

UNDER 11'S
RULE BOOK
2022/2023 SEASON



BRITISH
DODGEBALL

Introduction

At British Dodgeball we are providing many opportunities for junior dodgeball players to take part in events and develop their skills. Our vision is to create a sensible pathway at our events that focuses on inclusion and development. Our rules are appropriate for each age group and refereeing directives are there to encourage and nurture new and developing players into the sport. Our four focus age groups are under 11's, under 13's, and under 15's.

British Dodgeball has four junior age groups in 2022/23:

- Under 11's
- Under 13's
- Under 15's

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1. Age Category

Children are permitted to compete in the Under 11's age category if they are aged 10 or younger on 31st August 2022. In England and Wales this is children in school years 6 and below, in Scotland this is children in school year Primary 6 and below, and in Northern Ireland this is children in school year P7 and below.

1.1 Children competing in the Under 11's age category must be aged 6 or over on the 31st August 2022.

2. The Court

2.1 For under 11's, the recommended court size is 14m in length and 8 m in width.

2.2 Where possible there will be at least 1m of space outside of the court between the court and any wall or hard object. Unless playing wall-to-wall, the "back line" of the dodgeball court at each end will be a marked line on the court floor.

2.3 A "centre line" will be marked across the court at exactly halfway between the back lines (or walls if playing wall to wall).

2.4 Markings are recommended at 1.5m, 3m and 4.5m along the centre line to indicate where the three balls should be placed at the start of play.

2.5 "Contested ball safety lines" are recommended 0.3m either side of the centre line for the central ball, indicating to runners where it is recommended they stop for safety when contesting the middle ball. Players will not be called out for stepping on or going over the "contested ball safety lines"

2.6 Players competing for the centre ball will be called out for stepping on or over the centre line during the opening rush.

2.7 A “neutral zone” will be marked with 1.5m total width, by lines that are 0.75m either side of the centre line. These two lines will be called the “neutral zone lines”. Players from both teams are allowed in the neutral zone, but are not allowed to make contact with the ground on or over the furthest neutral zone line.

2.8 A “player return area” will be marked for each team between 1 and 2 metres away from the court (both teams’ areas will be on the left side of their half of the court where possible). This area will be 1m by 4m and is reserved for one team coach where applicable, plus any players who are “out”.

2.9 The “return line” used will be 1.5m from the back line.

2.10 For matches not played wall-to-wall, the outside court lines and any back walls or boundaries are not part of the playing court. When the court is wall-to-wall, the back walls are considered part of the court. Players who touch the outside lines or step over these in the under 11’s game will be called out,

2.11 Where possible a net, barrier, or other hard surface will surround the court, approximately 2.5 metres from the outside court line.

3. Coaches

3.1 Across all age groups, each team is encouraged to have one designated coach over the age of 16. The coach should remain inside their “player return area” at all times during play.

3.2 Coaches should refrain from questioning or talking to the referee during a set. Should a coach need to speak to the referee, they should do so at the end of a set. This should be done in a polite and appropriate manner.

3.3 Coaches must at all times adhere to the British Dodgeball Code of Conduct.

4. Equipment and Clothing

4.1 Three size 1 foam British Dodgeball approved dodgeballs will be used in each match.

4.2 Uniform and protective equipment are considered to be part of the player. Any player hit on any part of their uniform or protective equipment will be considered “out”.

4.3 All players competing in the same team should wear tops of the same colour. For further information and guidance on kit see the [Club and Team Kit Guidance document](#).

4.4 An official may at any time request that a player changes uniform or equipment or requires an adjustment, if they believe this uniform or equipment poses a significant risk to the safety of other players. Any queries should be sent to hello@britishdodgeball.com.

4.5 For health and safety reasons the following rules around equipment and clothing apply. Any injuries resulting from the use of particular equipment or clothing are the responsibility of the player who wears them.

