



AUSTRALIAN
DODGEBALL
FEDERATION

FOAM DODGEBALL RULESET

LOCAL LEVEL

1. Overview

1.1. What is Foam Dodgeball?

Dodgeball is a sport played by two teams, each with 6 players. Teams throw balls with the aim to hit and eliminate opposing players, while dodging, blocking or catching their opponents thrown balls. Once you eliminate all the players on the opposing team, you win the Set and gain 1 point.

A Match is divided into two Halves (typically 20 minutes), and at the end of every Half, a special Set called Sudden Death occurs, where players who block are eliminated. Once Sudden Death concludes, both teams shake hands, swap court sides to ensure fairness, and begin the second Half. The team with the most points at the duration of Match time wins!

1.2. Playing Area

A Dodgeball court's design can differ depending on your local league and their different needs such as available facility, internal/external environment, community size, and player skill.

- **Dimensions:** A standard dodgeball court is 18m long, and 9m wide, which is the same size as a volleyball court. Typically these dimensions are marked with tape that is visually bright and sufficiently wide so to be easily visible against the court surface.
- **Netting:** Where possible, the use of netting or barriers is advised to ensure the containment of thrown balls, and the safety of non-participants.
- **Boundary Lines:** These are the outermost lines that mark the playing area, stepping on or outside this line eliminates the player.
- **Centre line:** Found in the middle, splitting the court by length, stepping on or outside this line after the Opening Rush eliminates the player.
- **Activation Line:** Found 3m behind the Centre Line, this line is where balls are Activated during the Opening Rush.

1.3. Balls

Foam Dodgeball is played with 6 balls that are made of a durable foam material that is malleable yet does not cause injury upon impact. Like any piece of sporting equipment, Dodgeballs perform best when they are treated properly, meaning they should be used with care, and replaced when there is visible damage or soiling.

1.4. Throwing

To eliminate an opposing player, a Live ball must be thrown and make contact with the players body (inclusive of clothing) without touching any part of the court. Eliminated players must exit the court safely to an allocated area outside the court boundaries. The state of a ball can be determined as follows:

- **Live Ball:** A ball is considered Live from the moment it is thrown until it becomes Dead, meaning that all players that a Live ball contacts are eliminated once it becomes Dead.
- **Dead Ball:** A ball is considered Dead once it contacts any other object without hitting a player, which includes the court, eliminated players, thrown balls and any other non-player objects.

1.5. Blocking

Players may use held balls to block an incoming live ball. To successfully block, a player must:

- a. Retain control of the ball they are currently holding
- b. Avoid any contact by the live ball with their person or clothing (including a player's fingers and hands).

If the dodgeball is blocked successfully but hits your teammate and hits the floor, your teammate is out. If a player attempts to block the ball but loses control of their own ball and their ball hits the floor, that player has been Disarmed and they are eliminated from the game.

1.6. Catching

Catching is when a Live ball is caught by a player, eliminating the opposing thrower and reviving the first eliminated player from your team. The revived player must then enter from behind the Boundary Line to enter the Set, and is not considered part of

the Set until they do this. Remember, a ball is still Live until it makes contact with a Dead Object, meaning a ball may hit several players on your team and still be caught before it becomes Dead.

1.7. Dodging

Dodging is a fundamental defensive skill in dodgeball. Players should be aware of their surroundings and be able to react quickly to avoid incoming throws. This includes techniques such as stepping, jumping, and diving to evade being hit by incoming balls.

1.8. Opening Rush

This begins at the start of every Set, with the exception of Sudden Death. At the beginning of each Set, 3 balls are placed along the right half portion of the Centre Line for each team's collection. Players rush to collect their right 3 balls from the middle line and bring these balls behind the Activation Line. This is the only time that players may step and cross over the Activation Line without being eliminated.

This match phase is broken up as follows:

- **Opening Rush:** The Official will visually confirm that both teams are ready and standing on their back-most Boundary Line, and then announce the beginning of the Set, either verbally by yelling “Dodgeball”, or by using their whistle.
- **False Starts:** If a player’s foot loses contact with the back line after “Team Ready” has been called, but before the whistle has been blown, it will be considered a false start, with the Set to be reset.

1.9. Activating Balls

Ensuring all balls are activated is an important part of the Opening Rush, and requires an Officials full attention due to the frenetic nature of this phase of the Match. Players may retrieve the ball and pass it back to one of their teammates who is positioned behind the Activation Line, so that retrieved balls can be thrown as soon as possible!

All balls must be brought fully behind the Activation Line in order to become “Live”, which means if thrown, any opposing player hit is eliminated. This is important to

note as sometimes, balls may not be activated due to player error or otherwise, and can cause confusion if thrown.

1.10. Advantage

Advantage is how an Official determines which side will throw. The hierarchy for determining advantage is as follows:

- a. Possession:** The team with the most balls in possession.
- b. Players:** The team with more players on court.
- c. Last Throw:** The team who received the last opposing throw.
- d. Last Point:** The team who won the last Set.

When a team has Advantage, they must throw at least one ball within 10 seconds or else they will forfeit all balls in possession to the other team.

1.11. Sudden Death

Once the time in a Half has elapsed, the Official blows their whistle and declares "Sudden Death" to end the Set, meaning any balls thrown after this whistle are considered Dead.

A Sudden Death Set then begins where all Active players stand at their back-most Boundary Line with 3 balls per team, where the Set is played until all active players on a team are eliminated. During a Sudden Death Set players that use Balls to block are eliminated (unless said ball is caught by another team's player before it becomes Dead).