**DODGEBALL RULES**

EXCEL- Intent is to compete and target audience should be competent and confident pupils who have played Dodgeball at school previously. A or B team standard.

ASPIRE – Intent is to compete but its more of an experience of competition and emphasis on fun rather than all out winning. Teams will be assessed on the spirit of the competition as well as scores. B or C team standard. Players do not need previous experience.

BASIC RULES:

* 6 players in a team, 8 in a squad
* There must be a min of 2 boys and 2 girls in the team
* Recommended 2 min per game max of 3 games
* Players start with one foot/ hand touching wall or end line
* 2 players can run to get the balls when whistle is blown
* Balls must be passed back to players at wall or back line
* Headshots don’t count
* Players can knock the ball away using a ball they are holding
* 5 sec rule- team with majority of balls must throw their balls within 5 secs and team with 1 ball can hold on to the ball
* If a ball hits a player without a bounce that player is out
* A player is out if they have thrown a ball and it is caught
* Stepping over the centre line is out
* You can return to a game once your team gets an opposition member out
* SAVING- you can save a team mate by catching a ball deflected off a hit
* Balls are live until they touch the floor or a wall.
* Double hits count.
* A hit followed by a catch means your hit player goes out, then the catch brings a player back in and the thrower of the ball goes out.