- All footwear worn should be suitable for dodgeball and should be non-marking.
- Unsecured headgear such as ball caps and visors may not be worn during tournament play.
- Prosthetics may be worn. All casts, braces, and splints with exposed hard surfaces must be padded.
- Jewellery is strictly not to be worn by players during competition unless suitably secured with tape. Plastic watches are permitted. Officials will ask players to remove any items they believe contravene these rules or to suitably secure them with tape.
- It is recommended that spectacles should not be worn by players during competition, unless secured by a strap. If a player chooses to wear spectacles, it is done so at their own risk, British Dodgeball accept no responsibility for injuries that occur whilst wearing spectacles.
- Taping of hands and fingers is permitted where the taping material does not provide an advantage to that player.

5. Match formats and scoring

5.1 Teams should have 6 players on court at the start of each set. Teams must have a minimum of 4 players on court in order to compete- otherwise the match will be forfeited.

5.2 The first set of the match will begin at the listed time on the schedule. Any team that is not present by this time (or present with insufficient players to compete) will forfeit that period, and any following three minute period that they are not lined up on court at the beginning of. After three consecutive forfeited sets by the same team in any match, that team will forfeit the match.

5.2 Matches will consist of 6 sets of up to two minutes, separated by a 1-minute half time. The referee will stop play and thus pause the time when a health and safety concern arises.

5.3 All teams may have a squad of up to a maximum of 10 players at each event. Players may only be substituted between sets.

5.4 Teams will change ends at half time.

5.5 A team wins a set (and the next set begins) by getting all of the players on the opposing team out, or by having more players left on the court (“players on”) when the referee signals the end of the set. A set is drawn if the number of players left on court when the referee signals the end of the set is equal for both teams.

5.6 Once a set ends (due to a team being eliminated, or time expiring), teams must be ready to re-set for the next set. A maximum of 20 seconds should be allowed for re-set. During this re-set time any player substitutions can be made.

5.7 The winning team is awarded 2 points towards their match score on completion of a set. Where a set is drawn, both teams are awarded 1 point.

5.8 A team wins a match if they have more points than the opposition at the end of the match.

5.9 In league tables or group tables, 2 match points will be awarded for a match win, 1 match point for a match draw, and 0 match points for a match loss

5.10 Where teams finish level on points at the end of all matches in any competition, the team who has won more matches will be placed higher. Where there is still a tie, the following criteria will then be considered in this order:

- The team with the greatest set points for-against difference from all matches will be placed higher
- The team with the most table points from any head-to-head matches will be placed higher
- The team with the greatest set points for-against difference from any head-to-head matches will be placed higher
- The team with the most set points from any head-to-head matches will be placed higher
- If two teams are still equally placed, a two-minute set will be played (followed by “overtime” and “sudden death” if necessary), with the winner taking the higher position.

5.11 In knockout or playoff matches, a drawn match is resolved by playing an overtime set which will last for one minute. Teams will start “overtime” with 6 players, and the team with the most players on court at the end of this one-minute set will be declared the winner.

5.12 If a knockout match is still drawn at the end of the one-minute overtime period (both teams have an equal number of players on court), the referee will not stop the game but will shout “sudden death” to inform both teams that the one-minute overtime period has expired. In “sudden death” overtime, the next team to eliminate an opposing player will be declared the winning team. All standard rules apply during sudden death circumstances.

5.13 Where an overtime set is to be played, the referee should complete a coin toss with the captain of each team present to decide ends for the overtime set before beginning the set.

5.14 The referee will keep track of the match score and will announce the current score at the end of each finished set, and before calling for teams to “line up” for the new set if it is not the end of a half. If a team coach wishes to dispute the announced score they must do so at this point and this point only, and before any new set begins. If no disputes are made the score is considered agreed and play will continue.

5.15 A team coach must sign the score sheet at the end of each match.

5.16 A match score that has been signed off by both team coaches will be final and cannot be amended.

6. The Start of Play

6.1 A referee will signal the start of a set using a whistle or other pre-specified sound. They will initially call for teams to “line up”, instruct all players to be “ready”, and then signal the start of the set.

