposing player with a ball at or below the shoulders. Contact with any part of the player's body, including the hands and clothing, will result in an out. **Note: If a player ducks or takes a position with his/her head below where the shoulders would normally be when standing and this is the cause for the hit being above the shoulders, the player is OUT and the throw is legal.**
   b. Catching a LIVE ball thrown by your opponent.
   c. Causing an opponent to drop a held ball, as a result of contact by a thrown LIVE ball.
8. Once a player is eliminated, they will line up [in order they were eliminated] on their team’s respective sideline. After each successful catch by a team, players will re-enter in the order that they were put out.
9. Retrieval of dodgeballs: Players may leave the court to retrieve a dodgeball; though must re-enter the playing area via their respective team’s baseline before attempting to eliminate an opposing player.

Infractions:

1. False Start: A false start will be called if players cross their end line prior to the official’s signal. If a false start occurs, play will be stopped and one ball from the offending team’s side will be moved to the opponent’s side of the center circle. Repeat for each infraction.
2. Stalling: A stall is when a team/player holds on to a ball(s) without making any attempts to throw, as they seek to have all 6 dodgeballs on their side of the court. If a stall attempt is in progress, the referee will start a 5 second countdown. Any balls not thrown after 5 seconds, will result in the player(s) being eliminated.