



Active Teams

Dodgeball

- 6 players on court at one time with minimum 2 females playing (10 players max in a squad)
- Timings of each match will be released once we know how many teams are playing

Brief overview of the rules

Start of play

- 5 balls are placed along the centre line
- The 2 balls on a team's left are your designated balls
- The centre ball is the only contested ball a ball is not live until it is passed back beyond the return line

Eliminating opposing players

a) Live Balls

A ball is live until it hits a floor, wall or any other surrounding surface then it becomes dead and can't get anyone out.

Multiple play (see below) is possible with a live ball

b) Hits

Any player struck below the shoulders with a live ball by an opposing player will be called out (no face shots allowed).

c) Catches

Any catch on a live ball will be valid. The player who threw the caught ball will be called out and the catching team will gain one player from the outbox

d) Blocking

Players can use a ball in their possession to block an incoming ball. If the ball they are holding is knocked from their possession, they will be called out

e) Lines

Players are called out for stepping over the side/back lines

Players may not leave the court to collect balls

Each team nominates 2 retrievers who put off-court balls back into play

f) Stalling

Players should not intentionally stall the game. Once a team has possession of 3, 4 or 5 balls, they should look to make an attempt with at least one of those balls.

g) Multiple Play

A player will be called out if they are hit by a ball that has deflected off a teammate whilst it is still live

A catch is valid if it has deflected off a teammate whilst it is still live – in this circumstance the hit player plus the thrower will be called out – if the hit player is the first one out, then they will immediately return to the court

Dodgeball Rules explained - <https://www.youtube.com/watch?v=ElSPlyOlB4&t=136s>

To help get some inspiration - <https://www.youtube.com/watch?v=-4QgksHXUCc>