



City of Cape May

Department of Tourism, Recreation, and Civic Affairs

2014 Coed Dodgeball Rules & Guidelines

Thursdays, 7 pm, Cape May Elementary School Gym, 921 Lafayette St., Cape May

League Play will begin Thursday, January 30, with a deadline to submit a team Friday, January 24.

League fee is \$140 per team for five weeks of play and two weeks of playoff. Referee fees are included.

Minimum age is 16. Participants younger than 18 must have a parents' signature to play.

All teams complete this registration form and each participant must complete the attached waiver.

The Court

- The official dimensions for a regulation court are as follows:
 - The court is divided into two 30' X 35' areas, a center line located parallel to the boards (end lines) for a maximum court length of 75' from end line to end line, and a maximum width of 40' from sideline to sideline.
 - The Neutral Zone for each team is the area approximately 3' to 5' on either side of the center line.

Referee Fees

- The referee will be included in the league fee.

Equipment

- Five (5) regulation size balls will be used, supplied by the recreation department. Please note we will be using our official assorted color adult dodgeballs that are 8.3 inches.

Players

- Teams consist of six players with up to four substitutes (Ten total players).
- Teams may consist of either gender, however at least two players of each gender must participate at the start of each game. (two females to start every game; two males to start every game)
- If only one female or male is present to start a game then the team will have to play with only five players.
- A team will incur a forfeit for if that team cannot field at least one female to start the game.

Substitutions

- Substitutions must be made prior to the start of the each game.

Matches

- Round robin games will be played each night.
- The first team to legally eliminate all opposing players will be declared the winner.

- A 6-minute time limit has been established for each contest. If neither team has been eliminated at the end of the six minutes, the team with the greater number of players remaining will be declared the winner.
- A tie is when time has expired and there are an equal number of players remain on each team.
- Results will be tabulated into divisional standings.

The Rush

- The Rush occurs at the beginning of each game or reset.
- Game begins by placing the dodgeballs along the center line.
- Players then take a position behind their end line. Play begins with all players positioned with a hand touching the boards (the end line).
- Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest.
- There is no limit to how many balls an individual player may retrieve.
- A team is not required to have any players rush.
- Crossing over the centerline will result in an “out.”
- Players may not physically grab and pull another player across the centerline.
- Players are required to retreat back past the neutral zone line after grabbing a ball before throwing at the opponent. This line is only in play during the “rush.” Once a player returns back to this line play resumes as before. This rule is strictly for the thrower, if an opponent is still in the neutral zone when hit with a ball from the opposing player, that player is out. If a player throws a ball before retrieving from the neutral zone, the thrower is out.

Time Outs

- There are no team time outs

Outs

- A player shall be deemed “out” when a live ball hits any part of the player’s body (shoulders or below), clothing, or uniform.
- If a player is hit by a live ball rebounding off another player or rebounding off a ball lying on the court.
- A defending player catches a live ball they have thrown, the thrower is out
- When a defending player catches a thrown ball, the catcher’s team can have a player return from the Neutral Zone in the order they were put “out” (i.e. first “out,” first “in”). The reentry point will be marked by a cone; the next player to go in will stand by cone.
- If a ball is thrown right before a player has been deemed out, the ball is still considered a live ball until it hits an object.

Blocking

- Players can defend themselves by blocking the ball in flight with another ball. No part of the thrown ball can hit the player (including hands or arms); it must only hit the blocking ball.
- Also, the player must retain control over the ball they are blocking with. A player dropping or losing possession of the blocking ball as the result of a ball thrown is deemed “out.” (Players anticipating a thrown ball may drop any balls they are holding, however if the thrown ball makes contact with the blocking ball before it is dropped, that player will be deemed out.)
- Any blocked ball rebounding off another ball is considered live. Any player hit by the rebounding ball is deemed “out.”
- Any blocked live ball that is caught by another team member will result in the thrower being called out.

Pinching

- “Pinching” is illegal. The acts of squishing or squeezing a ball excessively before you throw it. A referee will use their judgment and call you out, if you are seen Pinching a ball.

Stalling

- The act of intentionally delaying the game.
- If a referee determines that a player or team is stalling, the referee will warn the player or team, and then begin a five second count down. If the stalling continues at the end of five seconds a reset will occur.
- If both teams are stalling a reset should occur

Out of Bounds Rule

- If any part of the player's body touches beyond the sidelines or centerline, the player shall be deemed "out."
- No players will be permitted out of bounds to retrieve balls.

Headshots

- A headshot occurs when a player is hit "directly and intentionally" in the head by a high thrown ball. (If a ball is deflected / blocked in anyway (i.e. hands, another ball, etc.) before making contact with your head the player, NOT the thrower, will be deemed out.)
- Any thrower committing an intentional and deliberate headshot will be deemed "out".
- Any player that is hit in the head after "ducking" shall be deemed out and not the thrower at the referee's discretion.

Uniforms

- Uniforms are not required but strongly suggested to promote team spirit and fun all around. We encourage your team to find inexpensive matching t-shirts.

Unsportsmanlike Conduct

- The referee will have the right to deem a player out, if the referee determines that a player has demonstrated an act of unsporting conduct. Furthermore, the referee can decide to eject a player from the remainder of that night's games if the player has demonstrated a second act of unsporting conduct.
- Continued acts of unsporting conduct will result in a review by Cape May Recreation to determine the eligibility of that player for future games

City of Cape May Department of Civic Affairs

League Registration Form

Why Waivers?

The City of Cape May requires all players to sign a waiver prior to playing in our leagues. The reasons for this are as follows:

Liability: The waiver helps players understand that there are risks associated with playing adult sports and that by participating in The City of Cape May events, you are assuming these risks.

Sportsmanship: The league asks that everyone who plays in our leagues display good sportsmanship at all times, under all circumstances. By signing the waiver you agree to participate in our leagues with good sportsmanship.

Player Information: The waiver allows us to collect important information about our players if we should need to contact you for cancellations, time changes, etc. We DO NOT sell or give player information to other organizations.

WAIVER FOR PARTICIPANT: In consideration of accepting my/my child’s entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Cape May or school district and it’s representatives, successors and assigns for any and all injuries suffered by myself or child at any activity sponsored by these groups.

SPORTSMANSHIP AND FAIR PLAY AGREEMENT:

1. I have read, understood and will abide by the rules of my sport as outlined the City of Cape May; **2.** I understand that if it is reported by the official, Recreation Staff or an opponent, that I have behaved in an unsporting manner or have not played by the rules, that I could be suspended or ejected from the league, with no refund. **3.** I understand that my team captain is the only person who can approach the official regarding concerns surrounding the game. It is my responsibility to let my captain know my concerns so he/she can deal with them.

Name		Age	
Home Phone			
E-Mail			
Address			
Address			
City		State	Zip Code
Signature*			

*parents signature if player is under 18 years of age

City of Cape May - Department of Civic Affairs Sports League Roster

Team Name	
Captain	
E-Mail	
Home Phone	
Cell Phone	
Co-Captain	
E-Mail	
Home Phone	
Cell Phone	

ROSTER

1. Name		Phone	
2. Name		Phone	
3. Name		Phone	
4. Name		Phone	
5. Name		Phone	
6. Name		Phone	
7. Name		Phone	
8. Name		Phone	
9. Name		Phone	
10. Name		Phone	