

QUICK START RULES - SECONDARY SCHOOL DODGEBALL

PLAYERS

6 PLAYERS ON A TEAM
10 PLAYERS MAXIMUM IN A SQUAD
SUBSTITUTES SHOULD SIT IN THE OUTBOX OR ACT AS BALL RETRIEVERS
SUBSTITUTES CAN BE MADE BETWEEN SETS

TIMINGS

SET LENGTH = 2 MINS
MATCH LENGTH = 2 HALVES OF 7 MINUTES WITH AS MANY SETS AS POSSIBLE IN THIS TIME

WINNING A SET

ELIMINATE ALL OPPOSING PLAYERS
OR...
HAVE MORE PLAYERS REMAINING ON YOUR SIDE AT THE END OF A SET

WINNING A MATCH

A TEAM WINS A MATCH IF THEY HAVE MORE POINTS
2 PTS FOR A SET WON, 1 FOR A SET DRAWN, 0 FOR A SET LOST
IN GROUP TABLES, A TEAM WILL RECEIVE 2 PTS FOR A MATCH WON, 1 FOR A MATCH DRAWN, 0 FOR A MATCH LOST
IF A MATCH IS DRAWN IN KNOCKOUT OR PLAYOFF MATCHES, A 1 MINUTE OVERTIME SET WILL BE PLAYED WHERE TEAMS RESTART WITH 6 PLAYERS. IF A MATCH IS STILL DRAWN, THEN SUDDEN DEATH WILL BE PLAYED

START OF PLAY

5 BALLS ARE PLACED ALONG THE CENTRE LINE
THE TWO BALLS ON A TEAM'S LEFT ARE THEIR DESIGNATED BALLS
THE CENTRE BALL IS THE ONLY CONTESTED BALL
A BALL IS NOT LIVE UNTIL IT IS PASSED BACK BEYOND THE RETURN LINE

LIVE BALLS

A BALL IS LIVE UNTIL IT HITS A FLOOR, WALL OR ANY OTHER SURROUNDING SURFACE
MULTIPLE PLAY IS POSSIBLE WITH A LIVE BALL



QUICK START RULES - SECONDARY SCHOOL DODGEBALL

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
A PLAYER USING THEIR FACE TO BLOCK THE BALL HITTING OTHER PARTS OF THEIR BODY WILL BE
CALLED OUT

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

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

STALLING

PLAYERS SHOULD NOT INTENTIONALLY STALL THE GAME. ONCE A TEAM HAS POSSESSION OF 3, 4
OR 5 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.

MULTIPLE PLAY

THE FOLLOWING ARE EXAMPLES OF MULTIPLE PLAY:

A PLAYER WILL BE CALLED OUT IF THEY ARE HIT BY A BALL THAT HAS DEFLECTED OFF A
TEAMMATE WHILST IT IS STILL LIVE

A CATCH IS VALID IF IT HAS DEFLECTED OFF A TEAMMATE WHILST IT IS STILL LIVE - IN THIS
CIRCUMSTANCE THE HIT PLAYER PLUS THE THROWER WILL BE CALLED OUT - IF THE HIT PLAYER IS
THE FIRST ONE OUT, THEN THEY WILL IMMEDIATELY RETURN TO THE COURT

LINES

SECONDARY SCHOOL DODGEBALL IS PLAYED USING AN ADULT COURT
PLAYERS ARE ENCOURAGED TO STAY INSIDE THE COURT MARKINGS AND WILL BE CALLED OUT
FOR STEPPING OVER THE SIDE/BACK LINES
PLAYERS MAY NOT LEAVE THE COURT TO COLLECT BALLS, BALL RETRIEVERS SHOULD COLLECT THE
BALLS AND PLACE THEM BACK INTO PLAY BEHIND THE BALL RETURN LINE

