

WASA Dodgeball Rules

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Players

- A.** A full team consists of ten (10) players, five (5) men and five (5) women. Extra players may sub in between games.
- B.** Eight (8) players are needed to start the game, four (4) men and four (4) women.
- C.** Odd amounts of players other than what is listed may be used, if it is agreed upon by both teams prior to the start of play.

The Court

- A.** The game will be played on half of a soccer field or full basketball court. Field and court boundaries will be defined by lines or cones.
- B.** A mid field line or half court line will be the dividing line for teams. The line is neutral.
- C.** No players may step over the mid field/half court line.

The Game

- A.** Each game will end when all opposing players have been eliminated. If after ten (10) minutes there are an equal number of players remaining on both teams, a sudden death game of 2 on 2 (1 man, 1 woman per side) will begin. The first team to have anyone eliminated will lose.
- B.** A match will consist of seven (7) games, with the team winning at least 4 of 7 being declared the match winner. League standings will track overall game wins and losses, so all 7 games of each match will be played, even if a match winner has been determined in fewer games.
- C.** The game will begin with nine (9) balls, 5 large and 4 small, being placed on the half court line. The smaller diameter dodgeballs may only be thrown by the female participants.
- D.** The participants will begin each game lined up on the field or court baselines.
- E.** When the field monitor "blows the whistle", the two teams will run to the half court line to retrieve the balls. At this time, no one may throw the ball before retreating back behind the starting baseline on the field or court. After this retreat, all players may get as close to the opposing team as the mid field or half court line.
- F.** The object is to eliminate the opposing team's players by hitting them with the ball without stepping over the half court line. Players who inadvertently step on or marginally cross the half court line will be given a warning, and will be allowed to continue playing.

The Equipment

- A.** The men's ball will be an 8 inch hybrid playground ball. It is not as firm as the typical playground ball, and is not as soft or brittle as foam dodgeballs. The balls combine good durability with low sting.
- B.** The women's ball will be a 6 inch foam gator skin ball. A 6 inch rubber ball in the hands of a woman who knows how to throw it is like a death missile! Thus, we'll use the foam ball.

Game Play Rules

- A.** The ball must be thrown so that it hits the opposing players below the shoulders before hitting the ground. Any player hit by an opposing player's throw before the ball hits the ground, must leave the field of play. The ball is live until it hits the ground. For example, if a ball strikes your team mate, and then strikes you before hitting the ground, you are both out.
- B.** It is the THROWER's responsibility to keep the ball below head height! The thrower of any ball that directly strikes an opposing player above the shoulders will be declared out, unless the opposing player intentionally moved so that a ball hits them in the head (ducking is considered intentional). In this case, the opposing player (person who was struck) would be out.
- C.** If someone catches your thrown ball "on a fly" before it hits the ground or wall, you (the thrower) are out. A ball hitting the floor or wall prior to striking a player is considered a dead ball, and cannot result in a player's elimination. If a ball hitting another player is deflected and is caught before it hits the ground, you (the thrower) are out, and the initial player struck by the ball may remain in the game. Additionally, if a ball is caught cleanly on a fly (meaning, not off of a ricochet), the catching team may re-enter one of their previously eliminated players. If the ball was caught by a man, if available, a woman must re-enter the game. If the ball was caught by a woman, if available, a man must re-enter the game. If a member of the opposite sex is not available to re-enter the game, only then may a same sex teammate re-enter the game on a caught ball.

D. If you have a ball in your hands you may block an oncoming ball with it as long as the thrown ball does not touch you. We do not play by the “drop it and you’re out” rule. If your blocking ball is struck by another ball, and you drop it, you may remain in the game.

E. The gym monitor may, at his or her discretion, institute a 5 second “shot clock”, meaning that once a player picks up a ball, they have until the count of 5 to throw the ball. This rule shall be used when game play is painfully drawn out or slow. Games that grind to a halt are no fun to play, and are certainly no fun to watch, and will be avoided by use of this rule. The monitor may institute this rule at ANY TIME if he or she determines game play is too slow, and will loudly call out the 5 second count. Players who are deemed to be out for violating this rule shall leave the court immediately, and may not argue.

F. Balls leaving the field of play may be retrieved by any player who is waiting to sub into the next game or has already been eliminated from the current game, and may be thrown back into the field of play. Eliminated players may not, however, retrieve balls on the opposing team’s side of the field or court. To avoid confusion, please designate one player to retrieve balls straying beyond the baseline. Other retrieving players should remain on the sidelines, away from the baseline. If there are no subs, and no players have been eliminated prior to a ball leaving the field of play, one designated person from each team may leave the field of play to retrieve the balls, and then re-enter the field of play without penalty. These players are “safe” while retrieving wayward balls.

Sportsmanship

A. THERE ARE NO OFFICIAL REFEREES. FIELD MONITORS WILL ASSIST WHEN DISPUTES ARISE, AND WHEN RULES CLARIFICATIONS ARE NEEDED, BUT OTHERWISE, YOU ARE PARTICIPATING ON THE HONOR SYSTEM. REMEMBER THAT WE’RE HERE TO HAVE FUN AND TO SOCIALIZE, SO ANYONE EXHIBITING A BELIGERENT ATTITUDE WILL BE WARNED, AND ASKED TO LEAVE IF THERE IS CONTINUED TROUBLE. IF A DISPUTE ARISES, THE GYM MONITOR’S CALLS OR METHODS OF RESOLUTION (ROCK, PAPER, SCISSORS) ARE FINAL AND CANNOT BE ARGUED WITH. NO GAME WILL BE WITHOUT DISPUTES, SO JUST EXPECT IT, AND DEAL WITH IT LIKE ADULTS.

B. Taunting and arguing is not allowed. Consistent offenders of this rule will be removed from the game. Threatening behavior, including the threat of physical violence or verbal assaults that are racial, sexual, or otherwise discriminatory in nature will result in the immediate and permanent removal of the offending player from the league. The field monitor has the authority to immediately stop a game for the sake of preserving a positive atmosphere.

C. The use of foul or obscene language will not be tolerated, and a positive, inviting atmosphere will be maintained by the gym monitor at all costs. Many parents enjoy bringing their children to the games, and many adults find this type of language offensive, so please be aware that you are in mixed company, and that colorful language should be controlled. Additionally, please be aware of the nature of the facility hosting your designated league. Church and elementary school gyms are no place for 4 letter words, and poor language from one person has the ability to define and label our entire group if overheard by facility staff, jeopardizing future use of these facilities.

D. **It is EVERY TEAM's and EVERY PLAYER's responsibility to ensure that their opponents have a great time. Therefore, we will utilize a points system similar to our kickball league that penalizes teams for poor behavior or attitude. Teams will start the year with 3 sportsmanship points.** If, during the course of the season, a team or player causes an incident that generates a complaint from an opposing team captain that can be independently verified by the WASA gym monitor, it will result in the loss of at least 1 point, depending on the severity. (Ex. Name calling may result in the loss of 1 point, however a fight would result in the loss of all 3 points). Teams who lose all 3 points during the course of the season will be removed from the league without refund, and may forfeit their right to participate in future WASA leagues.

E. **MOST IMPORTANT... Have FUN, you’re playing kid’s games!! Don’t take things personally, especially the occasional errant throw! We know that dodgeball is an adrenaline rush, but don’t be a jerk. Use common sense, and take it upon yourself to ensure that everyone is having a good time, all the time.**