



Dodgeball Format/Rules

Cougarball: A free-for-all form of dodgeball where it's everyone for themselves. You can run around as much as you like but once you have the ball you can only take 3 steps. Once you are 'out', you must sit off to the side until the person who got you goes 'out'. This game is played until sudden death is called where once you're out, you're out for good. *Headshots don't count*

AND

Team Dodgeball: We split up into 2 teams and play the basic rules of dodgeball. If you get hit, you're out. If you catch a direct throw from your opponent, they're out and you bring a player back in. Ball Advantage rules are in play (The team with more balls have to throw). When you're hit, you line up on the sideline in the order that your teams "out" occurred.