



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2025 - 2026

MIXED DODGEBALL

Supported by:



14 ~~15~~ - 17 years old

RULES

Competition Aim

To provide members with the opportunity to take part in a National Dodgeball Competition.

Learning outcomes

Dodgeball skills, teamwork, adhering to rules, exercise, fun, winning/losing, personal development skills and improving own performance

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions**.

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

1. DATE & VENUE

- 1.1. After Area Eliminators, the National Final will be held at the Sports Championships, **Sunday 5th July 2026** in Staffordshire.

2. REPRESENTATION

- 2.1. Counties may enter one team per 600 members or part thereof in Area Eliminators.
- 2.2. Areas will be represented in the final by one team per 3,000 members or part thereof.

3. ELIGIBILITY

- 3.1. A squad of Ten (10) players. The squad must not consist of more than Seven (7) males from whom Six (6) players will be chosen to form a team for each game.
- 3.2. To note that at the start of each set only 3 male players can be on the court.
- 3.3. All players must be aged (**Amended 14.8.2025**) **14 ~~15~~** on the 1st September 2025 and 17 on the 1st September 2025 and may have reached their 18th Birthday on the Day of the Final - This age range must be strictly adhered to), and full members of a Club affiliated to NFYFC.

4. SUBSTITUTION

- 4.1. **All substitutes must have been eligible to compete in the County Final.**

5. PROCEDURE (*Recommended Playing and Administration Rules as laid down by British Dodgeball*)

- 5.1. The matches will be played either in 2 leagues with the winner of each league playing for 1st and 2nd place, or as a round robin tournament depending on the number of teams taking part and number of courts available on the day of the National Final.

- 5.2. League points will be awarded as follows:

Win	2
Draw	1
Lose	NIL

FULL MATCH RULES CAN BE FOUND IN THE SEPARATE DOCUMENT – QUICK START DODGEBALL RULES

6. AWARDS

- 6.1. Trophy and NFYFC Prize Cards to the winning team.
- 6.2. NFYFC Prize Cards to teams placed 2nd, 3rd and 4th.
- 6.3. NFYFC Certificate of Achievement will be awarded to all members of teams in the National Final.

7. NOTES

- 7.1. It is advised to have a competent medical advisor in attendance at both County and Area Rounds and only use qualified referees in order to minimise any risk to members.
- 7.2. It is advised that qualified referees are used in order to minimise any risk to members but competent persons with a good knowledge of Dodgeball Rules may be used.
- 7.3. Further information and explanation can be found at www.britishdodgeball.org

Dodgeball – Rules of the Game

Taken from British Dodgeball 'Adult Dodgeball – Quick Start Rules'

PLAYERS

6 PLAYERS ON A TEAM, 10 PLAYERS MAXIMUM IN A SQUAD

TIMINGS

- SET LENGTH = 3 MINS
- MATCH LENGTH = 2 HALVES OF 15 MINS (8 MINS IN SOME COMPETITIONS)

WINNING A SET

ELIMINATE ALL OPPOSING PLAYERS OR...HAVE MORE PLAYERS REMAINING ON YOUR SIDE AT THE END OF A SET

WINNING A MATCH

A TEAM WINS A MATCH IF THEY HAVE MORE POINTS

2 PTS FOR A SET WON, 1 FOR A SET DRAWN, 0 FOR A SET LOST

IN GROUP TABLES, A TEAM WILL RECEIVE 2 PTS FOR A MATCH WON, 1 FOR A MATCH DRAWN, 0 FOR A MATCH LOST

IF A MATCH IS DRAWN IN KKOCKOUT OR PLAYOFF MATCHES, A 1 MINUTE OVERTIME SET WILL BE PLAYED WHERE TEAMS RESTART WITH 6 PLAYERS. IF A MATCH IS STILL DRAWN, THEN SUDDEN DEATH WILL BE PLAYED

START OF PLAY

5 BALLS ARE PLACED ALONG THE CENTRE LINE

THE 2 BALLS ON A TEAM'S LEFT ARE YOUR DESIGNATED BALLS

THE CENTRE BALL IS THE ONLY CONTESTED BALL

A BALL IS NOT LIVE UNTIL IT IS PASSED BACK BEYOND THE RETURN LINE

ELIMINATING OPPOSING PLAYERS

LIVE BALLS

A BALL IS LIVE UNTIL IT HITS A FLOOR, WALL OR ANY OTHER SURROUNDING SURFACE

MULTIPLE PLAY IS POSSIBLE WITH A LIVE BALL

HITS

ANY PLAYER STRUCK WITH A LIVE BALL BY AN OPPOSING PLAYER WILL BE CALLED OUT

CATCHES

ANY CATCH ON A LIVE BALL WILL BE VALID. THE PLAYER WHO THREW THE CAUGHT BALL WILL BE CALLED OUT AND THE CATCHING TEAM WILL GAIN ONE PLAYER FROM THE OUTBOX

BLOCKING

PLAYERS ARE ABLE TO USE A BALL IN THEIR POSSESSION TO BLOCK AN INCOMING BALL. IF THE BALL THEY ARE HOLDING IS KNOCKED FROM THEIR POSSESSION, THEY WILL BE CALLED OUT

LINES

ADULT DODGEBALL IS PLAYED ON A DODGEBALL COURT

PLAYERS ARE CALLED OUT FOR STEPPING OVER THE SIDE/BACK LINES

PLAYERS MAY NOT LEAVE THE COURT TO COLLECT BALLS

EACH TEAM NOMINATES 2 RETRIEVERS WHO PUT OFF-COURT BALLS BACK INTO PLAY

STALLING

PLAYERS SHOULD NOT INTENTIONALLY STALL THE GAME. ONCE A TEAM HAS POSSESSION OF 3, 4 OR 5 BALLS, THEY SHOULD LOOK TO MAKE AN ATTEMPT WITH AT LEAST ONE OF THOSE BALLS.

WHEN A REFEREE CALLS 'PLAY BALL', A TEAM HAS 5 SECONDS TO THROW. IF THEY DO NOT THEN PLAYERS HOLDING BALLS WILL BE CALLED OUT

TEAMS CAN KEEP ONE BALL AFTER 'PLAY BALL' HAS BEEN CALLED, AND MUST THROW THE REST.

MULTIPLE PLAY

THE FOLLOWING ARE EXAMPLES OF MULTIPLE PLAY:

- A PLAYER WILL BE CALLED OUT IF THEY ARE HIT BY A BALL THAT HAS DEFLECTED OFF A TEAMMATE WHILST IT IS STILL LIVE
- A CATCH IS VALID IF IT HAS DEFLECTED OFF A TEAMMATE WHILST IT IS STILL LIVE –IN THIS CIRCUMSTANCE THE HIT PLAYER PLUS THE THROWER WILL BE CALLED OUT –IF THE HIT PLAYER IS THE FIRST ONE OUT, THEN THEY WILL IMMEDIATELY RETURN TO THE COURT