

Conway Recreation Department



Adult Dodgeball Rules

THE TEAM

Teams will be made up of 6-10 players. 6-8 players will compete on a side at a time; others will be available as substitutes. Substitutes may enter the game only during timeouts or in the case of injury.

THE COURT

The games will be played indoors in the Marshall Gymnasium. Boundaries will be the basketball court sidelines and baselines.

THE GAME

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

1. Hitting an opposing player with a LIVE thrown ball below the shoulders.
2. Catching a LIVE ball thrown by your opponent before it touches the ground.

Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, official or other item outside of the playing field (wall, ceiling, etc).

THE OPENING RUSH

Game begins by placing the dodge balls along the center line. Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Players may only retrieve 1 ball at a time. Once a ball is retrieved it must be taken behind the endline before it can be legally thrown.

TIMING AND WINNING A GAME

The first team to legally eliminate all opposing players will be declared the winner. Matches will be most team victories in a 30-minute period to determine the overall winner.

TIME-OUTS & SUBSTITUTIONS

Each team will be allowed one (1) 30 second timeout per game. At this time a team may substitute players into the game.

10-SECOND VIOLATION

In order to reduce stalling, a violation will be called if a team in the lead controls all 10 balls on their side of the court for more than 10 seconds. A 10-second violation will result in the loss of a player.