Year 2 Dodgeball Rules

1. Players must start on their own side of the playing area touching their bench.
2. Each team starts with 2 balls loose on their half of the playing area.
3. On the whistle play begins.
4. Players can move with the ball within their own half of the playing area but only hold onto it for up to 5 seconds.
5. Players must not cross the red line.
6. Balls can be thrown underarm or overarm.
7. If a player is hit by a ball on any part of the body except the head, without it bouncing first, then they are ‘captured’.
8. If a player catches a ball without it bouncing, then the player who threw the ball is ‘captured’. If a player catches a ball that has bounced then play simply continues. A player cannot catch a ball that has bounced off any part of their own body.
9. Balls can be bounced off the walls and continue in play. If a ball bounces off a wall and hits a player, it does not count as a hit since it has bounced (off the wall) and play continues.
10. If a player is captured, they must drop any ball they may have, walk through one of the green gates and sit on the opposing team’s bench.
11. To ‘free’ a player who is captured, the captured player must receive a ball with two hands from a teammate whilst remaining seated on the bench. Hitting the hand and dropping it does not count as receiving the ball.
12. A ‘freed’ player must place the ball on the floor and then walk back through the green gate to rejoin their team and continue with the game.
13. Players can defend the players they have captured by standing in front of them and catching/stopping incoming balls. If hit whilst defending, the player also becomes captured.
14. Players can block an incoming ball with a ball they are holding but this results in a ‘dead ball’ and the ball being held must be rolled along the floor to the other team and cannot result in a hit.
15. No player is permitted to kick the balls.
16. Players cannot stand/hide behind their bench. Players can only go behind the bench to retrieve a ball.
17. Players cannot be hit by their own teammates.
18. If all players from one team are captured, the game is over and the winning team receives a score of 10 points.
19. If the whistle ends the game, all players must sit where they are, either on the floor or on the bench whilst scores are counted. Once scores are taken, players return to their own team. The amount of players a team has captured at the end of the game is the score awarded, NOT the accumulated amount of players captured throughout the game.

The playing area: