

DODGE BALL

PACKET # 24

INSTRUCTIONS

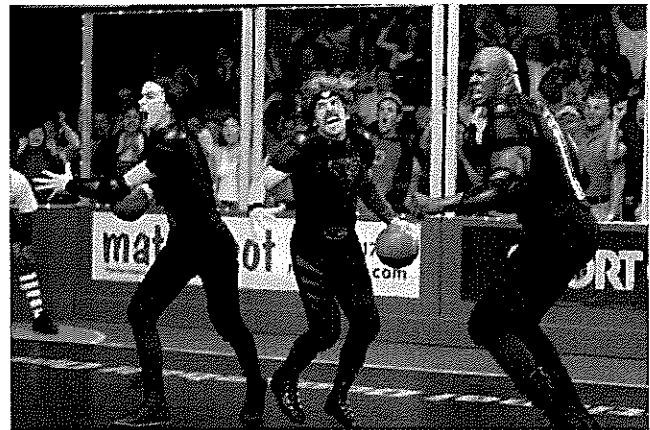
This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity and relates to its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Dodgeball (or dodge ball) is the name of a traditional school game, taught in physical education classes, but also popular in informal settings. It can be played either indoors or outdoors. There are many variations of the game, but all involve some players trying to avoid being hit by a ball, that other players are throwing at them.



Players are usually split into teams, though sometimes play individually. A number of medium-sized rubber balls— sometimes only one, sometimes many— are placed in a central location. The objective of each player is to hit an opponent so as to eliminate him or her from the game. The game ends when one player (or team) remains.

In some variations of the game, catching the ball begins a reversal; if the target catches (rather than dodges) the ball, the thrower is eliminated. In other game formats a catch (in addition to eliminating the thrower) also allows another player from the catching team to re-enter.

There are several variations of Dodgeball. They include: Dr. Dodgeball, King's Court, King Sting, and Prison Ball.

Dr. Dodgeball involves a leader in each team who tries to avoid getting hit. When play-

ers are hit, they fall on the ground and wait for “Dr. Dodgeball” to come and save them. When Dr. Dodgeball saves the fallen players, they can get up and play again. The game ends when Dr. Dodgeball is hit.

King’s Court also involves a leader. If the leader is hit, the game is over. Besides that, the rules are the same as regular dodgeball.

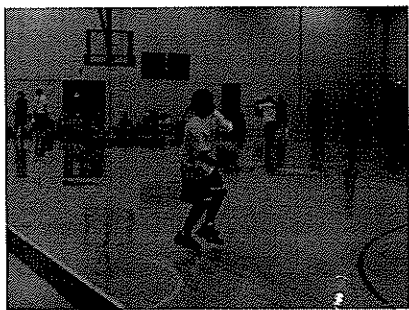
Prisonball is played much like dodgeball, but when a player is hit, he gets put in “prison” behind the opposing team. To get out of prison, he must hit the opposing team from behind. This puts a lot more pressure on the teams as they can be sandwiched between enemies.



CONTROVERSY

Dodgeball, when it emerged, was said to be a “nerd’s sport.” Since players normally were not part of a team, no player had to endure the teasing that would fall upon a player accused of “causing the team to lose.” As well, the game was seen as having a light-hearted and self-defeating nature and, therefore, more appealing to non-athletic students.

Ironically, dodgeball has come under attack for failing to meet the needs of precisely those students. Opponents of dodgeball have argued that the game provides, for bullies, the excuse to abuse unathletic and unpopular students, by throwing the ball hard enough to cause injury. The aim of King Sting is to throw the ball at others as hard as possible.



After a series of publicized dodgeball injuries in the late 1990s and early 2000s, many schools have removed the game from their physical-education classes, and some have even banned the game entirely. On November 18, 2002, the state of New Jersey banned the game from public schools. New York followed suit shortly after. Schools in Maine, Maryland, Virginia, Texas, Massachusetts and Utah have also banned the sport in recent years.

Many other schools, however, have taken a more moderate approach, allowing dodgeball by using soft foam balls instead of harder rubber balls.

How Dodge Ball is Played

First Variation

- Two teams, each team gets ten players per round
- Substitutions may be made between rounds only
- Each team may set their own formations but there must be at least three players within 10 yards of the dividing line
- Players must never cross the dividing line
- First team to completely eliminate the opposing team wins that round; first team to win 10 rounds wins the match
- To eliminate a player you must hit him with a ball or catch a ball he has thrown
- Once a player is hit he must sit on the sidelines for the remainder of the round
- If a teammate catches an opposing player's throw he may designate one teammate who is out to return to the game
- Players who hit someone in the head must sit out the current round and the following round, with no substitution
- Note: a regulation dodge ball is a rubber ball 8 and 1/2 inches in diameter.

