

# VASL DODGEBALL LEAGUE RULES



## SUMMARY

- 6 players vs. 6 players.
- Minimum of 2 females on the court.
- Game times will be 7 minutes long.
- Each team plays 4 games in a round robin style spanning 1 hour (3 teams will play the other two teams twice)
- 6 dodgeballs on a court (4 regular size, 2 small size)
- Men must throw regular sized balls only and females may throw any type of ball they desire.
- A player is out when hit by a ball, throws a ball that is caught, crosses the center line, is out of bounds, or hits someone else in the head.
- Players can re-enter the game if a teammate catches a live ball thrown by the opponent. (see re-entry rules)
- For the last 30 seconds players are allowed to throw from the  $\frac{3}{4}$  line (announced by a ref)
- Head shots are illegal (two headshots and you are out for the night)
- Team wins by eliminating the opposition before the end of regulation. If there are players from each team before the end of regulation, the team with more players wins.
- Each team must have 4 players (including one female) to start a game.
- If game ends early and there is more than one minute left in regulation, a restart period will commence.
- Court will be marked with sidelines, end lines, and  $\frac{3}{4}$  and  $\frac{1}{2}$  lines (explained by ref before games)
- Players are only allowed to go out of bounds to get a dead ball.
- 2 large and 1 small dodgeball will be placed at each teams  $\frac{3}{4}$  lines where a whistle will start the game where players race to the balls.
- All other regulation dodgeball rules enforced at the discretion of the referee including pressuring leading team to give up balls if they are controlling them for too long.

## **EQUIPMENT**

- 4 large dodgeballs (approximately 10 inches) and 2 small dodgeballs (approximately 8.5 inches) are provided.
- Please wear sneakers!

## **OTHER ASSORTED RULES**

- You are not required to wear your league t-shirt to games although it is suggested. Team with the most league t-shirts will be given two balls to start the game (one large and one small) as the other 4 (2 & 2) are placed on the opposing  $\frac{3}{4}$  lines.
- You must sign an athletic waiver at the beginning of the season.
- If you know in advance that your team is going to forfeit a game, you must contact us by noon on the day of the game at [vasleague@yahoo.com](mailto:vasleague@yahoo.com). Failure to notify the league could cause your team to be removed from the rest of the schedule.

## **RE-ENTRY RULES**

- A player may re-enter the game if and only if that player's team catches a live ball.
- Players who do not start must stand in line on the sideline.
- Players who were in the game and called out will go to the end of the line in the order in which they were eliminated.
- End of the line begins near mid-court next to ref., players enter near end line.
- Substitution line must not have more than 2 more consecutively unless all females are on the court.

## **SCORING/RESULTS**

- At the end of a game the ref will record the score based on how many players are left.
- Games can end in a tie.