**Dodgeball Rules**

**Players:** 6 players on a team 10 players maximum in a squad. 2 girls MUST be on the court at all times.

Rules: At a game’s start 3 players from each team run to gain possession of the balls. Balls must be taken or passed to the back of the court before the first attempts are made.

The Leading team, in the game, has 5 seconds to throw balls at their opponents, when it has possession of more than two balls. Throws must be ‘Valid Attempts’. Leading teams can retain possession of one ball.

**The dead zone:**

If a player steps into or over the ‘dead zone’ at any time they are out!

**2 Ball rule:**

You can hold 2 ball’s but you can NOT throw holding 2 balls in your hand, you can put one down or hand it to a team mate but if you throw holding two balls you will be out.

**Hits:**

Any player struck with a live ball by an opposing player will be called out face shots do not count unless a player’s face stops the ball from hitting their body.

**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. Catches bring players who are out back into the game in rotation – FOFI (first out- first in)

**Blocking**

Players are able to 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

**Lines**

Primary dodgeball is played using a badminton court as a base for the dodgeball court players are encouraged to stay inside the court markings and could be called out for stepping over the side/back lines if they continue stepping behind the lines. Players may leave the court to collect balls by putting their hand up and asking the referee, when the referee says ‘yes’ they can go collect the ball. Players must return to court from behind the back line

**Stalling**

Players should not intentionally stall the game. Once a team has possession of 2 or 3 balls, they should look to make an attempt with at least one of those balls. When a referee calls ‘play ball’, a team has 5 seconds to throw. If they do not then players holding balls will be called out teams can keep one ball after ‘play ball’ has been called, and must throw the rest.

**The status quo:**

If a ball is thrown and hits a player but that person’s team’s mate then catches that ball NO one is out and the game continues

**You are out when:**

When a ball hits you directly, which is thrown by an opponent

When an opposing player catches your throw;

When you step into the Dead Zone (hands/arms are allowed);

When you touch a boundary line or touch the floor/wall/barrier

over a boundary line or on the opponent’s side of the court;

When the referee calls you out, for any reason.