

Knowledge Organiser | Dodgeball



Overview



- Dodgeball is a fast-paced team sport where players try to eliminate opponents by hitting them with a ball or catching a ball thrown by an opponent. The game is typically played on an indoor or outdoor court with two teams, each trying to eliminate the other.
- The objective is to either eliminate all players on the opposing team or have more players remaining when time runs out.
- Dodgeball promotes agility, reaction time, coordination, and teamwork, making it an engaging and physically challenging sport.

Rules

- Game Objective: Eliminate all players on the opposing team or have more players remaining when the game timer ends.
- Game Start: Begins with a rush where players retrieve balls placed on the center line.
- Throwing and Hitting: Players must throw from behind the throw line. If a player is hit by a ball without catching it, they are out
- Catching: If a player catches an opponent's throw, the thrower is out, and a player from the catcher's team re-enters.
- Deflections: Players can deflect throws using a ball in hand but are out if the deflected ball hits them or their teammates.
- Boundaries: Players must stay within their designated area. Leaving the boundary results in elimination.

Further Support

- British Dodgeball: Governs dodgeball in the UK, supporting teams and organizing events for all levels. [BritishDodgeball Website](#)
- World Dodgeball Federation (WDBF): The global governing body, which organizes the World Dodgeball Championships and sets standard rules. [WDBF Website](#)

Did you know?

Origins: Dodgeball is believed to have originated from ancient games in Africa, later adapted and popularized in the U.S.

World Championships: The WDBF World Dodgeball Championships bring together teams from around the globe to compete at the highest level.

Types of Dodgeball: Variants include foam, rubber, and cloth dodgeball, each with slightly different rules and equipment.

Skills

Throwing: Accurate, powerful throws to hit opponents or strategically control the ball.

Dodging: Quick movements to avoid being hit, including ducking, jumping, and sidestepping.

Catching: Catching an opponent's throw to eliminate them and bring a teammate back into the game.

Blocking: Using a held ball to deflect incoming throws, helping to stay in the game.

Team Strategy: Working as a unit to control the pace, target opponents, and support teammates.

Speed and Agility: Quick, agile movements to evade throws and move around the court.

Vocabulary

Throw

Dodge

Duck

Dive

Catch

Block

Hit

Out

Deflection

Return

Throw Line

Centre

Rush

Sudden Death