

Dodgeball – Game Instruction

Title: Dodgeball

Category: Outdoor

Subcategory: Males

Players: 6+ players (2 teams)

Time Required: 15–30 minutes



Description

A fast-paced throwing game where players try to eliminate opponents by hitting them with soft balls while avoiding being hit themselves.



Materials Needed

- 4–6 soft foam balls
 - Marked play area (cones or chalk)
 - Boundary and center lines
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How to Play

- Divide players into two teams and have them stand on opposite sides of the play area.
 - Place the balls on the center line. At the signal, players rush to grab them.
 - Players throw balls at the opposing team to eliminate them.
 - A player is out if hit directly by a ball (and it doesn't touch the ground first).
 - Players can dodge, catch, or deflect balls. A caught ball brings one teammate back in.
 - The game continues until one team has no players left.
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Tips & Variations

- Use only foam or soft balls to ensure safety.
- Try “Doctor Dodgeball,” where one secret teammate can revive others.
- Set a time limit and count players remaining for quicker games.
- Rotate teams often to keep everyone engaged.