

DODGEBALL – DIVE INTO DODGEBALL

Quick introduction

Dive-Into-Dodgeball is an exciting 4v4 elimination ball game that should be played indoors using the 3 balls that are in play. The game is non-invasive as players must remain on their side of the court at all times during a match. Dive-Into-Dodgeball uses smaller courts, soft balls and less players than a full sided game. This allows for players to have more time on the ball and more space on court.

Getting started

- Squads can be 6 aside with 4 players on court making up a team.
- Games are played on a doubles badminton court.
- A 2-foot centre zone is marked across the centre of the court using non marking tape.
- 1 game lasts for 2 minutes.
- A match is best of 3 games.
- 3 dodgeballs are positioned in the centre zone at the start of each game.
- All 4 players on each team begin the game with their front foot touching the start line.
- On the referees whistle, 3 players from each team can race to the centre zone to retrieve a dodgeball.
- Once a dodgeball is retrieved at the start of the game it must go back beyond the return line.
- Once this has happened the dodgeballs are in play and players can throw them at the opposition.
- Players are allowed to move whilst in possession of a dodgeball.



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Hints and tips

- Do not turn your back on your opponents, run backwards from the centre of the court once you have thrown.
- When not in possession of a ball stay at the back – either well-spaced out as a team or behind a blocker.
- Encourage players to shake hands with their opponents after each match.

Leadership and volunteering opportunities

- A game of dodgeball requires one head referee, one assistant referee and two line judges.
- The head referee is in charge of the whistle and timekeeping.
- The assistant referee is in charge of scoring.
- Both referees can call players out.
- The 2 line judges can call players out who step out of court.
- Other volunteers can be used as ball boys and ball girls.

Officiating

- Anybody can officiate a game of dodgeball by studying the basic rules and applying them.

- Officials should look to implement and apply the rules whilst maintaining the safety of the players at all times.
- Officials should be clear when making decisions – for example, when calling 5 seconds to throw, one hand in the air and counting loudly down 5, 4, 3, 2, 1...
- If an official is uncertain on a decision they may stop play using the whistle and stopwatch and consult the other officials.

Think inclusively (STEP)

Space

- Enlarge the width of the playing area to support participants.
- Reduce the centre zone width to one foot so that wheelchair users can reach the ball without going over the line.

Task

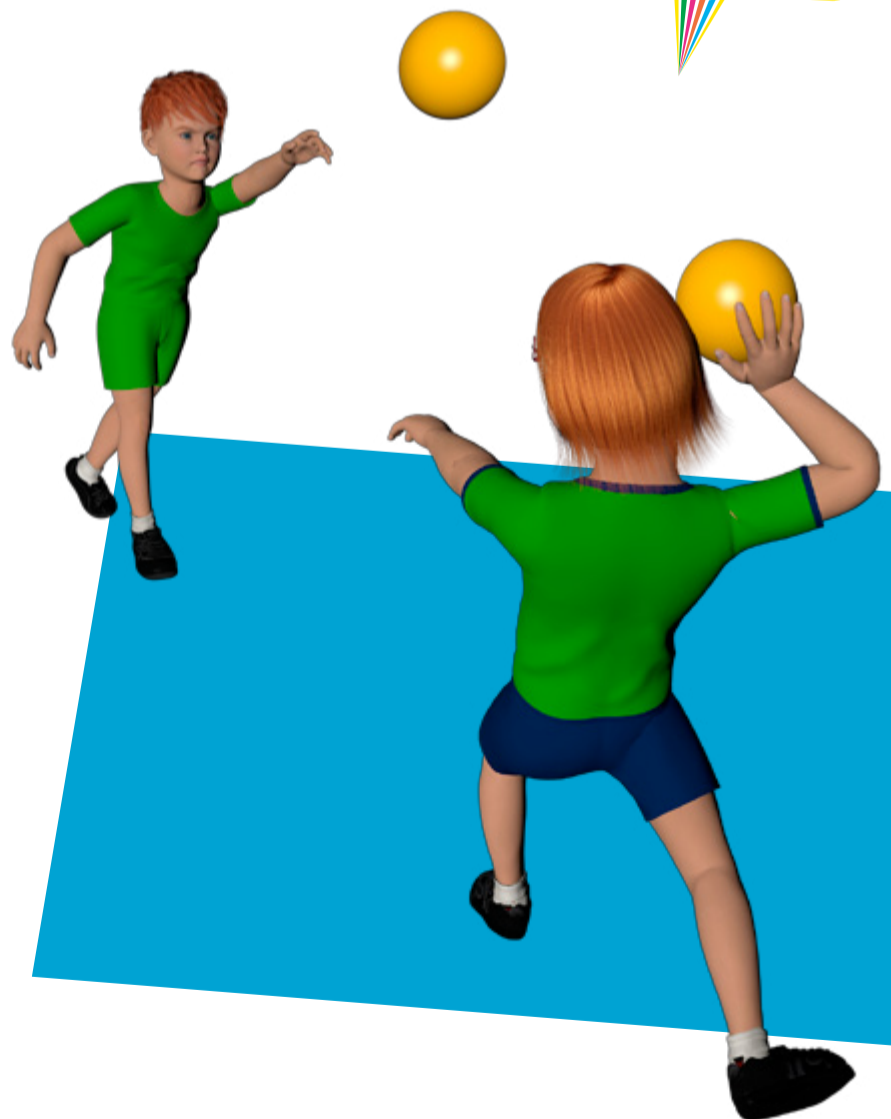
- Number of bounces allowed when catching the ball can be increased to allow all participants success.

