



U11 QUICK START RULES

THE FOLLOWING IS A SUMMARY OF BRITISH DODGEBALL RULES. VIEW THE FULL VERSION AT :
[HTTPS://WWW.BRITISHDODGEBALL.ORG/RULES/](https://www.britishdodgeball.org/rules/)

PLAYERS

6 PLAYERS ON COURT AT THE START OF A SET
2 BALL RETRIEVERS PER TEAM
10 PLAYERS MAXIMUM IN A SQUAD
SUBSTITUTES SHOULD SIT IN THE OUTBOX OR ACT AS BALL RETRIEVERS
SUBSTITUTIONS CAN BE MADE BETWEEN SETS

TIMINGS

SET LENGTH = 2 MINS
MATCH LENGTH = 2 HALVES OF 3 SETS (6 SETS IN TOTAL PER GAME)

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 BEGIN IMMEDIATELY WITHOUT
STOPPAGE; THE REFEREE WILL SHOUT 'SUGGEN DEATH' TO INFORM TEAMS
IN SUDDEN DEATH, THE NEXT TEAM TO ELIMINATE AN OPPOSING PLAYER WILL BE DECLARED THE WINNING TEAM

START OF PLAY

3 SIZE 1 FOAM BALLS ARE PLACED ALONG THE CENTRE LINE
THE BALL ON A TEAM'S LEFT IS THEIR DESIGNATED BALL WHICH ONLY THEIR TEAM CAN COMPETE FOR
THE CENTRE BALL IS THE ONLY CONTESTED BALL WHICH BOTH TEAMS MAY COMPETE FOR
A BALL IS NOT ACTIVATED UNTIL IT IS IN POSSESSION OF A PLAYER WITH BOTH FEET BEHIND THE RETURN LINE

LIVE BALLS

A BALL IS LIVE WHEN THROWN. IT REMAINS LIVE UNTIL IT HITS A FLOOR, WALL, BALL RETREIVER OR ANY OTHER
SURROUNDING SURFACE
MULTIPLE PLAYS ARE POSSIBLE WITH A LIVE BALL

INVALID THROWS

AN INVALID ATTEMPT IS A THROW WHICH DOES NOT PASS WITHIN 1 METRE OF AN OPPONENT. INVALID ATTEMPTS THE
REFEREE DEEMS TO BE ON PURPOSE WILL RESULT IN AN INITIAL WARNING, ANY FURTHER ATTEMPTS WILL RESULT IN THE
PLAYER BEING CALLED 'OUT'
PLAYERS MAY ONLY THROW BALLS AND NOT KICK OR SPIKE THEM. THEY ARE NOT ALLOWED TO ROLL A BALL TO THE
OPPOSING TEAM UNLESS INSTRUCTED TO DO SO BY A MATCH OFFICIAL





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HITS

ANY PLAYER STRUCK WITH A LIVE BALL THROWN OR BLOCKED BY AN OPPOSING PLAYER WILL BE CALLED OUT
DIRECT FACE SHOTS DO NOT COUNT, ANY PLAYER HIT DIRECTLY IN THE FACE WILL NOT BE CALLED OUT
ANY PLAYER HIT IN THE BACK, TOP OR SIDE OF THE HEAD WILL BE CALLED OUT
A PLAYER USING THEIR FACE TO BLOCK THE BALL HITTING OTHER PARTS OF THEIR BODY WILL BE CALLED OUT
IF A BALL IS BLOCKED INTO A PLAYERS FACE, THEY ARE OUT

CATCHES

A CATCH IS WHEN A PLAYER GAINS CONTROL OF A BALL THROWN BY AN OPPONENT WITH AT LEAST ONE HAND BEFORE IT BECOMES DEAD.
THE PLAYER WHO THREW THE CAUGHT BALL WILL BE CALLED OUT AND THE CATCHING TEAM WILL GAIN ONE PLAYER BACK IN FROM THE OUTBOX.
PLAYERS MUST RETURN IN THE ORDER THEY WENT OUT E.G. THE FIRST PLAYER OUT IS THE FIRST BACK IN

BLOCKING

PLAYERS ARE ABLE TO USE A BALL IN THEIR POSSESSION TO BLOCK AN INCOMING BALL
THEIR HANDS UP TO THE WRIST COUNT AS PART OF THE BLOCKING BALL, SO THE PLAYER IS NOT OUT IF HIT THERE
IF THE BALL THEY ARE HOLDING IS KNOCKED FROM THEIR POSSESSION, THEY WILL BE CALLED OUT
A BLOCKED BALL IS LIVE UNTIL IT HITS THE FLOOR OR SURROUNDING AREA

LINES

PLAYERS SHOULD STAY INSIDE THE COURT MARKINGS AND WILL BE CALLED OUT FOR STEPPING ON OR OVER THE BOUNDARY LINES
PLAYERS MAY NOT LEAVE THE COURT TO COLLECT BALLS, BALL RETRIEVERS SHOULD COLLECT THE BALLS AND PASS OR PLACE THEM BACK INTO PLAY BEHIND THE BALL RETURN LINE

STALLING

PLAYERS SHOULD NOT INTENTIONALLY STALL THE GAME. ONCE A TEAM HAS POSSESSION OF 2+ BALLS, THEY SHOULD LOOK TO MAKE AN ATTEMPT WITH AT LEAST ONE OF THOSE BALLS.
IF A TEAM HAS NOT MADE AN ATTEMPT WITHIN 5 SECONDS OF HAVING THE MAJORITY OF BALL POSSESSION, A REFEREE MAY CALL 'PLAY BALL', OR 'PLAY 2 BALLS'. YOUR TEAM WILL ALWAYS BE ALLOWED TO KEEP POSSESSION OF 1 BALL
IF NOT ENOUGH BALLS ARE THROWN, THEN ANY PLAYERS IN POSSESSION OF A BALL ARE CALLED OUT

MULTIPLE PLAY

MULTIPLE SCENARIOS OF PLAY CAN TAKE PLACE WHILST A BALL IS LIVE. FOR EXAMPLE, A BALL THROWN CAN HIT AN OPPOSING PLAYER AND BE CAUGHT BY THEIR TEAMMATE, THUS CAUSING BOTH THE THROWER AND THE HIT PLAYER TO BE OUT. THIS PLAY WOULD ALSO RESULT IN THE FIRST PLAYER OUT ON THE CATCHING TEAM RETURNING TO THE GAME.

RETRIEVERS

RETRIEVERS CAN ONLY COLLECT BALLS THAT ARE OFF COURT, ON THEIR SIDE OF THE MIDDLE LINE.
BALLS SHOULD BE RETURNED TO COURT BY:
PASSING THE BALL TO AN ACTIVE PLAYER ON THEIR TEAM WHO IS BEHIND THE BALL RETURN LINE, OR PLACING THE BALL ON COURT BEHIND THE RETURN LINE
RETRIEVERS CANNOT ENTER THE COURT, IF A RETRIEVER ENTERS THE COURT OR TOUCHES A BALL THAT IS ON COURT THIS WILL BE A RETRIEVER ERROR. A RETRIEVER ERROR WILL RESULT IN THE NON-OFFENDING TEAM CAPTAIN BEING ABLE TO DICTATE ON THE DISTRIBUTION OF THE DODGEBALLS (E.G. THEY MAY CHOOSE TO BE PASSED ALL THE BALLS).

