

KEY RULES

Game Basics: Dodgeball is played between two teams aiming to eliminate all opponents by hitting them with a thrown ball below the shoulders. Each team starts with an equal number of balls (usually 3–5) and must begin behind their own baseline. When the whistle blows, players sprint to collect the centre balls safely before retreating behind the attack line to begin play.

Elimination & Catching: A player is out if they are hit by a live ball (before it touches the floor, wall, or another object). If a player catches a live ball, the thrower is out and one of their own teammates may return to play. Head shots do not count and should be avoided for safety. Balls can be used to block incoming throws, but if the blocker loses control and drops their ball, they are out.

Game Conduct & Safety: Players may only hold a ball for 5 seconds before throwing it. No crossing the centre line during play – doing so results in being out. Fair play is essential: no arguing calls, no targeting individuals, and no excessive force when throwing. Matches are usually played for 2–3 minutes; the team with the most players remaining or who eliminate all opponents first wins. Always respect referees, teachers, and opponents, showing honesty and teamwork throughout the game.

NATIONAL GOVERNING BODY (NGB)

British Dodgeball: The national body for dodgeball in England, Northern Ireland, Scotland, and Wales, supporting clubs, schools, and competitions.

UK Dodgeball Association (UKDBA): Supports grassroots development and promotes safe and inclusive participation across the UK.

USEFUL LINKS

British Dodgeball: britishdodgeball.org

UK Dodgeball Association: ukdba.org

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