

2026 Winter Adult Dodgeball Bulletin

All managers must read the bulletin carefully before registering. **All registrations are final, no refunds unless due to medical/illness or program cancellation.** All players on the roster must be at least 18 years of age and adhere to the sport rules and rules listed in the MPRB sport bulletin. Participants waive, release, & discharge any & all claims for damages for personal injury, death, or property damage which may have, or which may hereafter accrue to players, as a result of participation from this activity. Teams must remain in good standing with the MPRB athletic program.

League Information

- **Winter League will be "Co-Ed" (a minimum of two females per team).**
- **Registration begins October 21st, 2025 at 7:00AM for all teams.**
- **Registration will be on a first come, first serve basis.**
- **Please follow the link to register: [CLICK HERE](#)**
- **Sponsor Checks:** Sponsor checks will be accepted at the MPRB Headquarters in place of online registration. Please note- we are unable to hold a spot without payment. In order to hold a spot, teams will need to register for a league using a credit card.
- **2025 League Fees:** \$170.00 per team; 8 weeks of play (including tournament)
- **Schedules:** All schedules can be found with this link- [GAME SCHEDULES](#)
 - Team will play up to 3 games (see Time Limit Rule info) per evening (depending on registration)

Winter Session - COED

1/4/2026 - 3/15/2026 (No games 2/8/2026)

Offering/level	Times	Teams	Location
Dodgeball	Sunday afternoon/evenings	8 Teams	MLK Rec Center 4055 Nicollet Avenue S. MPLS 55409

Free Agents

- Individuals looking to get placed on a team can register as a Free Agent. Free Agent information will be passed along to teams needing players or if enough individuals register an attempt will be made to organize a team from the Free Agent list. Free Agent Fee: \$10 non-refundable listing fee.

ROSTERS

Rosters can include up to a maximum of twelve (12) players, and a minimum of six (6) players.

Roster is considered final after the second scheduled game

- Players must be 18 years of age or older and may play on only one team in each league. Rosters must be submitted online on Team Sideline including players contact info and address. The manager is responsible for rosters. If no roster is submitted, that will result in forfeits if another team questions the eligibility of the participants on your team. A player must compete in at least half of the regular season games to be eligible for the playoffs.

FORFEITS

- Forfeits will occur when a team is not able to begin a game with at least four players. A team with less than four players present from their roster will be allowed a five-minute grace period. After five minutes the team will lose the 1st game. After ten minutes, the match is forfeited. A forfeit will be scored 7-0 for the team present.

Uniform

- Teams must wear appropriate clothing while in play. Matching uniforms are not required but suggested. Players must wear clean tennis shoes.

Supervisor

- A supervisor will be present at all matches to ensure clock starts and disputes are acted upon.

GAME PLAY

Team

Teams will be made up of 6-12 players. A maximum of 6 players will compete on a side, a minimum of 4 players required to start a game; others will be available as substitutes.

- Co-Ed Leagues: A minimum of 4 players per team, including one female, are required to start a game and no more than 4 males are allowed on the court at one time.
- Substitutes may enter the game only in the case of injury.

Time Rule

Games must be completed, and the equipment put away by 6:30p.m.

The Court

The games will be played on a regulation size 30' x 50' court as designated by the white boundary lines on the sides and the black line at the back.

Equipment

- The equipment is owned by the Minneapolis Park and Recreation Board and any damages occurring during league play will be paid for by the league teams.
- The official ball used in league play will be a 7" Gator Skin foam ball.
- Squeezing or "pinching" the balls is not allowed at any time during play.

Starting the Game

The game begins by dividing the balls equally between the 2 teams. Teams then both verbally agree to begin the game after one team says "ready!" and the other says "dodgeball!" This signal officially starts the contest.

Playing the Game

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

- Hitting an opposing player's body (or clothes) with a thrown ball below the shoulders.
 - You are allowed to deflect a ball thrown at you with another ball, but if the thrown ball hits any part a player's body, including their head, during or after the block that player is out.

- A ball is considered “live” until it hits a “dead” object (floor, curtain, dead player, another thrown ball, etc.) and may result in multiple outs per thrown ball.
- If you drop the ball that you are using to block with you are out.
- Direct headshots do not count as an out, even if the player is dodging.
- Once a player is out, they must raise their hand and immediately exit the court. An out player cannot block balls for teammates as they exit or gather loose balls on the court.
- Catching a ball thrown by your opponent before it touches the ground or the wall. This results in the player throwing the ball to be out, “saves” any teammates that were hit by that ball and allows the player’s team who caught the ball to send 1 player into the game on a first-out / first-in basis.
 - The catching player must have one point of contact within the court boundaries at the time of the catch.
 - When a teammate comes in after a catch they must enter through the back line. Once they step into the court from the end line they are ‘live’ and can be eliminated by the opposing team.

Burden Rule

- The team possessing the majority of balls (4 or more) has the burden to throw at least one ball within 10 seconds.
- If the balls are split evenly between teams, the team with the most players must throw.
- Regular Season: If both teams have the same number of players and balls, then the team playing on the bleacher side has the burden to throw.
- Playoffs: If both teams have the same number of players and balls, then the team with the higher record/seed has the burden to throw. If records are tied, then the team playing on the bleacher side has the burden to throw.

Time Limit Rule

An 18-minute time limit has been established for each match. If at the end of 18-minutes a game is still in progress, the team with the most players remaining will be declared the winner. Due to time constraints, it is possible for a match/series to end in a tie. During league playoffs, if both teams are tied at the end of 18 minutes, the first team to score an out, wins.

Rule Enforcement

Rules will be enforced primarily by the "honor system". Players will be expected to rule whether or not a hit was legal and whether they were legally eliminated. In case of disputes please resolve them quickly and the designated manager for that match must take charge and solve disputes immediately.

Boundaries

During gameplay, players must have one point of contact in bounds at all times – one foot, one hand, etc. Players are not allowed to leave the boundaries even to shag balls. Teammates who are out and/or other spectators are allowed to shag balls for a team. If a player leaves the court boundaries entirely, they are out. **If a player steps over the centerline when throwing, they are ‘out’, and the ball they throw is considered ‘dead’ thus cannot eliminate an opponent or bring in an opposing player on a catch**

Match play

Matches will consist of 7 games with all 7 games being played (time permitting) regardless if your team might win all 7 games or lose all 7 games. The regular season standings will be based on a matches won/lost record and if a tie occurs at the end of the season games won/lost will be used as a tiebreaker.

Protests

Protests will only be accepted in cases involving use of an ineligible player. Protests of judgment calls will not be accepted.

Minneapolis Park & Recreation Board Dodgeball Code of Conduct

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of your opponent.
3. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
4. Be responsible for your actions and maintain self-control.
5. Do not taunt or bait opponents and refrain from using foul or abusive language.

First Aid

1. A first aid kit is available for all players each evening, located at the front desk.
2. If we need to replace any items in the first aid kit (i.e. cold packs, band-aids, etc.) Please let the league director or front desk aware.

Parking

All Minneapolis Park and Recreation or City of Minneapolis pay lots, meters and/or any other parking fees are the sole responsibility of the user. Being a participant in an MPRB athletic league does not guarantee free parking. The MPRB athletic department is providing the service of athletic league play only.

Gender Assignment for Sports Leagues

MPRB recognizes that gender identity and expression are more complex than sex assignment. Because the MPRB values all gender identities and expressions, we are developing a comprehensive gender inclusion action plan to support everyone in participating in MPRB programs and activities.

If your gender identity does not match your sex assignment, please contact the league director prior to the start of the season. You can ask for more information about this inclusive plan or share your ideas with the policymakers.