

WHY DODGEBALL?

What are the benefits of playing my sport?

Dodgeball is a fun and inclusive team sport that can be used to improve the core skills of catching, throwing, movement and agility.



TOP Tip!

Best practice example

Students in the Eden Valley have benefitted from taking part in dodgeball for the first time at stand-alone Inter School Competition (Level 2).

Teams from small schools included children from year 1 to 6 playing alongside each other, allowing players to develop competence, confidence and teamwork.

The students developed their understanding of the game and leadership, and have been able to take knowledge learned back to their school.

Teachers and students have then worked together to develop dodgeball after school clubs that provide a new opportunity for all school children.

Spirit of the Games: Excellence through competition.

How does your sport exemplify these values?



It is key for our sport to develop that those who play the game show passion for the sport, their team and themselves as individuals.



In dodgeball players must have respect for each other, for their opponents and for the officials. With the fast pace of dodgeball, a maximum of



12 players and three balls on a small court, it can be a difficult task to referee, and therefore honesty is extremely important.



One of the beauties of the sport is that things can change so quickly in a game. As it is so fast paced there is the opportunity for a team down to their last player to come back and win against a team with all six players still on court. So self-belief is vital right to the final whistle.



Great teamwork in dodgeball is achieved through good communication, working as a team in both attack and defence in order to defeat the opponents.



Although games are relatively short compared to other sports dodgeball is still a very physically demanding sport. Showing determination throughout the entire match is very important.

Priority competitions:

Name of the competition: School Games Dodgeball

Age group: Years 3-6 and years 7-9

Intra/Inter Competition? Intra School Competition (Level 1).

Inter School Competition (Level 2) round competition. Run by School Games Organisers. Young Leader Support. County Final - Inter School Competition (Level 3) round robin competition.

Who runs it: SGO

How to enter: Contact your SGO who will co-ordinate school games competition in your area.

When (e.g. preferred time of year to run): Dodgeball can take place in all seasons indoors. Any regional and national events will take place in the summer term.

Other Competitions:

British Dodgeball School Competitions Pathway

www.britishdodgeball.org/school-events

Young leader/Officials courses/ qualifications available

British Dodgeball Leaders Workshop - Delivered to any primary or secondary school group from the age of 7 - 18. Leaders will learn the importance of health & safety, basic dodgeball skills, refereeing, communication, an introduction to coaching and understand the rules of the sport.

<http://coachbowls.org/courses/play-bowls-activator>

Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

Signposted competitions:

Name of the competition:

British Dodgeball School Competitions Pathway

Age Group:

Year 3-6

Mixed

Intra/Inter Competition?

County/Regional/National

Who runs it: British Dodgeball

How to enter:

www.britishdodgeball.org/school-events

When: September to July

Competition is a pathway from county to regional to national events for primary schools. There is no qualification for the county events and they are separate from the School Games.

Where do young people go next (from school to club/community)?

Students in Manchester are receiving specialist coaching from British Dodgeball coaches. These children are being given the opportunity to attend local community clubs and compete in a monthly junior league in the local area. Beyond this young people are then representing these clubs in Regional Leagues ran by British Dodgeball. www.britishdodgeball.org/leagues

Relevant web links

www.britishdodgeball.org/schools

Competition card 1

Primary or Secondary:
Primary

Name of competition:
School Games Dodgeball

Age Group:
Year 5 & 6 mixed

How to enter:
Via your local SGO

Tournament format:
Central venue with a round robin
and knockout round format

Relevant web links
www.britishdodgeball.org/schools

Simple rules:

- A dodgeball team consists of 6 players with squads up to a maximum of 10. Sets are played to 2 minutes with a match consisting of 2 halves of 3 sets (6 sets in total). In order to win a set you must either eliminate all opposing players or have more players remaining on your side at the end of a set. To win a match a team must have more points than the opposition. 2 points are awarded for a set won, 1 for a set drawn and 0 for a set lost. In group tables, a team will receive 2 points for a match won, 1 point for a match drawn and 0 for a match lost. If a match is drawn in knockout or playoff matches, a 1 minute overtime set will be played where teams restart with 6 players. If a match is still drawn, then sudden death will be played.
- At the start of play 3 British Dodgeball approved foam dodgeballs are placed along the centre line. The ball on a team's left is their designated ball. The centre ball is the only contested ball. A ball is not live until it is passed back beyond the return line.
- Live Balls - A ball is live until it hits a floor, wall or any other surrounding surface. Multiple play is possible with a live ball.
- Hits – any player struck with a live ball by an opposing player will be called out. Face shots do not count unless a player's face stops the ball from hitting their body
- Catches – any catch on a live ball will be valid. The player who threw the caught ball will be called out and the catching team will gain one players from the outbox.
- Blocking – players are able to use a ball in their possession to block an incoming ball. If the ball they are holding is knocked from their possession, they will be called out.
- Lines – Primary dodgeball is played using the badminton court as a base for the dodgeball court. Players are encouraged to stay inside the court markings and are not necessarily called out for stepping over the side/back lines. Players may leave the court to collect balls by putting their hand up. Players must return to court from behind the back line.
- Stalling – players should not intentionally stall the game. Once a team has possession of 2 or 3 balls, they should look to make an attempt with at least one of those balls. When a referee calls 'play ball', a team has 5 seconds to throw. If they do not then players holding balls will be called out. Team can keep one ball after 'play ball' has been called, and must throw the rest.
- Multiple play – the following are examples of multiple play:
 - A player will be called out if they are hit by a ball that has deflected off a teammate whilst it is still live.
 - A catch is valid if it has deflected off a teammate whilst it is still live – in this circumstance the hit player plus the thrower will be called out – if the hit players is the first one out, then they will immediately return to the court.
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Think Inclusively!

