

Adult Dodge Ball - Information and Rules

FALL II, 2006

RULES

1. 4-7 players, from each team, are on the court at the beginning of the game.
2. The dodge balls are a high velocity, low impact, 6" foam ball with a synthetic cover. This allows for fun, fast play, without the heavy impact. 5-9 dodge balls are used depending on the number of players.
3. If a player is struck by a direct throw (ball does not bounce off anything) they are out
4. Players may use a ball to deflect a ball thrown at them. If a deflected ball strikes a person they are not out because it was not a direct throw.
5. If a player catches a direct throw, one player from their team may return to the game. The player who threw the ball which was caught is out.
6. When returning to the game, players must return in the order they were put out
7. If a player catches a deflected ball the neither the thrower nor person struck is out.
8. NO head shots: No one will be called out if a player is struck in the head
9. If a player leaves the court boundaries while avoiding or making a throw they are out

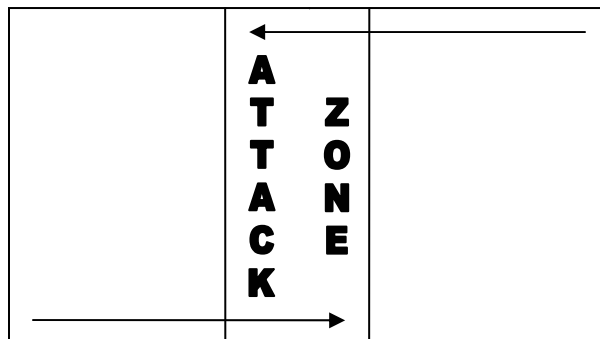
GAME-PERIOD-MATCH

A GAME is won when all players on one team eliminated

A PERIOD is played in a best of 5 games or best of 3 games format

A MATCH consists of three periods; best of 3 periods wins a match. All three periods will be played.

THE COURT



YMCA Adult Dodge Ball is a RECREATIONAL activity. We play for FUN, not for keeps.

The YMCA Core Values are Caring, Honesty, Respect, and Responsibility. Please conduct yourself considering these values.

Congratulate the opposing players at the end of the match.