



Dis+Abled

S P O R T P R O J E C T



GAME - DODGEBALL
TRADITIONAL AND ADAPTED **GAMES**
FOR SOCIAL INCLUSION AND INTEGRATION OF
PEOPLE WITH DISABILITIES AND ABLE-BODIED

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HISTORY

Over the decades, the border guard has become an indispensable part of physical culture in schools. Its simplicity, minimal need for equipment and the ability to play on different types of terrain have made it an ideal game for children of all ages. In many countries, especially in Croatia, Serbia, Bosnia and Herzegovina, Slovenia and Montenegro, border football is part of school sports programs and is often played in physical education. Over the years, the game has seen various variations and adaptations. In some communities, local and regional competitions began to be organized, and the game received standardized versions with rules that were transmitted by word of mouth and through school sports programs. It has become popular not only among children, but also among adults who play it recreationally or at a competitive level.

DESCRIPTION OF THE GAME

Dodgeball is a dynamic team sport where two teams face off on a court, aiming to eliminate opposing players by hitting them with a soft ball, while also trying to avoid being hit themselves. Strategy, quick reflexes, and teamwork are key to success.

RULES

I. Equipment

- Soft Ball: The game is played with one (or more, if agreed upon) soft ball.

II. Setup

- Teams: Two teams, typically with 6 to 12 players each. The number can vary depending on agreement and field size. A maximum of 1 substitute player is allowed per team, who may enter the game during a set.
- Playing Field: A rectangular field, often around 10 x 20 meters, but adjustable in size.



- The field is divided into two equal parts by a middle line, separating the territories of the two teams.
- On each side of the main field, behind the opponent's territory, there is a "field of the dead" or "zone of the dead."

III. Gameplay Objective

- The primary goal is to hit all players of the opposing team with the ball while they are in their territory, thereby eliminating them from the main playing field.

IV. How to Play

1. Game Start:
 - One team starts the game by throwing the ball across the middle line towards the opponents' territory.
2. Hitting Players:
 - Players attempt to hit opponents with the ball.
 - A player who is hit by the ball must immediately leave the main field and go to their team's "field of the dead" (which is behind the opponent's territory).
3. Avoiding the Ball:
 - Players can avoid being hit by jumping, ducking, or running within their territory. Good reflexes and quick reactions are crucial.
4. Returning to Play from "Dead Field":
 - Players in the "field of the dead" can return to the main game if a teammate on the main field manages to catch a ball that was thrown by an opponent (before it hits the ground or any other surface/player).
5. Out of Bounds Ball:
 - If the ball goes out of bounds without touching any player, the opposing team wins possession of the ball. This encourages accurate throwing.

V. Game End and Winning

- Elimination Win: The game ends when all players of one team are hit and eliminated from the main field. The team that eliminates all opposing players first wins.
- Timed Game: If the game is played for an agreed-upon time limit, the winner is determined by the number of players remaining on the field for each team when time expires. The team with more players remaining wins.





VI. Fair Play

- Dodgeball relies on sportsmanship. Players are expected to acknowledge honestly if they are hit by the ball, promoting fair play among participants.

VII. Game Duration

- The game can last until one team is completely eliminated or until an agreed time limit expires, offering flexibility in duration.

INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

- Smooth Court Surface: Use a flat, hard surface (like a gym floor) to allow smooth wheelchair movement.
- Lightweight Balls: Use softer, lighter balls (foam or beach balls) for easier throwing and safer play.
- Smaller Court Size: Reduce court size to accommodate limited movement range and enhance engagement.
- Inclusive Rules: Allow ball deflections using hands, arms, or wheelchair; adjust hit zones and "out" rules fairly.
- Team Balance: Mix standing and seated players, or create seated-only teams for fairness.
- Adapted Throwing: Permit two-handed throws, chest passes, or assisted throws if needed.
- Clear Boundaries: Use visual or tactile markers for court limits.
- Safety First: Emphasize no high throws (e.g., above shoulders) to avoid injuries.





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