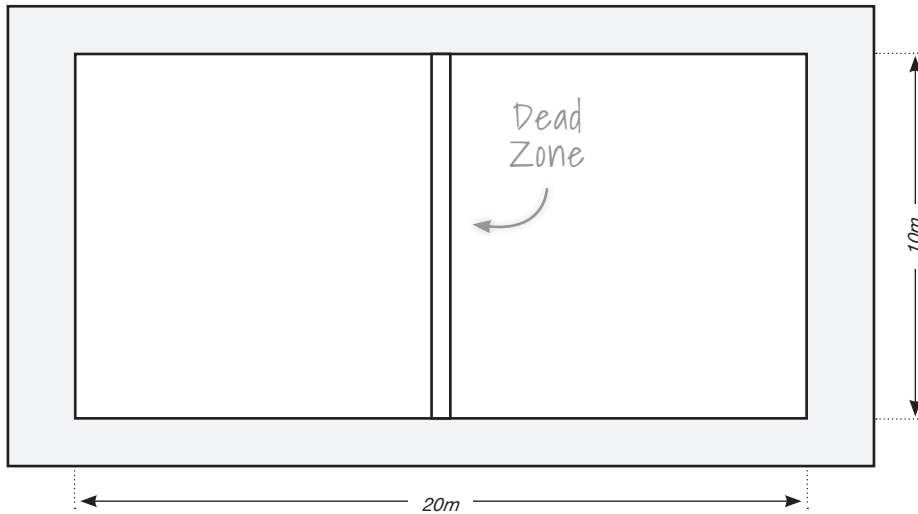


DODGEBALL

The Playing Area

1. We recommend that the length of the court should be at least twice the width of the playing area.
2. For teams of 6-a-side, we recommend the playing area above of 20m x 10m.
3. The playing area is divided into 2 halves with a 50cm "dead" zone down the middle.
4. Ideally there should be 1.5m clear area around the whole of the court.



The Teams

1. We recommend that there are 6 players per team. This can be adjusted depending on the number of players in the group and the space available. For mixed sex teams we recommend 3 male and 3 female players.
2. Rolling substitutes are allowed when there is a stoppage in play.

The Game

1. We recommend that the game is 10 minutes each way with the two teams changing ends after the first period of 10 minutes during a 1 minute interval.
2. Each team must stay in their half of the pitch and at no time cross the "dead" zone.
3. The game begins by the referee bouncing the ball in the "dead" zone and then two nominated players jump against each other to claim possession of the dodgeball.
4. Once one of the teams has gained possession of the dodgeball they have 5 seconds to throw the dodgeball at the opposition players. During the 5 seconds the team in possession are allowed to throw the dodgeball amongst themselves.
5. If the dodgeball hits one of the opposition players before bouncing or hitting a permanent structure/surface then the player that has been hit is out and must leave the court.
6. If the opposition catch the ball then the player that threw the ball is out and must leave the court.
7. Possession changes after an attempt is retrieved by the team being played upon. Once possession has been gained the team in possession have 5 seconds to play the ball.
8. If, after an attempt, the ball rolls back to the team that is making the attempt then that team gains possession again.
9. If the ball goes out of play, the ball is thrown back into play by the team who did not throw the ball out of play. The 5 second rule does not apply until the ball has been thrown back into play.
10. If the ball becomes dead due to kicking or team interference then the referee re-starts the game by taking the ball from the offending team and bouncing it into the other team's court.
11. The game ends when either all players of one team are out or when the time runs out.
12. If when the time runs out the number of players on each team is even, periods of 3 minutes extra time is played with 2 balls. There is an unlimited amount of extra time periods that can be played. At the end of the extra time period, the team with the most players left are the winning team.
13. If time runs out and the number of players on each team is uneven, then the team with the most players left on the court is the winning team.