6.2 All players must start the set with one foot in contact with the back line, and one foot in the court. A false start will occur when a player breaks contact with the back line.

6.3 Three balls will be placed equally spaced apart in the neutral zone, on the “centre line”, before the start of each set.

6.4 The section at the beginning of each set or reset is referred to as the “rush”. Upon the official’s signal, both teams rush to the centre of the court and attempt to retrieve their designated left-most ball, and also to compete for the one ball in the middle (which is open to either team).

6.5 For safety it is recommended that a maximum of 2 players per team rush for the balls – with each player able to rush for up to two balls. If more than 2 players rush for the balls the team will be asked to refrain from doing so by the referee, no players are called “out” for this infraction. Any players who are not rushing should step onto the court at the start of the set before the first rusher from either team reaches the centre line.

6.6 When rushing for their designated ball, players should not touch or step over the opponent’s neutral zone line, players are permitted to step over the centre line when rushing for their designated ball.

6.7 For the centre, contested ball, contested ball safety lines are recommended to be marked on the court either side of the centre line, these lines are in place as guidelines to encourage players to stop before the centre line for health and safety reasons. Players will not be called out for stepping on or over the contested ball safety lines.

6.8 The competing player is not permitted to touch the centre line or the floor beyond it with any part of their body, and in doing so will be called “out”.

6.9 Players may not slide or dive head first towards the centre line of the court when rushing to gain possession of a ball on the centre line. Any offending players will be called “out”.

6.10 No deliberate physical contact between players is allowed. This includes pushing, grabbing and leaning on an opposition player, and will result in the offending player being called “out”. Incidental contact when competing for the centre ball will not be penalised.

6.11 If two players both have hold of the central ball they may choose to both keep hold of it and try to gain possession, as long as they do not initiate intentional physical contact. If either player is pulled over the centre line, this player will be called “out” so long as the pulling player has not initiated intentional and avoidable physical contact.

6.12 No dodgeball may be thrown at an opponent until it has passed behind the return line. The ball may pass behind this return line by (known as “making a ball live”):

6.12.1 The player who wins the ball carrying the ball backwards and making contact with the floor behind the ball return line (both feet fully behind the ball return line).

6.12.2 Another player receiving the ball whilst with two feet in contact with the floor behind the ball return line.

6.13 If a ball that has not passed behind the ball return line is thrown, any hits made with that throw are void as it is a dead ball. In this instance, a catch made on a ball that has not been made live after the opening rush will be considered a valid catch.

6.14 The ball designated for the opposing team may be collected, if still available, as soon as both of a team’s own designated dodgeballs have been made live.

6.15 At the opening rush, running for an opponents designated ball is not permitted. Clearly running for an opponents’ designated ball or touching an opponents’ designated ball prior to their own designated ball being live will be seen as a ‘retrieving error’. In this instance, the opposing team will decide on the distribution of the dodgeballs i.e. they can request the possession of all 3 balls.

7. False Starts

7.1 Players should be stationary following the call from the referee to be “ready”. If a player moves towards the centre line before any signal, this is a false start.

7.2 A “false start warning” is received by any player or players who commit a false start and continue to compete for the balls during the opening rush (if they advance past the return line). If a false start warning is issued, the set will be re-started. If a team receives two false start warnings, they will no longer be allowed to compete for the middle ball during that set.

8. Retrievers and recovering dodgeballs

8.1 British Dodgeball U11 events will be played with retrievers.

8.2 Retrievers are individuals designated to retrieve balls that go out of play. Active players may not go out of bounds during a set, including to collect a ball that has gone out of bounds.

8.3 All matches at British Dodgeball U11 events will require the use of retrievers –a minimum of one and maximum of two per team. Teams are encouraged to provide their own retrievers for their matches. These may be substitutes, coaches or supporters.

