

HSG Dodgeball Rules

Year 7/8 & Year 9/10 (Final Version 2021/22)



ACTIVE
HUMBER

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PARTNERSHIP
EDUCATION. SPORT. WELLBEING

These rules have been adapted from British Dodgeball High School Quick Start Rules and previous Humber School Games Formats across the School Sports Partnerships.

PLAYERS:	There are separate events for Year 7/8 Girls; Year 7/8 Boys; Year 9/10 Boys and Year 9/10 Girls teams. 6 players on a team. 8 players maximum in a squad.
TIMINGS:	The game length is 2 minutes. A match is the best of 3 games. Substitutions are allowed between the 2 minute games. At the end of each game, teams swap ends. Substitutions can be made at the end of each game, but not during a game.
WINNING A GAME:	Eliminate all opposing players OR have more players remaining on your side at the end of a game.
WINNING A MATCH:	A team wins a match if they have more points. The following points are awarded: 2 points for a game won, 1 point for a game drawn, 0 points for a game lost. Each match consists of 3 games. In the GROUP tables, a team will receive 2 points for a match won, 1 point for a match drawn, 0 points for a match loss. In the KNOCKOUT or PLAYOFF games, if a match is drawn, then a 1 minute OVERTIME game will be played where teams start with 6 players. If a match is still drawn, then 'sudden death' will be played.
START OF PLAY:	3 BALLS are placed along the centre line. The ball on the team's LEFT is designated their ball. The centre ball is the only contested ball. A ball is not live until it is PASSED back beyond the back of the court and brought back into play.
ELIMINATING OPPOSING PLAYERS: 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. Multiple Play RULE: A player will be called out if they are hit by a ball which deflects off a teammate, without the ball touching the floor. You can SAVE yourself from getting OUT if you catch a ball deflected off a teammate. In this instance, the thrower (opponent) and the person the ball hits, will be called OUT.
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.
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 outbox.
BLOCKING:	Players are able to use the 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.
LINES:	Dodgeball is played on a badminton court. There is a central neutral zone. If a player steps over into this area in act of throwing, they will not be out but the throw will not count. Players are called out for stepping over the side/back lines. Depending on the competition type, a team may be warned about line infringements ONCE before being called out. Players may leave the court to collect balls by PUTTING THEIR HAND UP. Players MUST return to the court from behind the back line.
STALLING:	Players should not intentionally stall the game. Once a team has possession of 1, 2 or 3 balls they should look to make an attempt with a least one of those balls, within 5 seconds. If prompted by the referee who calls 'play ball' a team has 5 seconds to throw. If they do not then the players holding balls will be called out. Teams are unable to keep any balls.
ADDITIONAL RULES:	Only two runners from each team can collect / contest the balls at the beginning of each game. These can change for each game / match. A player can only have one ball in their possession at any one time.
INTENT:	COMPETE: Support individual development in sport. To develop different dodgeball specific skills. Experience community surroundings and environments outside of a school setting.