

OSPR Adult Dodgeball League Rules

Sportsmanship

- This recreational league will not tolerate rough or dangerous play. There is no alcohol or tobacco/vaping products allowed during the games or on OSPR Property. The relaxed nature of the rules and officiating should promote enjoyable sportsmanlike games for everyone.

The Court

- Our Dodgeball Court will be the **BLUE Volleyball Court** in the center of the gym.

Equipment

- 6 regulation size balls should be used: 4 Blockers™ (8.5") and 2 Stingers™ (5").
- Ball layout goes as follows: Blocker, Stinger, Blocker, Blocker, Stinger, Blocker.

Players

- Teams consist of six players with up to four substitutes.
- Coed teams may consist of either gender, however at least two players of each gender must participate at the start of each game.

Substitutions

- Substitutions must be made prior to the start of the game. No substitutions can be made during a game, except in cases of injury.

Retrievers

- Retrievers are individuals designated to retrieve balls that go out of play. Teams are responsible for providing retrievers. Or you may use players that are out as retrievers.
- Retrievers may not enter the court at any time.
- Retrievers are only allowed to field balls from their side of the court.

Matches

- A match will consist of as many games that can be played, with a max of 10 minutes, inside 40 minutes of game play. We will play two twenty minute sets with a small break in-between each set. The Match will not exceed 45 minutes. Whichever team has the most wins at the end of the 40 minutes will be our winner. In the event of a tie, there will be a 5 minute sudden death match. First to win, or most people standing wins the match.

Beginning Play

Play begins with all players positioned behind their team's endline.

The Rush

- The Rush occurs at the beginning of each game or reset.
- Upon the official's signal, both teams rush to center court and attempt to retrieve as many balls as possible.
- A team may rush with as many or as few players as it wants, but at least one person from each team has to Rush.
- There is no limit to how many balls an individual player may retrieve.
- Players may not slide or dive into the neutral zone or they will be called out.
- Crossing over the neutral zone will result in an "out."
- Players may not physically grab and pull another player across the neutral zone or prevent them from returning to their side of the court.

Putting a Ball in Play

- The player and the ball must go completely behind the attack line. During the Rush, any ball retrieved from the neutral zone must be returned behind the attack line before it may be thrown at an opponent. A ball that hasn't crossed the attack line is considered a dead ball, any hits or catches are voided plays.
- There are several ways to put a ball into play following a Rush.
 - A player carries the ball across the attack line.
 - A player passes the ball a teammate who is behind or carries it across the attack line.

Outs

- A player shall be deemed "out" when a **live** ball hits any part of the player's body, clothing, or uniform.
- A "**LIVE**" Ball is a ball that was thrown that has yet to hit the floor or wall.
- If a player is hit by a live ball rebounding off another player or ball lying on the court.
- A defending player catches a live ball. The next player from the defending team's queue may re-enter the game.
- If a player throws a ball and hits another player in the head, the player who throw the ball is out.
- Players shall return from the Queue in the order they were put "out" (i.e. first "out," first "in").

Blocking

- Players can defend themselves by blocking the ball in flight with another ball but must retain control over the ball they are blocking with. A player dropping or losing possession of the blocking ball is deemed "out."
- Any blocked ball rebounding off another ball is considered live. Any player hit by the rebounding ball is deemed "out."

Stalling

- The act of intentionally delaying the game is not allowed.
- If a referee determines that a player or team is stalling, the referee will warn player or team. If the stalling continues, at the referees discretion, player or team will lose possession of all balls on their side.
- If both teams are stalling a reset should occur

Out of Bounds Rule

- If any part of the player's body touches the endlines or far neutral zone line, the player shall be deemed "out".
- Momentum may carry a player out of bounds while making a catch. Providing control of the ball was established prior going out of bounds.

Neutral Zone Rule

The neutral zone is the area centered around the centerline. A player may safely step into the neutral zone but not across. Any player crossing over the neutral zone is deemed "out."

Sacrifice Fly

An airborne attack, where an attacking player may legally cross the neutral zone to hit an opponent but the ball must leave the attacker's hand before any part of the attacker's body touches the opponent's territory. If successful, the player hit is out and Attacking player remains in.

Headshots

- A headshot occurs when a player is hit directly in the head by a high thrown ball and are not allowed. Any thrower committing a headshot will be deemed "out."

Uniforms

They are encouraged, but not necessary. That is at the discretion of the team captain.



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