

# Dodgeball

## Rules

<b>Entry:</b>	Entry via <a href="http://www.letsgetahead.co.uk">www.letsgetahead.co.uk</a>
<b>Teams/Gender:</b>	<ul style="list-style-type: none"> <li>• Teams of 6 players.</li> <li>• There must be at least one boy and one girl on court at the start of each game.</li> </ul>
<b>Event Format:</b>	<ul style="list-style-type: none"> <li>• The game length is 2 minutes. A match is the best of 3 or 5 games.</li> <li>• Substitutions are allowed between the 2 minute games.</li> <li>• At the end of each game, teams are to swap ends.</li> </ul>
<b>Starting the Game:</b>	<ul style="list-style-type: none"> <li>• 2 teams of 6 players each begin the game with one foot or hand touching the end line or wall.</li> <li>• 3 balls begin in the centre zone.</li> <li>• On the referees whistle a maximum of 3 players from each team race to collect a ball from the centre zone.</li> <li>• The balls must be passed back to a teammate within 2m of the back wall or line.</li> <li>• On collecting a ball, the players are free to throw the ball at the opponent, in order to get them 'OUT'.</li> </ul>
<b>Playing the Game</b>	<ul style="list-style-type: none"> <li>• All players have 5 seconds to throw a ball in their possession.</li> <li>• All players are not allowed to roll the ball or deliberately throw the ball out of play.</li> <li>• You can use a ball in your possession to block a thrown ball.</li> </ul>
<b>Elimination 'GETTING OUT'</b>	<ul style="list-style-type: none"> <li>• Hit by a Dodgeball thrown by an opponent without a bounce.</li> <li>• An opposition player catches a Dodgeball that you have thrown.</li> <li>• Stepping over the centre zone lines or out of the court.</li> <li>• The ball you are holding is knocked from your hands by an opponent's throw.</li> <li>• Punching or kicking the ball.</li> <li>• Headshots do not count and both players stay in.</li> </ul>
<b>The 'SAVE' Rule</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>'WINNING' a Game</b>	<ul style="list-style-type: none"> <li>• Eliminating all opposition players within 2 minutes</li> <li>• The team with the most players left on court at the end of 2 minutes (If teams are equal, the game is drawn)</li> </ul>
<b>NGB Website</b>	<a href="http://www.ukdba.org">http://www.ukdba.org</a>