Second Variation

- Divide 16 to 30 students into two teams
- One team forms a circle; the other team stands inside the circle
- Players forming the circle throw the ball at the players inside the circle
- Players inside the circle should run around and “dodge” the ball, trying to not get hit
- Hitting someone in the head doesn't count
- Only players in the outside circle may throw and catch the ball
- Players who get hit join the outside circle to begin throwing the ball at players in the inside circle
- The last player in the inside circle is the winner

SKILLS & TECHNIQUES

Most players throw overhand but don't underestimate the power and control of an underhand throw. This would be the same technique you've seen in fast pitch softball.



Practice catching. Remember, bring the ball into your chest. Don't try to catch with just your hands. Have more than one person throw balls at you at the same time during practice.

Most players are eliminated because of hesitation. Learn to make your decision quickly, as to whether to dodge or catch. This is crucial.

EQUIPMENT & CLOTHING

Wear proper attire. Even if your gym doesn't have footwear requirements, remember, the act of dodging can be dangerous if you slip. Make sure you have shoes that will provide support and traction. Shirts should allow for proper ventilation. For colder gyms or outdoor games dress in layers.

Gloves can provide a good grip for throwing and catching.

The official ball used in tournament and league play is an eight inch rubber-coated foam ball.

DODGE BALL NEWS & NOTES (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

The Bexley Cup is awarded to any team winning both indoor and outdoor national dodgeball championships in the same season. The cup is named for the Bexley Reckers, the first to accomplish this feat.

The National Amateur Dodgeball Association sponsors a variety of indoor and outdoor tournaments for various age groups that include middle school, high school and adult players. The association was created as a recreational pursuit for nontraditional sport enthusiasts.

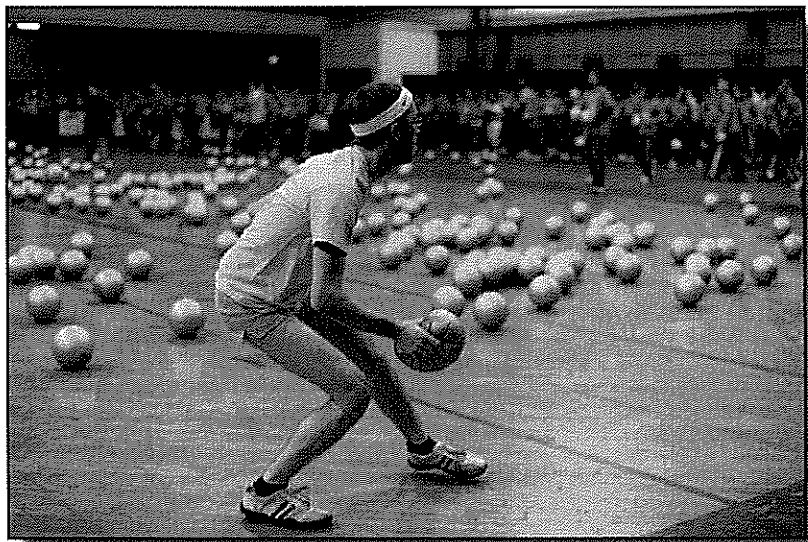
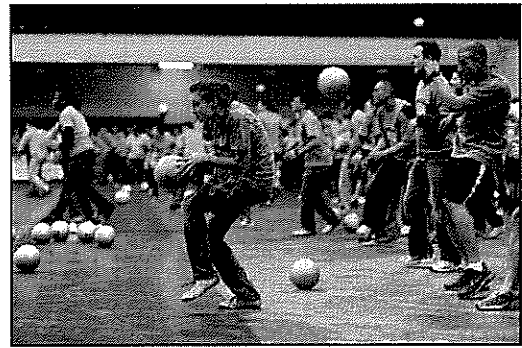


It was West Coast versus East Coast at the Lexington Armory in New York as Samsung tried to break the Guinness World Record for the largest dodgeball game ever. The record was previously held by students at San Diego University in 2009 with 450 players. But the 2010 event organized by Samsung set the bar a bit higher. The East Coast emerged

victorious with a record 712 players strong.

Stay current with information about the sport by visiting this website:

<http://www.dodgeballusa.com/>



STUDENT RESPONSE PACKET #24

DODGE BALL

NAME _____

DATE _____

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of dodge ball. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. Describe how one plays “Dr. Dodgeball.”
2. Describe how one plays “Prisonball.”
3. Why is dodgeball so controversial?
4. What have schools in some states like New Jersey done about dodgeball?
5. Describe how a circle is used in the game of dodgeball.

