

CO-ED DODGEBALL RULES & REGULATIONS

JUNEAU RECREATION DEPARTMENT

The following rules and regulations are set to be followed and enforced by all teams and Juneau Parks & Recreation Department staff. Rules may be added, removed, or adapted at any point by the Recreation Director if deemed necessary. Any rule changes will be announced and sent out to all teams as soon as possible.

TEAM REGISTRATION

All teams must be registered by the registration end date. Teams may be granted permission to register late with the approval of the Recreation Director, but are subject to a late registration fee. All teams must have a Team Captain who will be responsible for communicating with their team the schedule and rules for the program.

TEAM NAMES

Team names must be appropriate and not to be discriminatory or derogatory in regard to race, color, religion, sex, gender, sexual orientation, age, citizenship status, disability, or national origin, etc. The Juneau Parks and Recreation Department reserves the right to require a team to change their team name prior to the event and may decline participation to any team unwilling to comply.

PLAYER RESTRICTIONS

All players must follow the age/gender requirements for the division they wish to play in. Any allowances will be made by the Recreation Director prior to the first game. Players caught not following the correct division requirements will be removed from the team roster. Teams that are caught with multiple violations will be removed from the program without a refund.

PLAYER IN-GAME REQUIREMENTS

All teams are allowed to play with up to 8 players on the court at one time. Teams are allowed to have substitutes if wanted. Teams must field at least 5 players to be able to play in the game. The Co-Ed -1 girl to guy ratio must always apply. For example, teams can play 3 girls and 4 guys, so long as there's always equal or -1 girls compared to guys playing. Teams may play with as many girls on the court as wished.

PLAYER/TEAM APPAREL

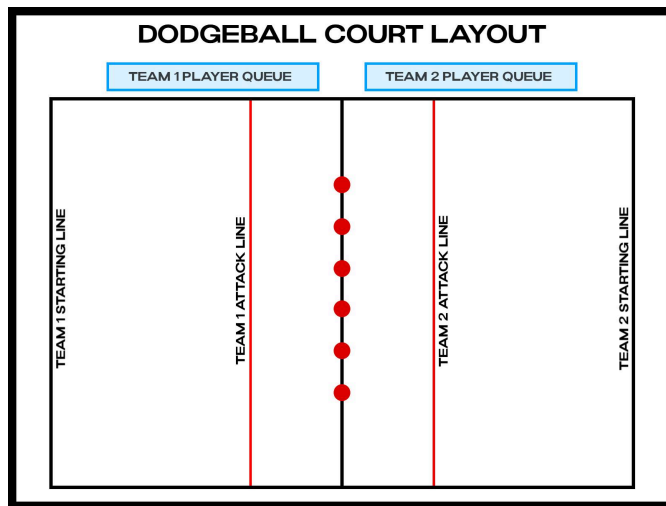
Team uniforms are not required, however it is recommended that teams try to wear matching or similar colors to help distinguish teams from one another. Players may wear athletic pants (no jeans) or shorts and tank, short or long sleeved tops.

PLAYER EQUIPMENT

All dodgeballs will be supplied by the Juneau Parks and Recreation Department. Players are required to wear closed toe, non-marking athletic shoes. Players may wear protective equipment such as knee pads, elbow pads, braces, etc. as well as athletic attire such as wristbands, headbands, arm sleeves, etc. so long as it doesn't provide a competitive advantage. Players are not allowed to use gloves, helmets, or any substance that may transfer to game balls.

COURT LAYOUT

The court will have 6 balls spaced evenly on the centerline. Each team will have their own starting line (the line closest to the walls) and their own Attack Line. Each team will also have a Player Queue zone for any players who are currently 'out' and awaiting to be brought back into the game. *See the diagram below for a visual representation of the court.*



MATCH FORMAT

Each MATCH will consist of the best of 3 games. A match will be over once one team wins two games or the time limit of 30 minutes has been reached. If the 30 minute time limit has been reached, the winner of that game will be determined by which team has the lowest number of players currently in their queue. This way, teams that started with less players will have a fair shot of winning because it is determined by how well the team is playing, not how many players they started with.

TIME OUTS

Each team will be given ONE 45 second timeout per match. Timeouts do not need to be taken and do not carry over from match to match. Teams must signal to the official to call the timeout. Timeouts may only be taken during slow play while neither team is making any attacks. Timeouts are not granted until the official okays it by blowing their whistle. Upon the official whistle, balls must be placed down on the ground and left until play resumes. The official will blow the whistle to resume play. Teams must hustle back to be ready to resume play. Teams

that take excessive time will be penalized by losing possession of TWO balls from their side to the opponent. If the team only has one ball, they still will lose possession of said ball.

