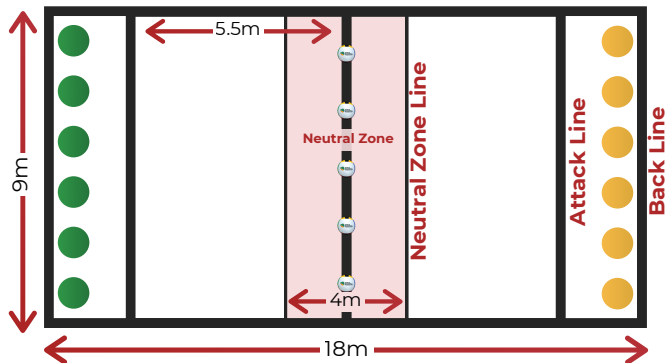


Cloth Dodgeball - Adult

How to play dodgeball, all on one page!

Court



- Players must stay inside their area of the court or the neutral zone
- Line faults = player out
- Returning players must re-enter the court from the back

Opening Rush

- 5 dodgeballs are placed on the centre line
- At the signal, players race for the 2 balls on the left & the 1 ball in the middle (contested)
- Players racing for the middle ball who cross the middle line/purposefully make contact with their opponent = out
- False start = all balls to opponents
- Balls must be activated before attacking



Hits & Attempts

- Players can only throw balls - no kicking or spiking
- An attempt that does not pass within 1m of an opponent is an invalid attempt = out
- A player can not roll a ball to the other team (invalid attempt)
- Player struck with a live ball = out
- Eliminated players must join the out box queue
- Sanctions may be given to throwers for dangerous head shots

Blocking

- Players can block attacks using a held ball:
 - The blocking player's hands count as part of the held ball, so contact made with a player's fingers does not render them out
 - Loss of control of blocking ball = out
- The blocked ball remains live, so any contact made afterwards counts



Format

- 6 players + 2 ball retrievers per team
- Substitutions can be made between sets
- Teams play for 2 x 20-minute halves
- Each set lasts for a maximum of 3 minutes
- How to win a set: Eliminate all opponents, or have more individuals remaining at the end
- 2 pts for won sets, 1 pt for drawn sets
- How to win a match: Most points at the end

Ball Retrievers

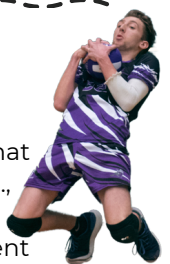
- Ball retrievers must stay off-court during play
- They must collect balls from off-court & pass them to players behind the attack line or place them on the court behind the attack line
- Retriever fault = turnover

Activated & Live balls

- Balls are activated from the rush or being passed in by a retriever by being in possession of a player with 2 feet behind the return line.
- Inactive balls can not make hits but can be caught by opponents.
- Hits can only be made with live balls: A live ball is an activated ball that has been thrown past the neutral zone line.
- Balls remain live until they touch an external surface e.g., a wall or a floor. Multiple plays with one ball (e.g. 2 hits/hit & catch) are therefore possible.

Catches

- Any catch on a live ball = thrower out & catcher's teammate returns to play
- When hit, a player must catch the ball that hit them before doing anything else (e.g., throw their own ball)
- Players must return in the order they went out e.g., the first player out is first back in



Advantage

- The team with possession of the majority of balls has advantage and must attack.
- The team may keep hold of 2 balls if they attack in the initial 5 seconds of possession, and may keep hold of 1 ball if they attack in the 2nd 5-second (after 'Play Ball' is called by a referee).
- If a team has kept hold of too many balls after these 10 seconds, any players with a ball = out

USEFUL LINKS:

[Official Rules](#)[Education Suite](#)