

DODGEBALL

Entry details: 1 team per school

Participants:

Minimum: 4

Maximum: 8

(At least 2 players on court must be female)

Simple rules:

- Squads are six-a-side with four players on court making up a team (two players on court must be female).
- One game lasts for two minutes. A match is best of five games.
- Teams receive two points for a game won, one point for a game drawn and zero points for a game lost. In the event of a tie a one minute overtime period is played.
- Games are played on a doubles badminton court. A two-foot centre zone is marked across the centre of the court using non marking tape.
- Three dodgeballs are used and positioned in the centre zone at the start of each game.
- A player is out if a direct throw from an opposing team player hits them below head height. If a throw hits a player in the face they are still in – if a throw hits a player on the back or top of the head when they are not facing play or ducking down, they are out.
- A player is out if their throw is caught by a member of the opposing team. A successful catch enables a player who is already out to return to the game; this must always be the first player who was out and they must return behind the return line.
- If a player is hit by a throw and a teammate catches that same ball before it hits any other surface then they have saved the first player hit from being out.
- A player may use a ball in their possession to block a thrown ball – they must ensure they keep full control of the ball they are holding.
- The leading team (the team with the most players on court) has five seconds from the referee's call to throw the majority of the balls in their possession – the leading team can always hold on to one ball.
- You can win a game by either eliminating all the opposing players or having more players on your team at the end of two minutes.