

BANGOR PARKS & RECREATION

Adult Coed Dodgeball League

League Rules & Format

1. Officiating — Honor System

Games operate on the honor system, with players expected to call themselves out when hit. No paid referees are planned.

Players and team captains self-regulate calls, boundaries, possession/stalling, and sportsmanship. A Parks & Recreation site supervisor may assist with timing, scores, disputed situations, and unsafe or unsportsmanlike behavior.

2. Players on the Court

6 vs. 6: Six players per team on the court, with at least two players of each gender on the court at all times.

3. Team Roster Size

Maximum of 10 players per team, allowing up to four substitutes in a 6v6 format.

4. Match / Game Format

Each match lasts 15 minutes. Teams play as many individual elimination games as possible within the match window. If a game is not finished after 15 minutes, the team with the most people on the court win. If it is still tied then the next player elimination determines the result. Each completed game counts as one game win; the team with the most game wins when time expires wins the match.

5. Scoring / Standings

Each completed individual game counts as one win. The team with more game wins at the end of the 15-minute match earns the match win. Season standings are based on match wins and losses. If a team is tied in standings at the end of the season then game wins will be the first tie breaker.

6. Match Length

15 minutes per match.

7. Equipment

Use six foam dodgeballs rather than traditional rubber playground balls.

8. Opening Rush

All players must be lined up behind their touch line before the opening whistle. The six balls are lined up on half court, when the whistle blows, each team may send as many players as they wish forward in attempts to retrieve a ball. One player may only take one ball. You must retreat behind the attack line

before you throw the ball after the opening rush. After the opening rush, you may run up to the center line to throw.

9. Eliminations

A player is out when hit by a live ball thrown by an opponent, when an opponent catches the player's live thrown ball, when the player steps completely outside the playing boundary, or when another applicable elimination rule is violated. Head-shots do not result in an elimination, unless deflected by a blocked ball.

10. Catch & Re-Entry

When a live ball is caught, the throwing player is out and one eliminated teammate from the catching team returns. The return order is based on the elimination order, first one out is first one in.

11. Blocking

Players may use a held dodgeball to block an incoming ball. If the player loses control of the blocking ball as a result of contact, the blocking player is out.

12. Stalling / Ball Possession

Stalling and ball-possession expectations are self-regulated by players and team captains under the honor system.

13. Season Standings

Simple standings: Match win = 1; loss = 0. Possible tiebreakers are head-to-head record, individual game differential, and total individual games won.

14. Playoffs

Regular-season standings determine seeding for a single-elimination playoff. If participation grows, recreational and competitive divisions may be considered.