8.4 Where a team or teams in a match are not able to provide their own retrievers, a total of two players from another team may be available to offer a basic level of retrieving.

8.5 Where one team has provided two of their own retrievers and the opposing team have no retrievers, the team without their own retrievers may use both of the basic retrievers on offer.

8.6 Where one team has provided one of their own retrievers and the opposing team have no retrievers, the team without their own retrievers may use one of the basic retrievers on offer. In this instance both teams will play with one retriever.

8.7 Where both teams have provided one of their own retrievers, each team must also use one of the basic retrievers on offer. In this instance both teams will play with two retrievers

8.8 In matches with retrievers:

- Retrievers may not step on court at any time.
- Retrievers may not wear jerseys of the same colour as their team uniform.
- Retrievers are only allowed to retrieve balls that are out of bounds, and in their own team's retriever area. They may not touch or retrieve a ball that is on the floor on court, but may touch a ball that is on (but not over) the outside boundary lines. Where a ball is on court but is in the air a retriever may only touch this if all of the following apply:
 - a) they do not risk initiating contact with any on court player or official.
 - b) The ball is not a live ball
 - c) They are not otherwise interfering with play
 - d) Only the arm or arms of the retriever are reaching over the boundary lines
- They may not retrieve balls that are past the off-court centre line and in the opposing team's retrieving area, and may not themselves touch beyond the off-court centre line with any part of their person.
- Retrievers are not required to put balls back into play immediately, but should note that a ball in a retriever's possession is considered to be in the team's possession by the referee and therefore stalling rules apply. Retrievers should ensure that any ball not placed immediately into play is visible to the referee, for instance by holding the ball in the air.

8.9 In order for a ball to be playable on its return to the court, retrievers must put balls back into play by one of the following:

- Passing a ball to any active player on their team who has both feet in contact with the ground and fully behind the ball return line.
- Placing the ball on court behind the ball return line.

8.10 Any ball passed to a player who does not have both feet in contact with the ground and fully behind the ball return line will not be live for the purpose of making a hit until it has been in the possession of a player who does have both feet in contact with the ground behind the ball return line. A ball returning to court that has not yet been made live can still be caught if thrown, and can still be used to block.

8.11 Any unsportsmanlike behaviour or infringements by a team's own retrievers will be classed as a "retrieving error". This will result in the non-offending team captain being able to decide on the distribution of dodgeballs (for instance, they may choose to be passed all five balls). This includes retrieving a ball from outside of that team's retrieving area, touching a ball that is on court or deliberately or repeatedly returning a ball to court such that it passes to the opposition's side of court. Serious or repeated infringements may result in a yellow card or further sanctions for the offending retriever.

8.12 Individuals from the team or club who are providing "basic retrieving" are expected to retrieve out of play balls from their designated team's retriever area and place these back on court behind the ball return line as quickly as they can, and at least at walking pace. They cannot be required by their designated team to pass balls to particular active players, or to chase down or leave balls that are moving at speed towards the off-court centre line - though may do so if they wish.

8.13 Any unsportsmanlike behaviour or infringements by a basic retriever will be recorded by the referee. Serious or repeated infringements may result in a yellow card or further sanctions for the offending basic retriever.

8.14 Where a team has more than two available retrievers, retrievers may be changed during the reset between each set.

9. Exiting the Court

9.1 An exiting player is a player who has been deemed "out" by the referee and is in the process of leaving the court.

9.2 Any player who has been hit and is obviously not attempting to or has failed to catch the deflected ball is also classed as an exiting player.

9.3 An out player should leave the court without interfering with play as quickly as possible and join the back of the queue of out players in the player return area.

9.4 Where an out player was in control of a ball at the time that they were deemed “out”, they are permitted to transfer this ball to a teammate if this does not cause any delay to them leaving the court. An out player is not permitted to interfere with any ball that was not under their control at the time that they were deemed “out”, or delay transferring a ball. Any violations may result in a penalty set for the offending player.

