

Year 7/8 Dodgeball Rules

Player Eligibility

- All players must be from either Year 7 and/or Year 8
- Teams are 6 playing from a squad of 8
- Separate competitions for girls and boys

Playing Area / Equipment

- Badminton sized court
- Size 4 Dodgeballs or similar sized soft balls

Game Rules - Start

- 2 teams of 6, with each team standing on the back court line at the start of the game
- 3 balls begin on the centre-line
- On referees whistle, a MAXIMUM of 3 players, from each team, race to collect the balls
- The balls must be passed back to their team-mates before they are allowed to throw

Game Rules – In play

- Players have 5 seconds to make their throw
- Players CAN run with the ball, but they cannot go into the Centre Zone
- A player can use the ball in their possession to block a shot
- Headshots DO NOT COUNT

Game Rules – Elimination

- A player is out if they are hit by a ball thrown by an opponent – rebounds off the back wall do not count
- The thrower is out if an opponent catches the ball before it bounces
- A player is out if the ball is knocked out of their hands by an opponent's throw
- A player is out if they punch or kick the ball
- A player is out if they go into the Centre Zone

Game Rules – Saving a Player

- A player is saved from being out if the ball is caught, after hitting them, by a team-mate catching the ball before it bounces or hits anything else

Game Rules – Winning the Game

- Each fixture will be the best of 3 games
- The team with the most players left on court at the end of the game is the winner