

## PRISONER DODGEBALL



This game is just a different version of dodge ball so most of the same rules apply.

### How To:

1. Divide the players into two equal teams. If there is not already a line that divides the gym in half, create one, and arrange one team on each side of the line.
2. Place the sproutballs on the center line of the gym, and have each team stand on the baseline of their side. This is the line that separates the playing area from the prisoner section.
3. The prisoner section should be an area between the wall and the baseline. If there is no baseline, then you should make one.
4. Signal the start of the game by yelling "Go!" Both teams at this point will run toward the balls in the center of the playing area. From here, they will throw the balls at players on the other team, attempting to hit them anywhere on the body below the shoulder.
5. Once a player has been hit with a ball, they must go to the "prison" for their team, located behind the playing area of the opponent's team.
6. Be aware that once in the prison, the only way to get out is to have a member of your own team throw a ball to you. You must catch it with both feet in the prison section before the ball hits the ground. If you succeed, you may then cross the opposing team's playing area to rejoin your team.

- 7.** Consider that if you throw a ball at an opposing player and they catch it before it hits the ground, you must go to prison. Even if the ball hits the player first, as long as they catch it before it hits the ground, you must go to prison.
- 8.** If you throw the ball and hit a player above the shoulders, it is an illegal throw called a "headshot". You must go to prison and be rescued by a throw from one of your teammates if you commit this infraction.