

# how to play trampoline dodge-ball



Each Team begins the game with an even number of players  
Each game begins with balls placed in the center jumping surface

Only Bounce sanctioned balls allowed

**NO HEADSHOTS.** You will be called out and then ridiculed.

## **YOU ARE OUT IF...**

You are hit by a live ball

Throw a live ball that is caught by an opposing player

Cross the orange center line

You deflect a ball with a ball in your hands and drop it

**ONCE YOU ARE OUT** leave the Dodgeball Arena and wait for the  
next game to begin

Balls are **"DEAD"** when they hit any object apart from a person

**NO** holding a ball for longer than 10 seconds

**NO** kicking a dodgeball

Always remember; if you can dodge a wrench, you can dodge a ball.

**BUT NO** throwing in the park!

**WARNING:** Play at Your Own Risk

If you are pregnant or have health problems **DON'T JUMP**

**bounce**  
INDOOR TRAMPOLINE PARKS