9.5 Where a player has been “hit” and is attempting to catch the deflected ball, subsequent plays made against that player are resolved as follows:

- The player may be hit and deemed out by additional throws.
- Catches made by the player are void, unless the player first catches the deflected ball, saving themselves from being out.

9.6 A “hit” player is not permitted to do anything to try to eliminate the opposition unless they have first caught the deflection. All plays made by the player between the deflection and catch of the deflected ball are void, including any catch of another ball made between the initial hit and the catch of the deflected ball.

9.7 Upon becoming “out”, an exiting player should promptly raise both hands above their heads to signal that they are out and should no longer be a target. Any player who is adjudged to have deliberately thrown at a player who is out and indicating that they should no longer be a target will be called out.

9.8 Any ball that hits an exiting player is considered to still be a “live” ball. Therefore, a ball that has hit an exiting player which hasn’t been intentionally deflected by that player can be caught, or hit other players out.

9.9 An exiting player must not intentionally obstruct a live ball that is in flight while leaving the playing area. This includes shielding other players, catching, or otherwise altering the path of a live ball. Where an official determines an exiting player has intentionally attempted to impact play, the non-offending team captain will be able to decide on the distribution of dodgeballs (for instance, they may choose to be passed all three balls). Time will not be stopped.

10. Returning to the Court

10.1 A returning player is a player who was “out” and in the player return area, and is returning to play. They must re-enter the court behind the back line.

10.2 Players who are “out” must stand in the player return area in the order in which they were out, with the player who was first out stood nearest to the back line of the court. Players must return to play in the order in which they were “out”.

10.3 Returning players must no longer be in contact with the ground outside of the playing area in order to be able to be hit, or to catch.

11. Live and Dead Balls

11.1 A ball thrown by an opposing player only becomes “dead” when it makes contact with the floor (or other external surface), or is caught. The thrown ball is still live on contact with another ball or player, including any ball not in a player’s possession. Multiple hits can therefore be made as a result of one throw.

12. Hits and Attempts

12.1 An “attempt” is the act of throwing the ball at a member of the other team to try to hit them with the ball. The thrown ball should aim to be within 1m of a targeted opposition player at some point in its path to be deemed a “valid attempt”. In U11 events, failure to make a valid attempt will not be called out, unless the referee believes the ball was deliberately thrown without any intent to hit. In this case, a warning for an invalid attempt can be given. A subsequent invalid attempt will result in the player being called “out”.

12.2 Balls may only be thrown, with the exception of a block attack.

12.3 Players are not allowed to roll a ball to the opposing team, unless instructed to do so by a match official. A rolled ball will be deemed an invalid attempt.

12.4 A throw may be performed with one or both hands and must involve the ball leaving the throwing player's hands before it makes contact with the opposing player; players may not be "tagged" out.

12.5 Players who intentionally kick or spike a ball with force towards the opposition will be called out.

12.6 A player is hit out the moment that any part of their body, hair or clothing is hit by a live ball. This includes any ball rebounding off another player or ball (both blocked balls and balls lying on the ground on court), not just being hit by a ball directly thrown by the opposition.

12.7 Any hit to an opponent's face or side of the head is not out, except when the player has been hit on any part of their body first. In that case the player would be called out.

12.8 Hits to an opponent's face can be called out by the referee if:

- The hit player deliberately uses their face to block an opposing throw.
- The hit player is ducking down whilst the ball strikes them on the head in such a way that the referee believes the head may deliberately be preventing the ball from hitting another part of the body.
- A player is hit on the back of the head
- The thrower may be called out if they strike an opponent above the shoulders deliberately.
- If a player is hit elsewhere first and the ball then hits them in the face they are still out, and should exit the court.
- If a player blocks the ball up into their own face or head they are still out.