SUBSTITUTIONS

Teams are allowed to make substitutions after a game has concluded and before the next game has started. If there is a player injury, the team may use a timeout to substitute that player out for a bench player. All substitutions must still keep teams within the -1 girl to guy ratio (see PLAYER IN-GAME REQUIREMENTS).

FORFEITS

Any team unable to field a full team will be forced to forfeit the game. Any forfeit will be counted as a loss on the team's record.

SPORTSMANSHIP

Teams are expected to show good sportsmanship to all other participants and Recreation Department staff. Any player or team who is deemed excessively unsportsmanlike may be given warnings and/or removed from the program by staff.

IN-GAME RULES:

THE RUSH

The game will begin with all players starting on their own start line (basketball baseline). Upon the official's whistle, players will rush to the center line towards the balls. Teams can rush any number of players and players are not limited how many balls they can take. Any player who crosses the centerline will be called out. Players may not slide or dive to the center line or they will be called out. Players may not physically grab or pull another player across the center line or they will be called out.

BALL ACTIVATION

Once a ball is retrieved, the ball must be returned behind the team's attack line before it can be thrown. The ball can be returned by being carried by a player or being passed from one teammate to another. Once the ball is activated, it can be thrown to get opposing players out. There is no safe zone for any players on the court (some play with a neutral zone, we do not!).

PLAYER OUT

A player is deemed "out" when a ball hits any part of the player's body, clothing, or uniform. Headshots DO count as an out. A player is also out if a ball ricochets off a teammate or a teammate's block and hits them before the ball touches the ground. Players are also out if their throw at an opponent is caught. Any ball that hits the ground is a dead ball and cannot get a player out. All players who get out shall go to their team Queue and line up in order of who got out first.

PLAYER RETURN

If a player on a team catches an opponent's throw, the player next in line of their queue gets to return to play. Players must return in order of the queue and not skip spots in line. Any teams/players attempting to rearrange the order of their queue line will result in loss of ball control, players getting called out, and/or game forfeit.

CATCHING

A player can get an opponent out by catching their throw in the air. A catch is successful as long as the player catching controls the ball with any part of their body without it touching the ground. Players may also catch the ball off of a teammate's block or after a teammate is hit by a ball. If a player is hit by an opponent's throw, but their teammate catches the ball off the ricochet, the opponent who threw the ball is out and the teammate who was initially hit by the ball is still in.

BLOCKING

Players may defend themselves by blocking an opponent's throw with another ball. The blocking player must retain possession of the ball they are blocking with. Any player who blocks a ball but loses possession of it will be called out. Reminder, all blocked balls are deemed live while still in flight, so they can still get other players out or be caught to get the thrower out.

OUT OF BOUNDS

The only out of bounds boundary is the sideline closest to the stage and team queue lines. Players may not go beyond this line or they will be called out. If there are balls that are out of bounds, players in the queue line may get balls on their half and roll them into a teammate. Any player in the queue line gathering balls that are beyond their half will result in their team losing possession of the ball they retrieved plus one more from their side.

CENTER LINE

The centerline is the only other boundary line that can cause a player to get out. If a player crosses the centerline at any point, they will be called out. Players may attempt to make a 'sacrifice throw' to get an opponent out. This is where they intentionally jump over the line while throwing at an opponent. If they hit the opponent, the player who was hit and the thrower are both out. If they miss their opponent, the thrower is the only player out.

STALLING

Teams may not stall in an act to intentionally delay the game. Stalling is defined as intentionally not throwing at their opponents for an extended period of time. If the official determines that a player or team is stalling, they will issue a warning. If stalling continues, at the official's discretion, the team will lose possession of ALL BALLS on their side.

GAME END

The game will be over once all players on one team are out. Games can be won either on a throw or a catch eliminating the last player. Once the game is finished, teams will be given a 2 minute break before the next game will start.

Thank you for your participation in a Juneau Parks & Recreation program. We appreciate your commitment to helping our programs be sustained and grow. If you have any questions, comments or concerns regarding your current program, or for future programs, please don't hesitate to reach out. The Parks & Recreation Department is located in the Juneau Community Center at 500 Lincoln Dr. or you can reach out directly to the Recreation Director, Hunter Karnitz, via email or phone, listed below:

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