

Dodgeball Rules for Grade Level Sports

1. Ball must hit opponent on full below shoulder height to be out.
2. If ball is caught the player that threw the ball is out and a player from the team that caught the ball comes back in.
3. No one can cross the middle line.
4. Backboard hits DOES NOT get the team back in.
5. Players can hold the ball for 5 seconds maximum.
6. Winning team is the team that eliminates all of the opposition.
7. 10 balls to be used.