6. How does catching the ball begin a reversal in some variations of the game?

7. In “Prisonball,” how does one get out of “prison?”

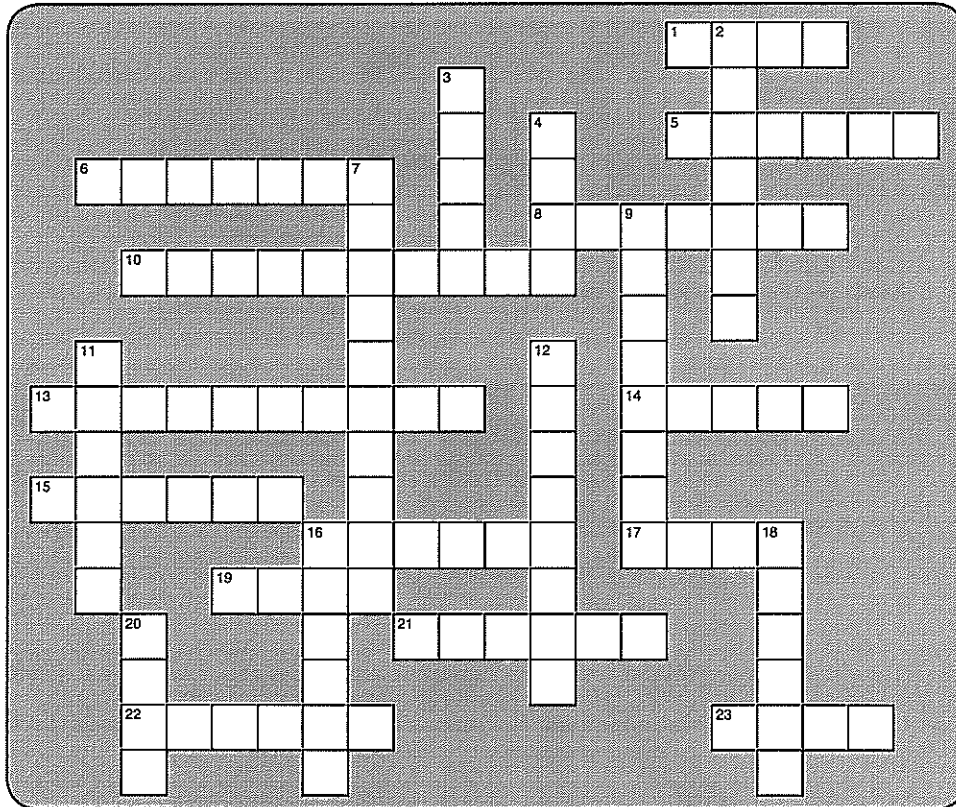
8. Why was dodgeball once considered to be a “nerd’s sport?”

9. Why did some states ban the playing of dodgeball in gym classes in the late 1990s?

10. Do you think dodgeball should be permitted in gym classes or banned? Explain your answer.

Name: _____ Date: _____

Physical Education 24 Crossword



Across

1. The ____ Coast team had 712 players
5. Dr. Dodge Ball can save these players
6. Some say that Dodge Ball gives these people an opportunity to pick on others
8. Bexley _____
10. When one is hit by the ball they are _____
13. Most players are eliminated because of this
14. Don't try to catch with just these
15. Some players wear these for a better grip on the ball
16. In Prison Ball, the hit player must go _____ the opposing team
17. Gloves help provide for a better one
19. If you hit someone here you must sit out the game
21. Substitutions can only be made between these
22. Each team has one in Dr. Dodge Ball
23. Some schools allow Dodge Ball using this type of ball

Down

2. The first "A" in NADA
3. One variation is named King's _____
4. Dodge Ball was said to be their sport
7. Teams can be _____ between enemies in Prison Ball
9. In some variations, this begins a reversal
11. This cup is awarded the team winning both indoor and outdoor championships
12. Players must never cross this line
16. Dodge Ball is _____ by schools in several states
18. One variation is named _____ Ball
20. Players try to avoid being hit by one of these

Name: _____ Date: _____

Physical Education 24 Word Search



Find these words in the above puzzle. Circle the words.

Dodgeball

Sidelines

Shirts

Balls

Round

Teammate

Players

Circle

Sport

Prisonball

Throw

Prison

Nerd

Footwear

Enemies

Bullies

Shoes

Reversal

Teams

Leader