

HIGH ALTITUDE DODGEBALL – Guide Registration Form

Team Name: _____

Unit: _____

Group Leader Details:

Name: _____

Email: _____

Telephone: _____

(Group Leader will receive email correspondence and is responsible for team affairs)

Team Details:

Minimum of 6 people per team (you may have 1 additional player as an alternate if injury or absences occur). All teams must be in uniform. (Coordinating colors/design). Uniform can be provided in the form of bibs.

Teammate #1: _____
First & Last Name *Waiver #*

Teammate #2: _____
First & Last Name *Waiver #*

Teammate #3: _____
First & Last Name *Waiver #*

Teammate #4: _____
First & Last Name *Waiver #*

Teammate #5: _____
First & Last Name *Waiver #*

Teammate #6: _____
First & Last Name *Waiver #*

Teammate #7: _____
First & Last Name *Waiver #*

Start Date: Monday 10th December 2018

Time: 7pm – 9.30pm

Location: High Altitude Trampoline Park, 91 Whiffler Road, Norwich, Nr3 2AW

Team Cost: £42

Please send a cheque along with this registration form payable to High Altitude Limited to register your team: High Altitude, 91 Whiffler Road, Norwich, NR3 2AW.

IMPORTANT:

Each person will need to complete a waiver form found here: <https://highaltitudepk.co.uk/waiver/>

1. If you're 16+ you can fill in your own.
2. If you're U'16 years of age you will need a signed waiver form from your parent/guardian.
3. Waiver numbers will need to be added to the registration form above.

Please arrive 30 mins early as waivers will need to be checked and everyone is required to watch a safety video.

For those that don't already own a pair, participants will need to purchase High Altitude grip socks which are reusable at £2 a pair.

Cafe

High Altitude has a café on site which will offer a choice of refreshments and meals on the night. Pizza meal deal's will be available at a discounted price of £5 and will include a pizza and a drink.

For further information, please call us on 01603 567200 and ask for Becki or Fran.

Alternatively, email info@highaltitudepk.co.uk and we'll answer any questions you have.



DODGE BALL RULES

Split into 2 even groups each side of the centre-line during the opening rush (when the game starts), you may only grab the balls from the centre-line

You are out if:

- 1) You step on or over a side-line or centre-line
- 2) A thrown ball hits your body
- 3) You throw a live ball and it is caught by an opponent
- 4) You hit an opponent in the head with a ball

A thrown live ball can only hit out 1 player. Thrown balls that hit the ground, the wall, other balls or other objects before hitting the opponent are considered dead balls. You may block a thrown ball with a held ball. However, if you drop the blocking ball during the act of blocking, or if you fail to make a clean block so the thrown ball still deflects off you, you are out

If you are out, exit the bouncing area and line up on the side to form a resurrection line. If a playing teammate catches a ball the player at the start of your team's resurrection line comes back into play after touching the wall (you must be in the line at the time of the catch to be eligible to be brought back in). You can only hold a ball for 10 seconds, afterwards, it will be considered dead. Dead balls need to be rolled over immediately to the other team

If the game ends up with 1 player per side, each player has 10 seconds to hit the other out; if not, 'showdown' comes into effect. The game is paused, each player gets two balls, two balls are lined up at the ends of the centre-line and the centre-line is dissolved. The first player to get the other player out wins

Have fun, shake hands, make friends and be a good winner and a good loser!