

## DODGEBALL

### New to Dodgeball?

For beginners wondering what the heck this sport is, Dodgeball is a game played with six balls on a court, divided by a center line that results in two sides. Your mission: to eliminate your opponents by hitting them or catching their balls. There are few chances in life where you can throw balls at people guilt- and trouble-free, and that's what makes this game unique and enjoyable. VDL plays with safe rubber-skin foam balls that don't hurt at all on impact (you didn't think we'd resurrect the red rubber balls, did you?). It's a fairly simple game, but wait! There's so much more.

There are the exciting showdowns, the unsung heroes, the amazing plays, the hilarious moments and the good times. Most importantly, Dodgeball comes down to values. Here at VDL, we celebrate positive spirit, community connection, fun and great sportsmanship. It's a wonderful way to meet people and get active, so come out, join in and play.

### Spirit

What does VDL mean when we're referring to playing with spirit? Spirit refers to having a positive attitude and having great sportsmanship, individually and as a team. Sportsmanship is defined as "conduct and attitude considered as befitting participants in sports, especially fair play, courtesy, striving spirit, and grace in losing." The integrity of Dodgeball depends on each player's responsibility to uphold the spirit; it is the essence of the game.

However, spirit doesn't mean VDL discourages high levels of competition. VDL celebrates excellence in sports, but it should never be at the expense of the mutual respect amongst players, adherence to the agreed upon rules of the game, or the basic joy of play. Actions such as taunting opposing players, dangerous aggression, arguing with referees, not congratulating the other team after a hard fought match, or other "win-at-all-costs" behavior are contrary to Dodgeball's spirit and must be avoided by everyone.

The fabulous thing about spirit is that it is contagious – the more people that embrace it, the easier it is for others to catch. And a game filled with spirited players is a great Dodgeball game.

### League Policies

#### GENERAL

1. All teams must have 2 girls on the court to start a game. If needed, a team can borrow a girl from another team, but must still have 1 player from their own roster. In playoffs, no team may be allowed to borrow any girls from another team.

2. Teams may borrow additional girls in the regular season to a maximum of 6 players on the court, 1 of which is from their own roster.
3. Teams are not allowed to borrow male players from another team in the same division.
4. Playoff Rosters are due by the end of Week 6.
5. Roster players are only eligible for playoffs if they have played in a minimum of 5 weeks prior to playoffs.
6. Any physical altercations will be automatically met with disciplinary actions which could result in suspensions or expulsion.
7. Drugs and alcohol are prohibited in all the gyms.

#### PLAYOFFS AND SPIRIT

1. To place greater emphasis on fun and good spirit, VDL ensures that ALL teams make the playoffs. Standings will dictate playoff match-ups.
2. Playoffs are a double knockout tournament.
3. The spirit ratings will also affect team standings. Based on a maximum average of 15 points over 10 weeks, a team's spirit score will be multiplied by 2 to equal the number of additional wins a team will receive by seasons end.
4. Teams that do not fill out a spirit ballot at the end of the night will receive a zero for the night.

#### Officiating Guidelines

The Vancouver Dodgeball League embraces the honour system, and an additional part of that approach is using peer referees. Each team is required to provide two officials to oversee a game, making four per game in total. This policy encourages players to learn and understand the rules, and provides some oversight to the game. Always keep in mind that a referee's main purpose is to facilitate the game. The official's job is not to make every single call, as such is the case with other sports. It is the players' responsibility to play honestly and fairly, abiding to the honour rules.

#### MAIN RESPONSIBILITIES:

- Setting up the balls for the next game
- Calling the opening rush (3-2-1-Dodgeball!) and making sure balls touch the wall
- Counting players down when they are holding the ball for too long, and announcing when counted-down balls are 'dead'
- Counting down ten seconds when only one player is remaining from each team, before a showdown
- Making sure eliminated players are lined up in the correct order and that players returning to the game come back in the order of first out, first in
- Calling players out when they have been hit and do not leave the court
- Ensuring players do not cross over the boundaries or step on or over the centreline
- Pausing the game to settle on-court altercations and disagreements