12.9 A ball is classed as live following a hit to an opponent's face and can be involved in multiple plays.

12.10 For a player to be hit out the original attempt must be valid and made by an “in” player.

12.11 A player is out at the moment of contact. When a player has been “hit” they are not permitted to take any further part in the game unless and until they have saved themselves by catching the ball that put them out.

13. Catches

13.1 A player is out if a live ball that they have thrown is caught by an opposition player. When this happens, the throwing player is out and the catching player also brings back into play one of their team’s out players. If there are no out players, no one is brought back into play.

13.2 When a player jumps to make a catch, the catch is complete once the player has control of the ball. Any subsequent actions, such as being hit by another ball or landing over the furthest neutral zone line will be seen as a separate action that happens after the catch. In these instances, the catch will stand but the catching player will then be out.

13.3 A catch made on a player who still continued to throw although already “out” will be considered a valid catch, so long as time has not stopped when releasing the ball.

13.4 A player is allowed to fumble a ball while catching. Where a live ball initially hits a player and bounces off them, the ball is still live and may still be “caught”, but the hit player is “out” unless they are the player to catch and secure control of the ball – and this must be before the ball touches another player, surface, or object.

13.5 A catch is only complete when a player has full control of the caught ball – the ball must be stable and in contact with at least one of the player’s hands.

13.6 If a player becomes out during the catching process, before the catcher has full control of the caught ball, the catch does not count.

13.7 A player is allowed to drop a ball that they had control of when they are attempting to catch an incoming ball. However, players who drop a ball in order to try to catch must take reasonable care to ensure the ball does not roll onto the opposition's side of the court.

13.8 Where a player drops a ball in their control in order to attempt to catch, but does not successfully complete the catch (including not making any contact with the incoming ball), they will be called out if the dropped ball rolls onto the opposition's side of the court. They are out at the point the ball crosses the far neutral zone line.

13.9 Where a player drops a ball in their control in order to attempt to catch, and successfully completes the catch, if the dropped ball rolls onto the opposition's side of the court they will only be called out if it is clear that the player could have prevented the ball from rolling across the line and still made the catch.

13.10 Players are not permitted to use their uniform in a way that assists in the catching of a ball – for instance, pulling out their shirt.

13.11 Players who step over the side or back lines, will not be called out, they must however be encouraged to get back onto court immediately by the referee and/or team coach (see 2.7). Where the momentum from a catch carries a player off court (outside the side lines or backline), they must be within 1 meter of the court for the catch to be considered valid.

13.12 Catches made when a player is outside the court lines will not be classed as a valid catch.

14. Blocking

14.1 A player can use any live ball or dead ball in their possession to block another ball. The blocked ball remains live following contact with the blocking ball. If the blocked ball deflects off the blocking ball onto the blocking player, a player on their team, or an opposition player, the hit player will be "out".

14.2 Any hands holding a ball used to block with will be regarded as part of the ball. Any player hit on the hands by a live ball in these circumstances is therefore “not out”.

14.3 When a player uses a ball in their possession (blocking ball) to block a live ball (blocked ball), the player must have re-gained control of their blocking ball before it makes contact with another player or any surface, or they will be called out. The player has kept control of the blocking ball so long as the blocking ball is not dropped, and the ball is stable and in contact with at least one of the player’s hands before it makes contact with another player or any surface. The blocked ball must still be “live” for this to result in an “out”, and so must not have hit the floor or other surface before touching the impacted dodgeball.

14.4 A player may also be called out for “loss of control” if, during the motion of throwing a ball in their possession, the ball is knocked from their hand(s) whilst there is still contact between the throwing player and the ball and they do not re-gain control of this ball.

14.5 A blocked ball can be caught. If the blocked ball is caught by a player not on the blocking player’s team, the blocking player will be out and an out player on the catcher’s team will be brought back into play.

14.6 If the blocked ball is caught by a player on the blocking player’s team, the original thrower of the blocked ball will be out and an out player on the catcher’s team will be brought back into play.