Equipment

- Use thick centre zone marking tape that can be felt underfoot and by hand for players with a visual impairment.
- Ball can be adjusted to allow all young people to take part (size, shape, weight, colour, sound).

People

- Zones can be added to allow participants with limited throwing ability to travel into, bringing them closer to their opponents.
- Increase the length of time allowed to throw the ball for participants who require longer thinking time.



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Quick rules

- If a player steps over the centre zone line they are out.
- A player is out if a direct throw from an opposing team player hits them below head height.
- If a throw hits a player in the face they are still in – if a throw hits a player on the back or top of the head when they are not facing play or ducking down, they are out.
- A player is out if their throw is caught by a member of the opposing team. A successful catch enables a player who is already out to return to the game, this must always be the first player who was out and they must return behind the return line.
- If a player is hit by a throw and a teammate catches that same ball before it hits any other surface then they have saved the first player hit from being out.
- A player may use a ball in their possession to block a thrown ball – they must ensure they keep full control of the ball they are holding.
- The leading team (the team with the most players on court) has 5 seconds from the referee's call to throw the majority of the balls in their possession – the leading team can always hold on to 1 ball.
- You can win a game by either eliminating all the opposing players or having more players on your team at the end of 2 minutes.

Equipment required

- 3 x primary dodgeballs – recommended UKDBA official balls*.
 - Referee's whistle.
 - Stopwatch.
 - Court marking tape.
 - Doubles badminton court markings can be used.
- *Use soft foam balls with tufskin outer layer if UKDBA balls are not available.

Health and safety

- Players should keep their head up when racing to the centre zone at the start of play so that they are aware of their opponent racing to the same ball.
- Players on court should not wear anything that might cause danger to opponents; this includes caps, jewellery and other sharp objects.
- The use of the official primary school dodgeball will help players to avoid any head or hand injuries when playing the game.
- Ensure appropriate run off exists around the court; this avoids players momentum causing them to run into doors or walls.
- Ensure the court is free of any spillages or obstacles at all times.



FOR YOUNG PEOPLE



Think tactics

- Players should look to get as close to the centre zone as possible when throwing to reduce the distance between them and their opponent.
- Players should look to work together as a team – when a team is in possession of more than 1 dodgeball, communicate with teammates to throw the balls at 1 player on the other team.

Spirit of the Games: Excellence through Competition



I will shake hands and congratulate my opponent after each match whether won or lost.

