

City of Cape May
Department of Civic Affairs
Coed Dodgeball Rules & Guidelines

Thursday, 7:30 pm, Cape May Elementary School Gym, 921 Lafayette St., Cape May

Open Play January 19 & 26 (Round robin games 6 minutes each) will be held to encourage teams to join and enter the League. Come as a team or individual!
League Play will begin February 9, with a deadline to submit a team January 27.
League fee is \$70. per team for approximately 5 weeks of play.

Age 17 and older

All individual player must complete a registration and "waiver".
Under 18 must have a parents' signature to play.
Forms can be found at the end of this packet and on
our website www.capemayrecreation.org

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.

Equipment

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 six substitutes (12 total players).

Teams may consist of either gender, however at least two players of each gender must participate at the start of each game. (2 females to start every game; 2 males to start every game) If only 1 female or male is present to start a game then the team will have to play with only 5 players.

A team will incur a forfeit for every 6 minutes that a team delays a game. (i.e. not enough players to start a match)

Substitutions

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

Matches

Round Robin matches consists of 6 minutes games each. The games may end in a tie. 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 according to a point system.

Beginning Play

Play begins with all players positioned with a hand touching the boards (the end line).

The Rush

The Rush occurs at the beginning of each game or reset.

Upon the official's signal, both teams rush to center court and attempt to retrieve as many balls as possible.

A team is not required to have any players rush.

There is no limit to how many balls an individual player may retrieve.

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 your 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 act 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 5 second count down. If the stalling continues at the end of 5 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.

Referee Fees

The referee will be paid by each team prior to the start.

The fee to be paid is \$6 per team/ per night.

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, waive 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 its 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. 4. 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 _____
Email _____ Work/Cell PHONE _____
Address _____
City _____ State _____ Zip _____
Sport/League Desired _____

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	Email address	Home Phone	Cell Phone
_____	_____	_____	_____
Co-Captain	Email address	Home Phone	Cell Phone
_____	_____	_____	_____
Co-Captain	Email address	Home Phone	Cell Phone
_____	_____	_____	_____

Players Names	Home Phone	or	Cell Phone
1. _____	_____		_____
2. _____	_____		_____
3. _____	_____		_____
4. _____	_____		_____
5. _____	_____		_____
6. _____	_____		_____
7. _____	_____		_____
8. _____	_____		_____
9. _____	_____		_____
10. _____	_____		_____
11. _____	_____		_____
12. _____	_____		_____
13. _____	_____		_____
14. _____	_____		_____
15. _____	_____		_____
16. _____	_____		_____
17. _____	_____		_____
18. _____	_____		_____