



ADULT DODGEBALL RULES AND REGULATIONS

1. LEAGUE OVERVIEW

The Sunrise Adult Dodgeball League strives to promote sportsmanship, competition, community involvement, and health and fitness in a recreational setting. This document serves to help guide the league to meet these goals and should not be used to gain a competitive advantage.

Sunrise Recreation and Park District reserves the right to modify any rule that it deems fit to better enhance the quality of the program at any point before, during or after the season.

2. ELIGIBILITY & ROSTER

- a. All eligibility questions arising that are not specifically addressed in these rules shall be decided by the Senior Recreation Services Manager or Senior Recreation Coordinator.
- b. All team managers shall file a roster of players, giving their first and last names along with their addresses and phone numbers. This roster must be on file in the Recreation office by the designated deadline. **Minimum Players:** Teams must carry a **minimum of 6** players on the roster. **Maximum Players:** Teams may carry a **maximum of 10** players on their roster. More than 10 players must be approved by the Site Coordinator.
- c. Rosters must be submitted at the gym prior to the first match. Failure to have a roster on record by the deadline results in a forfeit.
- d. Only managers reserve the right to make changes to the team roster. All changes must be made at the gym, no exceptions. All roster changes must be approved by the Senior Recreation Coordinator or Site Coordinator.
- e. Any player who does not personally sign the roster will be declared an illegal player. All matches in which this player participated may be forfeited.
- f. Players will not be added during the last three weeks of league play.
- g. Players may not play on more than one team or change teams during the season. If this occurs, those matches will be forfeited.

- h. Players participating in the Sunrise Recreation and Park District's dodgeball program must reach their 18th birthday before participating. All players must have a form of legal identification (driver's license/military ID) in their possession at all league matches.
- i. Players must sign the roster with their legal name, nicknames may not be used.

3. RULES & REGULATIONS

- a. The league is governed by the current Professional Dodgeball Rules, with supplements provided by the Sunrise Recreation and Park District.
- b. Each season will consist of 6 weeks. There will be 6 matches played per team, with the top 4 teams competing in playoffs on the 7th week.
- c. A match consists of 10 games. All 10 games will be played regardless if a team wins all 10 games or loses all 10 games, it's not considered "best of 10 games."
- d. Matches have a time limit of 45 minutes. If the time limit is reached before all 10 games have been played, the match will complete at the end of the game occurring at the time limit.
- e. There will be a maximum of a 2 minute break between games.
- f. Each team will consist of 6 players and 4 substitutes, for a total of 10.
- g. Each game is played until all players on one side have been eliminated. You are eliminated if you step on or over a sideline or centerline, a thrown ball hits your body, or if you throw a ball that is caught by the opposing team.
- h. To start a game, one ball will be placed at mid-court, two other balls will be tossed out by the court official, and one ball to each team. All players must remain behind the line until the balls have been thrown out.
- i. You must throw the ball to get someone out (no kicking). Players can only hold a ball for 10 seconds, afterwards, it will be considered dead. A dead ball will result in the player rolling the ball to the opponent.
- j. Players should aim for the shoulders and below. Any player committing a headshot will be eliminated.
- k. If a thrown ball touches any object before it hits a person, it is a dead ball. The player hit will remain in the game.
- l. If a thrown ball hits 2 players, the first player hit is out. The second will remain in the game.
- m. If a thrown ball hits a player and is caught by a teammate before hitting the ground, the thrower is out. The player hit will remain in the game.
- n. Players can defend themselves by blocking a thrown ball with another ball. However, they must retain control over the ball used for blocking. If the ball is dropped in the process, the player will be out.
- o. Substitutions may only be made between games.
- p. Each team is allowed one time out per game.

- q. Do not complain to the court official about calls. This is considered unsportsmanlike conduct and could result in a technical foul or ejection.
- r. There are no provisions to make-up postponed matches. If a team cannot field a team when scheduled to play, they cannot postpone the match and make it up at a later date.
- s. A released player, who plays with another team, shall not be eligible to play with his/her original team during the current season.

4. EQUIPMENT

- a. Gym shoes must be worn for warmups and matches.
- b. Staff will request that players remove bracelets, earrings, necklaces or other items.
- c. Teams will be provided with shirts upon registration.
- d. The District shall provide the game balls.

5. FORFEITS

- a. Matches are forfeited if a team fails to appear and ready to play at the time indicated by the official league schedule; (a 5-minute grace period is allowed).
- b. Any team forfeiting two matches without appropriate notice is subject to removal from the league, without refund.
- c. Any team using unregistered or ineligible players shall forfeit match in which such players participated.
- d. Teams failing to appear with four (4) players at game time shall forfeit the match.
- e. Teams forfeiting two successive match shall be dropped from the league.

6. GYMNASIUM RULES

- a. Teams are expected to leave the gym promptly at the conclusion of the match.
- b. Sunrise Recreation and Park District is not responsible for loss of property.

7. MANAGERS' RESPONSIBILITIES

- a. No smoking, eating or drinking (excluding bottled water) is permitted in the gym. Managers must enforce this rule.
- b. Player's Bench: Only the team's rostered players will be permitted on the team's bench.
- c. The manager is responsible for their players and fans and is expected to curtail any excessive or unwarranted actions between them and the match in progress.
- d. Any manager (registered or acting) who plays an illegal player will be removed from the league and a new manager will be selected from the team's remaining eligible players. The manager may be suspended for one year from the date of incident, if warranted.
- e. Managers are to ensure that bench areas are policed following each match. Trash should be deposited in containers provided.
- f. Managers must be listed as rostered players subject to the player code of conduct. Managers, players and spectators are subject to ejection from the facility.

8. CODE OF CONDUCT

- a. All coaches, managers, players and spectators shall abide by the Adult Sports Code of Conduct. It will be the manager's responsibility to see that all players on his/her team are aware of and abide by the Code of Conduct.
- b. No coach, manager or player shall push, strike, or threaten to strike a site coordinator, spectator, or any other player. The staff are required to immediately suspend any violator from further play and if the charge is found to be substantiated the player will be suspended from participating in the Sunrise Adult Dodgeball Program for a minimum period of one calendar year from the time of the violation.

9. SUSPENSION PROCEDURES

The Senior Recreation Coordinator reviews and transmits such reports along with their recommendations to the Senior Recreation Services Manager who has the authority to discipline offending individuals or groups in accordance with decency and severity of the charges.

10. OFFICIALS

- a. Staff assigned to matches shall have complete charge of the gymnasium and matches. They shall have the authority to banish players, managers, or spectators from the match, the player's bench and the gymnasium for misconduct, delay of game, or for any other reason deemed necessary for the good of the game.
- b. Staff will submit a report to the Senior Recreation Coordinator or Site Coordinator within 24 hours after any match in which protest is filed or when it has become necessary to banish players from a match. Any player who continues to direct remarks toward the officials or opposing players after being banished from a match shall be suspended from further play in the league for such length of time as determined by league officials.

11. SITE COORDINATOR

The site coordinator's responsibility is to enforce all rules of proper conduct and operation of the gymnasium and league. In addition, the site coordinator is to assist the officials in any manner necessary to maintain control of the match and conduct of the players.