



## **DODGEBALL**

Several types of dodge ball will be played. Foam ball will be used for all types of dodgeball. The types are as follows:

### Traditional dodge ball

1. There is a neutral zone at mid-court of the gym where players from either team are allowed.
2. You are out if:
  - An opponent hits you with the ball before it hits the ground or the wall.
  - An opponent catches a ball that you threw.
3. When you are out, you stand along the sideline in the order in which you were eliminated.
4. If a teammate catches a ball thrown by an opponent, the first player in line goes back into the game.
5. The ball is dead if it hits the floor or the wall.
6. The game is over when a team has no players left on the floor.

### Prisoner dodge ball:

1. There is no neutral zone.
2. You are out by the same rules as listed above.
3. When you are out, you go to the other end of the gym, behind the baseline. You are now a "prisoner".
4. You are "freed" if a teammate throws a ball to you that you catch before it hits the wall and without stepping over the baseline.
5. When freed, you return to your team and continue to play.
6. The game is over when a team has no players left on the floor.

### Doctor dodge ball:

1. A goal is placed in each half of the gym close to the basketball foul line.
2. Each team selects a "doctor". The doctor wears a pinnie so all players know who is the doctor. (At times we play unknown Doctor dodgeball, where the doctor does not wear a pinnie and the opponents must try to figure out who the doctor is.)
3. You are out by the same rules as above.
4. When you are out, you sit down at that spot and wait for the doctor to bring the scooter to you and take you to the hospital (behind the cage).
5. If he successfully gets you there, you are cured and may resume play.

### Four corner dodge ball:

1. The gym is divided into 4 equal quadrants and a bowling pin is placed near the rear of each one.
2. Each team is "alive" as long as their pin is standing. If the pin is knocked over, by an opponent's ball or accidentally by a teammate, the team is eliminated.
3. There is a neutral area in the middle of the gym where anyone is allowed to be.
4. The last team left in is declared the winner.