15. Lines and the neutral zone

15.1 Players should avoid touching with any part of their person, including clothing, any line marking the boundaries of their team’s section of the court, or any surface beyond these boundaries. At least one foot must touch the ground within the court boundary lines, with no part of the player’s body touching ground outside of the court boundary lines, for a player to be considered in bounds.

15.2 A player should avoid touching with any part of their person, including clothing, any line marking the boundaries of their team's section of the court, or any surface beyond these boundaries.

15.2.1 At least one foot must touch the ground within the court boundary lines, with no part of the player's body touching ground outside of the court boundary lines, for a player to be considered in bounds.

15.3 A player will be called "out" if they step out of bounds to attempt to make a catch or to avoid being hit.

15.4 Players from both teams may enter the neutral zone. Touching the opposition's neutral zone line or any ground over the opposition's neutral zone line with any part of their body or clothing will be called "out".

15.5 Players may reach across the neutral zone into the opponent's court to retrieve a ball, but may not make contact with the ground on the neutral zone line or on the opposition's side of the court.

15.6 Players competing for the middle ball during the opening rush will be called out if they touch the centre line or the floor beyond it.

15.7 No physical contact should be made between opposing players. Any intentional and avoidable physical contact will result in an immediate "out" and a yellow card for any player initiating contact. The sanctions committee will review whether further sanctions for dangerous play are appropriate.

16. Behaviour

16.1 It is a requirement that all players competing at British Dodgeball leagues and events abide by the British Dodgeball Code of Conduct.

16.2 A player will be called out if they display poor behaviour (for instance, swearing or abusive language) towards an opposing player, volunteer, spectator, or match official. This includes any undirected swearing that is within earshot of the referee.

16.3 Taunting is not permitted at British Dodgeball leagues and events and any player that is seen to be taunting will receive a warning from the match referee. This includes foot stamping and other aggressive/intimidating play near the neutral zone used to put off the opposing team. Fake throws are not deemed as taunting and are permitted – however, referees may provide warnings for excessive fake throwing.

16.4 Calling opposition players ‘out’ is not permitted at British Dodgeball leagues and events and any player or team that is seen to be doing this will receive a warning from the match referee.

17. Stalling

17.1 Players should not intentionally stall the game. Once a team has or can have possession of two or more of (the majority of) the balls in play, they should look to make an attempt with at least one of those balls. The match officials will allow them up to approximately 5 seconds in which to initiate an attack on the other team before instructing them to “play 1” or “play 2” of those balls if the official believes they are still intentionally stalling – after this instruction they will have five seconds to make an attempt with that number of balls.

17.2 A dodgeball is considered to be in a player’s possession if it is in hand or it is within a reachable distance of the player.

17.3 When a team is told to “play n balls” by the referee, they will be told to play 1 ball if they have 2 balls in their possession, and told to play 2 balls if they have 3 balls in their possession at the time that this was called, as when “play ball” is called teams should only retain possession of one of the balls that was in their possession. Where “play n balls” has not been called, teams may retain as many or as few balls as they choose.

17.4 If “play n balls” is called and any players still have possession of more than one dodgeball when the five seconds expires (because they have not made attempts with n or more of the balls), they will be called “out”.

17.5 Teams should gain possession of a dodgeball that is considered to be on their team’s side of the court as soon as they are able to do so.

17.6 Passing a ball to a team-mate will not pause or re-start the five seconds.

17.7 In situations where there are more dodgeballs on a player’s side of the court than there are players and play ball is called, all players must make an attempt within 5 seconds, and this will continue until the opposing team has the majority of the balls.

17.8 Where a player in possession of a ball on a team that has been told to “play ball” becomes hit “out” during the play ball count, the number of balls needed to be “played” by that team is reduced by one as that player’s ball is discounted.

17.9 Where a player in possession of a ball on a team that has been told to “play ball” makes a catch or tries to make a catch (generally by dropping their ball) during the play ball count, the number of balls needed to be “played” by that team within the 5 seconds does not reduce – trying to catch is not an attempt.

