

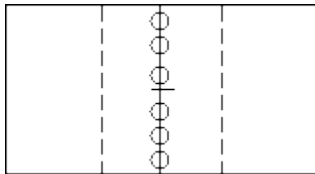
# Virginia Beach Field House Dodgeball Rules

## 1. The Team

Six (6) players will compete on a side. Teams can start a game with a minimum of four (4) players. Substitutes may enter the game only during timeouts or in the case of injury.

## 2. The Field

The playing field will be a rectangle 90' long by 45' wide, divided into two (2) equal sections by a center-line and attack-lines 9 feet from, and parallel to the centerline.



## 3. The Equipment

The official ball used in tournament and league play will be an 8.25" rubber-coated foam ball.

## 4. 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.
3. Opposing players that cross the center line will be OUT.

*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)*

### In Addition:

- Uniform's are considered part of a player's body.
- If a defender attempts to catch a live ball, but drops it, the defender is out.
- If a defender is hit by a ball, but the ball is caught by a teammate before it touches the ground, the thrower is out.
- The defender may block a live ball with another ball. The deflected ball is dead.
- If a blocking ball is dropped as a result of contact from a live ball, then the player who drops the ball is out.
- A player may block a live ball with a ball they are holding, then drop the blocking ball and catch a live ball.
- A player shall not leave the playing field to avoid being hit or in an attempt to catch a ball. Players that do not stay in the designated area will be called out.
- Players who have been called out may retrieve stray balls for their teammates outside of the playing area.

- Headshots resulting from a high thrown ball result in the thrower being called out.
- A player hit in the head while ducking or dodging is out.
- Players can “kamikaze” themselves by running and jumping across the mid-line and throwing at the opposing team while still in the air. The thrower is out no matter the result of the throw.

## **5. Boundaries**

During play, all players must remain within the boundary lines. Players may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end-line.

## **6. The Opening Rush**

Game begins by placing the dodgeballs along the center line – three (3) on one side of the center hash and three (3) on the other. 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. Teams may only retrieve the three (3) balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown.

## **7. Time and Winning a Game**

The first team to legally eliminate all opposing players will be declared the winner. A 3-minute time limit has been established for each contest. If neither team has been eliminated at the end of the 3 minutes, the team with the greater number of players remaining will be declared the winner.

## **8. Overtime (Sudden Death)**

If at the end of 3 minutes the set is tied, an overtime period will ensue. The team captains choose three players to represent their team. The first team to eliminate an opposing player will win the set. The overtime period will be played until an elimination occurs. No extra timeouts will be granted.

## **9. Winning a Match**

A match consists of 3 games. Within each game there are a total of 5 sets. Each set is 3 minutes. It doesn't matter what the score is, the game will be played through the 5 sets. Whichever team wins the most sets takes the victory for that game.

## **10. 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. The clock will stop when a timeout is called.

## **11. 5-Second Violation & Stalling**

In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds. This also applies to tie scores. To further reduce stalling, it is illegal for a team to place a single ball in front of the opponents attack line and wait for the clock to run out.

**12. Rule Enforcement**

All rules will be enforced primarily by the "honor system". Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated.

**13. Code of Conduct**

- Understand, appreciate and abide by the rules of the game.
- Respect all players.
- Be responsible for your actions and maintain self-control.
- Do not taunt or bait opponents and refrain from using foul or abusive language.