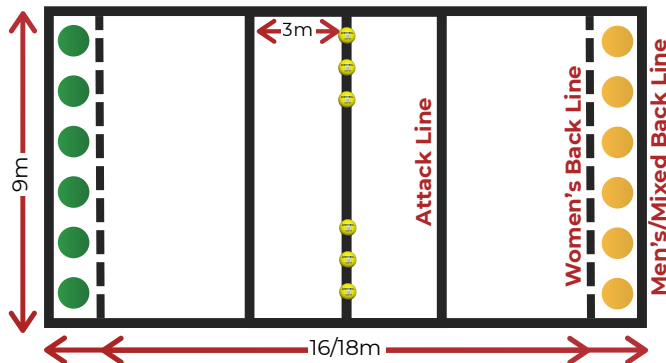


Foam Dodgeball - Adult

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

- 6 dodgeballs are placed on the centre line
- At the signal, players race for the 3 balls on the right
- False start = warning (players out for repeated infringements)
- 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 = warning, then out
- A player can not roll a ball to the other team (invalid attempt)
- Player struck with a live ball = out when it touches a dead object
- 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:
 - Contact made with a player's fingers whilst blocking renders them out
 - Loss of control of blocking ball = out
- The blocked ball remains live, so any contact made afterwards counts



Format

- 6 players + 3 ball retrievers per team
- Substitutions can be made between sets
- Teams play for 2 x 20-minute halves
- Sets last for 3-minutes
- Transition to no-blocking when each 3-minute set or the half ends. No time limit on no-blocking.
- How to win a set: Eliminate all opponents
- 1 pt for won 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 in, place them on court or hold them until needed
- Retriever fault = turnover

Activated & Live balls

- Balls are activated from the rush or being passed in by a retriever
- 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 thrown past the centre line.
- Balls remain live until they touch an external surface e.g., a wall, floor or un-held ball. Multiple plays with one ball (e.g. 2 hits) are therefore possible. A ricochet hit-catch is only a catch.

Catches

- Any catch on a live ball = thrower out & catcher's teammate returns to play
- When hit, a player can still make plays until they ball them including throws and catches
- Players must return in the order they went out e.g., the first player out is first back in



Burden

- Burden decided by: 1) Team with most balls, 2) If same, team with more players in, 3) If same, team that didn't throw last
- Team with burden has 10 seconds to throw a ball
- Burden resets when any ball is thrown.
- If a team with burden does not throw = turnover

USEFUL LINKS:

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