

Volleyball and Dodgeball

KEY RULES

Game Basics: Net and Wall Games like Volleyball and Dodgeball develop teamwork, reaction time, coordination, and communication. Both games encourage movement into space, anticipation, and control. Volleyball focuses on rallying and setting up attacks, while Dodgeball builds agility, decision-making, and teamwork under pressure.

Volleyball: is played between two teams separated by a net. The aim is to hit the ball over the net so it lands inside the opponent's court. Teams can touch the ball up to three times before returning it, using a combination of the dig, set, and spike. The ball must not be caught or carried, and players cannot touch the net. Games begin with an underarm or overarm serve from behind the baseline. If the ball hits the net and goes over, it stays in play. Rotation happens each time a team wins the serve back, and players move clockwise. Points are scored on every rally using rally scoring. Good teamwork, quick reactions, and communication are key to keeping rallies going.

Dodgeball: is played between two teams on opposite sides of a centre line. The aim is to eliminate opponents by hitting them with a thrown ball below shoulder height. Players who are hit without the ball bouncing are out, but if a ball is caught, the thrower is out, and a teammate can return to play. Games start with balls lined up at the centre. Players rush to collect them safely on the whistle, then retreat before throwing. Children must throw within five seconds and can use a ball to block incoming throws. Head shots do not count. Dodgeball develops fast decision-making, awareness, and sportsmanship, with an emphasis on fair play and teamwork.

Teamwork and Tactics: In Volleyball, teamwork means moving together, calling for the ball, and supporting one another's passes. In Dodgeball, players work together to coordinate attacks, protect teammates, and communicate quickly. Both sports build trust, responsibility, and respect.

Fair Play and Safety: Players must follow safety rules, avoid dangerous throws or collisions, and respect opponents and officials. In Volleyball, awareness of the net and spacing is vital. In Dodgeball, throws must stay low, and players should always be aware of others. Both games highlight honesty, encouragement, and inclusion as key values.

USEFUL LINKS

Volleyball England: volleyballengland.org

Scottish Volleyball: scottishvolleyball.org

Volleyball Wales: volleyballwales.org

Volleyball Ireland: volleyballireland.com

Your School Games Volleyball: yourschoolgames.com/taking-part/our-sports/volleyball

British Dodgeball: britishdodgeball.org

Scottish Dodgeball: scottishdodgeball.com

Welsh Dodgeball: welshdodgeball.org

Northern Ireland Dodgeball Association: nidodgeball.org

Your School Games Dodgeball: yourschoolgames.com/taking-part/our-sports/dodgeball