

## Year 5&6

### Quick start Dodgeball rules

#### Starting the Game

- 2 teams of 6 players begin the game with 1 foot touching the end line or wall
- 3 balls in the centre zone
- Maximum of 3 players race to collect the balls from the centre zone
- Balls must be passed back beyond the player return line before thrown

#### Playing the Game

- A game = 2 minutes
- A match = best of 5 games maximum
- Substitutions are allowed between the 2 minute games
- You can use a ball in your possession to block a thrown ball

#### 5 Second Rule and Valid Throw

- Both teams have no more than 5 seconds to throw the majority of the balls at the opposing team (whether they are the leading team or not).
- Players do not need to make a valid attempt. Throws must not be deliberately thrown out, placed over the line or rolled to the opposition at any time.

#### Elimination (Getting Out)

- Hit by a Dodgeball thrown by an opponent without a bounce
- An opposition player catches a Dodgeball that you have thrown
- Stepping over the 2nd centre zone line at the start of a game or the 1<sup>st</sup> line during play
- A referee will only call a player out if they step over the side lines by a large distance or to avoid being hit by a ball
- You lose possession of the ball you are holding because of an opponents throw
- Punching or kicking the Dodgeball

#### Catches

- A successful catch brings a teammate back in to the game. First Out First In
- The catcher may fumble the ball and make a successful catch as long as the ball has not touches anything else.

#### The Save Rule

- You can SAVE a teammate from getting OUT if you catch a ball deflected off him/her without the ball having touched another player or surface
- A SAVE does not eliminate the thrower

#### Winning a Game

- Eliminating all opposition players within 2 minutes
- Having more players still in play at the end of 2 minutes

#### Head Shots

- Head shots do not count and both players will remain IN, unless
- They have their back turned to the opposition and are struck on the back of the head
- They use their head to block an opposing throw
- They are ducking down whilst the ball strikes them on the head and the head is therefore preventing the ball from hitting another part of the body
- The thrower is out if they strike an opponent above the shoulders deliberately

#### Dodgeballs

- UKDBA PlaySport Dodgeball 150mm

