



Town of Bourne Recreation Department



ADULT RECESS DODGEBALL 2023 WINTER SESSION RULES

DODGEBALL INFORMATION

- Games will be played on the half court, 2 at a time.
- Dodgeball is refereed by rec staff and played with honor rules.
- Teams are made up of 6-10 players. Games will be 6v6.
- A maximum of 4 males and a minimum of 2 females will play each game. (If you do not have 2 females on any given night, you will put 4 males on the court making it a potentially 4v6 game.)

GAME PLAY

- Each night will be a round robin, double elimination format.
- Each round will be a best of 3 games, the championship round will be best of 5.
- With four or more teams in attendance, each team will play at least 2 rounds per night.
- There will be 8 balls, placed in two even groups, near the ends of the centerline.
- During the rush (start) you may only grab the balls to your right.
- **During the championship games, the back court will remain available for self-refed pick up games.**
- ❖ **OUTS:**
 1. You step over the centerline.
 2. A thrown live ball hits your body.
 3. You throw a live ball and it is caught by an opponent.
 4. You throw a live ball, and it hits someone in the head.
- A thrown live ball can only hit out 1 player.
- Thrown balls that hit the ground, the wall, other balls, or other objects before hitting the opponent are considered dead balls.
- Players can only hold the ball for 30 seconds, afterwards, it will be considered dead.
- Dead balls are to be rolled over immediately to the other team.
- You may block a thrown ball with a held ball. However, if you drop the blocking ball during the act of blocking, or you fail to make a clean block, you are out.
- If you are out, line up on the sideline in the order you got out. If your team mate catches the ball, the player at the start of the line comes back into play.

For program registration please scan the QR code
or visit <https://bournema.myrec.com/info/default.aspx>