

A person is captured mid-air, jumping over a net in an indoor sports facility. They are wearing a black and pink athletic jersey with 'BODI HODGE FOUNDATION' printed on the back. The background shows a blue wall and a net. In the foreground, two orange and black dodgeballs are visible on the floor. A semi-transparent dark blue banner is overlaid across the middle of the image, containing the title text.

QUICK START RULES ADULT dodgeball



BRITISH
DODGEBALL



QUICK START RULES – ADULT

PLAYERS

6 PLAYERS ON A TEAM
10 PLAYERS MAXIMUM IN A SQUAD

TIMINGS

SET LENGTH = 3 MINS
MATCH LENGTH = 2 HALVES OF 15 MINS (8 MINS IN SOME COMPETITIONS)

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 KKOCKOUT 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 BE PLAYED

START OF PLAY

5 BALLS ARE PLACED ALONG THE CENTRE LINE
THE 2 BALLS ON A TEAM'S LEFT ARE YOUR DESIGNATED BALLS
THE CENTRE BALL IS THE ONLY CONTESTED BALL
A BALL IS NOT LIVE UNTIL IT IS PASSED BACK BEYOND THE RETURN LINE

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

QUICK START RULES – ADULT

HITS

ANY PLAYER STRUCK WITH A LIVE BALL BY AN OPPOSING PLAYER WILL BE CALLED OUT

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 THE OUTBOX

BLOCKING

PLAYERS ARE ABLE TO USE A 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

ADULT DODGEBALL IS PLAYED ON A [DODGEBALL COURT](#)
PLAYERS ARE CALLED OUT FOR STEPPING OVER THE SIDE/BACK LINES
PLAYERS MAY NOT LEAVE THE COURT TO COLLECT BALLS
EACH TEAM NOMINATES 2 RETRIEVERS WHO PUT OFF-COURT BALLS BACK INTO PLAY

STALLING

PLAYERS SHOULD NOT INTENTIONALLY STALL THE GAME. ONCE A TEAM HAS POSSESSION OF 3, 4 OR 5 BALLS, THEY SHOULD LOOK TO MAKE AN ATTEMPT WITH AT LEAST ONE OF THOSE BALLS.

WHEN A REFEREE CALLS 'PLAY BALL', A TEAM HAS 5 SECONDS TO THROW.

IF THEY DO NOT THEN PLAYERS HOLDING BALLS WILL BE CALLED OUT
TEAMS CAN KEEP ONE BALL AFTER 'PLAY BALL' HAS BEEN CALLED, AND MUST THROW THE REST.

MULTIPLE PLAY

THE FOLLOWING ARE EXAMPLES OF MULTIPLE PLAY:

A PLAYER WILL BE CALLED OUT IF THEY ARE HIT BY A BALL THAT HAS DEFLECTED OFF A TEAMMATE WHILST IT IS STILL LIVE

A CATCH IS VALID IF IT HAS DEFLECTED OFF A TEAMMATE WHILST IT IS STILL LIVE – IN THIS CIRCUMSTANCE THE HIT PLAYER PLUS THE THROWER WILL BE CALLED OUT – IF THE HIT PLAYER IS THE FIRST ONE OUT, THEN THEY WILL IMMEDIATELY RETURN TO THE COURT