18. Simultaneous Plays

18.1 Simultaneous play occurs when two or more opposing players are hit and/ or catch balls at the same time, such that the match officials cannot determine which play was completed first. All results are resolved simultaneously; each player hit is deemed “out”, and each catch results in one player returning from the player return area.

18.2 If a simultaneous play results in a hit followed by a catch by a team mate, the player hit must leave the court to step in the outbox before returning to the game.

18.3 Should a simultaneous play result in all players being eliminated, the set will be concluded and the set result will be declared a draw. Both teams will then take up their positions for the next set.

18.4 When a player is in the act of catching a ball and is hit by another ball simultaneously, such that the referee cannot determine which action was completed first, this is classified as a simultaneous catch and hit. This means that the thrower of the caught ball is deemed “out”, the catching player is deemed “out” for being hit, and one player from the catching player’s team is allowed to return to the court from the player out area for the catch.

19. Injury

19.1 Where feasible, an injured player is expected to make their way off court as soon as possible. Referees may stop time when a player is injured. The injured player should be substituted for at least the remainder of the set. Where a team has no substitute they must play short-handed.

19.2 An injured player who is unable to carry on playing and is still “in” may be replaced by a substitute who will take the injured player’s place directly by coming straight into play. Where the injured player is “out” the substitute will take the injured player’s place in the out queue in the player return area. The injured player is not permitted to participate for at least the remainder of the set.

19.3 Any player suffering from a blood injury must be replaced, or must leave court for at least the remainder of that set if there are no substitutes. The flow of blood from the injury must have stopped before the player may return to court in any new set. If a blood injury occurs, the court must be clean of any blood before the set/match can continue. The event coordinator should be notified of any blood injuries. The referee will pause time to allow for the court to be cleaned and checked before restarting play.

19.4 Clubs are responsible for first aid, and as per the regulations, should have appropriate provisions (e.g. ice packs and a stocked first aid kit) to treat any injuries that may occur. The referee is not responsible for administering first aid to any injured player.

20. The Dodgeball Code

20.1 The Dodgeball Code is one of the most important aspects of dodgeball. It is about fair play, respect and sportsmanship. All dodgeball players have a duty to ensure they play by the rules and uphold themselves to the highest standards of honesty. Highly competitive play is encouraged but should never be displayed as cheating. If you respect your opponents, respect your officials and the decisions they make, then you respect the spirit of the dodgeball. This will increase the integrity of the sport and the joy of play for all.

20.2 Demonstrating the code:

- Declaring you've been hit when you feel a ball lightly skim you.
- Asking the referee if you aren't sure if a ball bounced before it hit you.
- Trusting an opponent to go out if the ball hits them.
- Letting the referee make a decision, and respecting it even if you don't agree.
- Treating your opponents with respect by introducing yourselves before a game.

20.3 The Dodgeball Code

- When I play dodgeball, I make myself proud
- I will play by the rules and be honest at all times
- I will try my best in every game and let my passion show
- I will respect my opponents, and always demonstrate fair play
- If I'm not sure what happened, I will ask referees and others around me
- I will respect their decisions
- I know that playing with integrity makes dodgeball more enjoyable for all
- This drives the sport forwards
- The future of dodgeball is here
- Come Join In

20.4 At junior events, should warnings need to be issued to any players for any reason, these warnings should be given through the team coach at an appropriate time e.g. at a stop in play or at the end of a set.

20.5 A player can be called out if they display poor behaviour (for instance, swearing or abusive language) towards an opposing player, volunteer, spectator, or match official. This includes any undirected swearing that is within earshot of the referee.

20.5 Referees may call out or if necessary further sanction any player who shows unsportsmanlike conduct (for instance calling players on the opposing team out).

20.5.1 Should a coach display behaviour such as calling opposition players out, they will be issued with a warning. If the behaviour continues they will be asked to leave the game.

21. Contact

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