UK DODGEBALL ASSOCIATION

SCHOOL GAMES

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.

British Paralympic Association

Department for Culture Media & Sport

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DODGEBALL

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:** Schools Dodgeball
- **Age group:**
  Key Stage 2, 3 & 4 (mixed gender)
- **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 competition.
- **Who runs it (e.g. SGO, development officer, young leader support etc)**
  SGOs.
- **How to enter (e.g. via SGO)**
  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.
- **Next steps after this competition:**
  UKDBA Regional Open
  www.ukdba.org/events/category/tournaments

Signposted competitions:

Name of the competition:
UKDBA Regional Open

Age Group:
1 = Year 5/6 mixed
2 = Year 7/8
separate male and female competition.

Intra/Inter Competition? Regional

Who runs it: UKDBA

How to enter: www.ukdba.org/events/category/tournaments

When: Throughout the year

Competition is open to both school and club teams. There is no qualification for these competitions and they are separate from the School Games.

Where do young people go next? (from School to Club/Community)

Students in Stockport are being offered the opportunity to compete beyond School Games at monthly club competitions provided by local provider Mr Dodgeball and the Manchester Bees Dodgeball Club. Following on from this further, young people are then representing these local clubs and competing at NGB regional opens and National Championship competitions. We would like to see this model replicated in other areas of the country.

www.manchesterbees.co.uk/beginners/youth-dodgeball/

Young Leader/Officials courses/qualifications available:

- Junior Leaders Award - Practical qualification on the sport, leadership, communication and planning for children under 12 years of age.
- Dodgeball Leaders Award - Understand how to use the generic leadership skills of communication and organisation in a dodgeball specific tournament environment.

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?

Relevant web links:

www.ukdba.org/dive-into-dodgeball/

DODGEBALL

Competition Card 1

Primary or Secondary:

Primary

Name of competition:

Schools 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.ukdba.org/dive-into-dodgeball/

Simple rules:

- Squads are six-a-side with four players on court making up a team (two players on court must be female).
- One game lasts for two minutes. A match is best of five games.
- Teams receive two points for a game won, one point for a game drawn and zero points for a game lost. In the event of a tie a one minute overtime period is played.
- Games are played on a doubles badminton court. A two-foot centre zone is marked across the centre of the court using non marking tape.
- Three dodgeballs are used and positioned in the centre zone at the start of each game.
- A player is out if a direct throw from an opposing team player hits them below head height. If a throw hits a player in the face they are still in – if a throw hits a player on the back or top of the head when they are not facing play or ducking down, they are out.
- A player is out if their throw is caught by a member of the opposing team. A successful catch enables a player who is already out to return to the game; this must always be the first player who was out and they must return behind the return line.
- If a player is hit by a throw and a teammate catches that same ball before it hits any other surface then they have saved the first player hit from being out.
- A player may use a ball in their possession to block a thrown ball – they must ensure they keep full control of the ball they are holding.
- The leading team (the team with the most players on court) has five seconds from the referee's call to throw the majority of the balls in their possession – the leading team can always hold on to one ball.
- You can win a game by either eliminating all the opposing players or having more players on your team at the end of two minutes.

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.
- Reducing the centre zone width to one foot so that young people with limited mobility can reach the ball without going over the line.
- 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 centre zone marking tape that can be felt underfoot and by hand for players with a visual impairment.
- If appropriate, allow SEN/disabled participants up to 10 seconds in possession of a dodgeball before throwing it.
- 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.
- There is also one line judge positioned at the back of each end; line judges can call players out who step out of court.
- 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 six-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.

SCHOOL GAMES

UK DODGEBALL ASSOCIATION

DODGEBALL

Competition Card 2

Primary or Secondary:

Secondary

Name of competition:

Schools Dodgeball

Age group:

Year 7 and 8 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.ukdba.org/dive-into-dodgeball/

Simple rules:

- Squads are eight-a-side with six players on court making up a team.
- One game lasts for two minutes. A match is best of five games.
- Teams receive two points for a game won, one point for a game drawn and zero points for a game lost. In the event of a tie a one minute overtime period is played.
- Games are played on a 44ft by 20ft court with a 2ft centre zone; courts are marked using non-marking tape.
- Three dodgeballs are used and positioned in the centre zone at the start of each game.
- A player is out if a direct throw from an opposing team player hits them below head height. If a throw hits a player in the face they are still in – if a throw hits a player on the back or top of the head when they are not facing play or ducking down, they are out.
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