

A young man in a dark blue and white 'Bonfire' jersey is shown in action on an indoor court, holding a red and white dodgeball. The background features a large white net and a blue wall. The text 'QUICK START JUNIOR RULES HIGH School dodgeball' is overlaid in white on a dark blue background.

QUICK START JUNIOR RULES HIGH School dodgeball



BRITISH
DODGEBALL



QUICK START RULES – HIGH SCHOOL

PLAYERS

6 PLAYERS ON A TEAM
10 PLAYERS MAXIMUM IN A SQUAD

TIMINGS

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

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 THEIR 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 – HIGH SCHOOL

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 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

HIGH SCHOOL DODGEBALL IS PLAYED ON A [DODGEBALL COURT](#)
PLAYERS ARE CALLED OUT FOR STEPPING OVER THE SIDE/BACK LINES. DEPENDING ON COMPETITION TYPE, NEW PLAYERS MAY BE WARNED ABOUT LINE INFRINGEMENTS BEFORE BEING CALLED OUT
PLAYERS MAY LEAVE THE COURT TO COLLECT BALLS BY PUTTING THEIR HAND UP
PLAYERS MUST RETURN TO COURT FROM BEHIND THE BACK LINE

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

