

Grassroots Ruleset Adaptations - Foam 2026

Introduction

The official ruleset is available on the [WDBF Rules page](#). The following rule adaptations are suggestions which event organisers may choose to adopt for their own competitions to suit their own objectives, competition outcomes and audience. These adaptations may be implemented for recreational events involving any age category.

Adaptation Principles

These rule amendments have been designed to support safety for newer players or those with additional needs as well as aid inclusion and access to the sport. The general objective is to provide organisers with recommended adaptations they can implement at grassroots/recreational events to support participation and enjoyment before progressively removing the adaptations and aligning to the WDBF official rules as players gain experience. Please note that adaptations relevant to competitive youth dodgeball are available on the [WDBF Rules page](#).

Grassroots Rule Adaptations

1. Facilities

- The court size may be altered to 15m-18m long x 9m wide.

2. Equipment

- Size 1 (6" foam) dodgeballs may be used in place of size 2 (7" foam) dodgeballs.
- Uniforms are not required to match.

4. Ball Retrievers

- Teams are not required to have designated ball retrievers, and may instead 'self-retrieve' by having an active player raise their hand and step off court. They are treated as a retriever (and thus cannot make attempts or be eliminated) until they return to court via the backline.

7. Timing

- **Timing Adjustments:** Timing may be adjusted to suit an event timeline/player fitness levels.
- **Sets-Based Matches:** To simplify timings, matches may consist of a determined number of sets (for example, two halves of 6 sets) rather than a running clock.

20. Out Players

- **Points:** Players do not leave the court when eliminated - the opposing team instead gains one point. The team with the most points at the end of the set wins that set. This should be paired with the no blocking rule below to ensure sets end in a timely manner.
- **Faceshots:** Players are not eliminated if they are hit in the face by a ball, unless they are ducking down and in movement when struck.

28. No Blocking

- A one-minute time limit may be placed on the No Blocking period to prevent long No Blocking sets. If teams are drawing at the end of this period, either the game proceeds in one of the following ways:
 - **Next Elimination Wins:** If teams are drawing at the end of this period, the next team to eliminate a player wins.
 - **Drawn Set:** The set is deemed a draw and both teams gain a set point.