

WORLD DODGEBALL SOCIETY

DODGEBALL SURVIVAL GUIDE

I see you want to play dodgeball. That's great! Here are a few tips you'll need to survive this gruesome game that you'll surely ball in love with.

FIRST THING'S FIRST

KNOW THE RULES

- Each team has 20 players with at least 5 girls and up to 15 guys.

- The court's divided into 2 halves. Each team stays on their side and switches sides halfway through the game.

- Every game has 7 balls aligned at the center line, 3 for one team and 4 for another, alternating every match. Each team runs from their end of the court and grabs their balls at the blow of the whistle.

- Each game is 50 minutes long, and each match lasts as long as it takes for one team to eliminate every player from the other team. Whichever team has the most points at the end wins.



KNOW THE RULES



HITS

If a ball hits you and is not caught while still in the air, you are out and must wait in the out line in the order you got out.



CATCHES

Catching a ball gets the thrower out and the player at the beginning of your out line rejoins the game.



THE REF IS ALWAYS RIGHT

If a ref calls you out, you are out! No exceptions. Arguing will only earn you a yellow or red card.



DON'T BE A DOUCHE-BAG

You can be kicked out of a league if your behavior is out of hand. We're all here to have fun, not fight.



NO PINCHING

Pinching a ball to the point where rubber touches rubber puts a dangerous curve on a throw and is illegal.



WATCH THE LINE

If you step across the center line for any reason, you are out. Plays after crossing do not count.



HEAD SHOTS

If a ball hits your head first straight from a throw, you are safe. However, head shots from deflections count as hits.



3-POINT RULE

Though head shots don't count, if you have 3 or more points touching the ground, a head shot counts as a hit.



CATCHERS

A good catcher never flinches at a ball flying towards them at high speed. "Catch the ball like it's your baby!"



ARMS

Every team should have at least a couple of players who throw well. These players may not dodge well, but they have good aim and throw hard!



DEFENSE

Deflecting balls from hitting your teammates and "pump faking" the ball are great ways to keep the opposing team back.



SHAGGERS

Balls that end up outside the court should be "shagged" by teammates and placed at the side lines for players to grab.



DISTRACTION

The dancing distraction is often used to confuse the opposing teammates and make them vulnerable. Also, it's so much fun!



SNIPES

Staying inconspicuous and waiting for the perfect opportunity to throw at someone is a smart play, especially if another team member is distracted.

PICK A POSITION

IRONIC MUSTACHE

Mustaches look good on more than just hipsters.

SEXUAL INNUENDOS

We're all adults here...right?

ELBOW BRACE

Because tendinitis sucks!

GRAPHIC TIGHTS

That pattern's not the only thing graphic about those tights.

KNEE PADS

Essential for death drops to catch or dodge, also perfect for sliding across the gym on your knees during your kick ass dance routine.

FINGER TAPE

Finger tape will protect you fingers as well as create friction to better your catches and throws.

WAR PAINT

The court's a battle field, better show your opponent you mean business.

PUN-TASTIC TEAM NAME

Puns are essential for a great team name. There's no need to start taking ourselves too seriously now.

SHORT SHORTS

The court's getting hot, but mostly because you showed up in those shorts!

HIGH SOCKS

Kicking it old-school never looked so good.

LOOK THE PART