- Dodgeball is a fun and accessible team sport that develops the core skills of throwing, catching, movement and agility.

Adaptations can be made such as:

- Increasing/decreasing the size of the playing area to support participants.
- If a SEN/disabled participant drops an attempted catch, allow them to save themselves from being out by catching the ball after one bounce.
- Use thick Neutral zone marking tape that can be felt underfoot and by hand for players with a visual impairment.
- If appropriate, allow SEN/disabled pupils more time in possession before calling 'play ball'
- The size and colour of the ball can be changed to enable all participants the opportunity to compete/play.

Roles for young people:

- A game of dodgeball requires one head referee who is in charge of the whistle and timekeeping. We recommend that leaders from an older age group are used.
- A game of dodgeball requires an assistant referee who is in charge of scoring. Both the head and assistant referees can call players out.
- If appropriate, allow SEN/disabled pupils more time in possession before calling 'play ball'
- Leaders can also assist with the planning of the competitions, coaching and team management.
- Other volunteers can be used as ball boys/girls, statisticians, photographers and reporters.

How can depth in competition through extra teams be achieved?

The simple core skills required by dodgeball mean that it appeals to a wide range of young people irrespective of ability. With squads of only eight-a-side, schools can have B, C and D teams competing. A plate competition can provide opportunities for inexperienced teams to play more competitive matches via quarter finals, semifinals and a final.

The route from here to County Final - Inter School Competition (Level 3)

Winners from local School Games events should qualify for the County Final – Inter School Competition (Level 3). As dodgeball is an indoor sport it can be played at any time of the year and fit into the competition calendar.

How can regularity be achieved?

Progress the central venue round robin and knockout tournament to a central venue league. Staging a recommended three events per season will increase the opportunities to play.

Competition card 2

Primary or Secondary:
Secondary

Name of competition:
School Games Dodgeball

Age Group:
Year 7, 8 and 9 separate male and female

How to enter:
Via your local SGO

Tournament format:
Central venue with a round robin and knockout round format

Relevant web links
www.britishdodgeball.org/schools

Simple rules:

- A dodgeball team consists of 6 players with squads up to a maximum of 10. Sets are played to 2 minutes with a match consisting of 2 halves of 3 sets (6 sets in total). In order to win a set you must either eliminate all opposing players or have more players remaining on your side at the end of a set. To win a match a team must have more points than the opposition. 2 points are awarded for a set won, 1 for a set drawn and 0 for a set lost. In group tables, a team will receive 2 points for a match won, 1 point for a match drawn and 0 for a match lost. If a match is drawn in knockout or playoff matches, a 1 minute overtime set will be played where teams restart with 6 players. If a match is still drawn, then sudden death will be played.
- At the start of play 5 British Dodgeball approved cloth dodgeballs are placed along the centre line. The two balls on a team's left are their designated balls. The centre ball is the only contested ball. A ball is not live until it is passed back beyond the return line.
- Live Balls - A ball is live until it hits a floor, wall or any other surrounding surface. Multiple play is possible with a live ball.
- Hits – any player struck with a live ball by an opposing player will be called out. Face shots do not count unless a player's face stops the ball from hitting their body
- Catches – any catch on a live ball will be valid. The player who threw the caught ball will be called out and the catching team will gain one players from the outbox.
- Blocking – players are able to use a ball in their possession to block an incoming ball. If the ball they are holding is knocked from their possession, they will be called out.
- Lines – High School dodgeball is played on a dodgeball court. Players are called out for stepping over the side/back lines. In some competitions, referees may be more lenient on line infringements by giving warnings. Players may leave the court to collect balls by putting their hand up. Players must return to court from behind the back line.
- Stalling – players should not intentionally stall the game. Once a team has possession of 3, 4 or 5 balls, they should look to make an attempt with at least one of those balls. When a referee calls 'play ball', a team has 5 seconds to throw. If they do not then players holding balls will be called out. Teams can keep one ball after 'play ball' has been called, and must throw the rest.
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