



NEBO SCHOOL DISTRICT ADMINISTRATIVE DIRECTIVE

Directive
No.
6.5

SECTION: STUDENTS
TITLE: DODGEBALL
DATE: APRIL 2015

Nebo School District has three goals for physical education classes:

- (a) Students should be highly active.
- (b) Students should be highly successful.
- (c) Students should have a lot of fun.

Activities should be selected and modified to fit these goals. By meeting these goals, students will enjoy their physical education classes and be inspired to be active outside of class and for the rest of their life. Nebo School District has endeavored to instruct teachers about activities that fit these goals.

Dodgeball has been a favorite student activity for many years. Dodgeball is a game where students throw a ball at one another with the intention of hitting someone to get them out of the game. Along with the stated goals for physical education classes, safety is an important part of each activity. Teachers and students should understand that when followed, the guidelines set forth in this document will promote safety, activity participation, and success for all.

The Guidelines for Dodgeball apply to any and all school sponsored dodgeball games. The Guidelines are:

- (a) Only a soft foam ball, equivalent to a "Gator Ball," can be used.
- (b) Students must be able to "opt out" and be given an alternate activity. The activity should be a structured, supervised activity that promotes physical fitness (e.g., flexibility workout, stacking cups, jump rope, catch, juggling, walking, etc.).
- (c) Students that wear glasses, but are able to see well enough without them to play, should be encouraged to play without their glasses.
- (d) All games must be supervised by an adult teacher. Teachers should not participate by throwing balls at students. The teacher's job is to actively supervise by controlling the game (e.g., instructing, enforcing rules, stopping or pulling people from the game when warranted, etc.).
- (e) Games must keep students active by severely limiting elimination of play. (See Appendix A for a description of adaptations to traditional dodgeball).
- (f) There should be enough room for students to move about safely.
- (g) Students should be told that the opponent's target area is below the shoulders and to not throw at private areas of the body. A player that targets the head/face or private areas of an opposing player should be pulled from the game and not allowed to re-enter.
- (h) Strong throwers should be taught not to target weaker players with hard throws.

Appendix A

Traditional Dodgeball: In the traditional "catch and re-enter" version of dodgeball, a student who is "out" can only re-enter the game when a teammate (who is not out) catches a ball that is thrown by the opposite team. This version of dodgeball can result in long drawn-out games for the students that are "out."

The following are adaptations to Traditional Dodgeball that may also be played infrequently with appropriate supervision and control:

Giant Ball Touchdown: Teams are each on a side. Two goal lines are made in the gym at least fifteen (15) feet from the midline. A giant earth ball or balls are put on the center line. Students throw smaller balls from behind a designated line at the giant ball and try to get the ball to cross the goal line. Consider using a playground ball as an "atomic bomb" since it has more mass and will move the giant ball further.

Last Stand Bowling: Ten bowling pins of different point values are set on the end line of a gym on both sides of a gym. Students try to knock the pins down on the other team's side by rolling the balls. A rolled ball is untouchable. A student may catch a ball thrown by the other team. The thrower is then eliminated until a task is completed, after which the student may re-enter the game.

Prison Ball: Teams are on both sides of the gym. End lines are designated as prisons. When a student is "out," they go to the other team's prison. If they hit a player with the ball when they are in prison, they are back "in." Some modification of the prison lines may be necessary to avoid "point-blank" throws.

Jail Break: When a student catches the ball, all those that are "out" on the student's team are allowed back in. A timer may be used with this game.

Recycle Dodgeball: When a student is "out" then he or she does a certain activity (push-ups or sit-ups) on the side, then goes in on the other team.

Flag Dodgeball: This is a timed game (approximately five (5) minutes). All players have flag football flags with at least two flags of different colors. When a student is hit, they must surrender one of their colored flags. The first flag is worth two points and the second flag is worth one point. Assign the flag color as the first flag or second flag. After a player loses the second flag, they are eliminated. The timing of the game will bring them quickly back in on the next game.