



2022 Asian Dodgeball Blocking Competition

Rules and Regulations

Court setting

1. 2 marks place on the half standard volleyball court , 2 marks place on the start and finish line. Between the two marks at the start or finish line is 1 meter.
2. Place 5 dodgeballs behind the finish line.
3. Different distance of action for different Categories

Equipment

1. 4 marks(see at the diagram 1, it may be a cone or dish)
2. 5 dodgeballs(place on the finish line)
3. Video recorder with a timer (smart phone is preferred)

Video Submission Rules

1. Teams must consist of 2 players only in same gender combination
2. The video should be recorded with a microphone (you can also use an integrated microphone on your mobile phone device) to capture the visual
3. The video should be recorded with good lighting and both team members lit from the front, please avoid back lighting.
4. A tripod or Steadicam could be used for videotaping (optional)
5. Teams cannot submit any choreography that has any additional effects, speed changes, motion editing etc. The videos must be naturally recorded and not enhanced in any way.
6. Process is submitted via VDO format (camera, phone, laptop, digital recordings are all accepted).
7. Please avoid using props that could be dangerous including knives, batons, fire, smoke etc. these props will not be accepted.
8. In the process, no synthesized, digital or pre-recorded vocals will be accepted.

Technical Requirements:

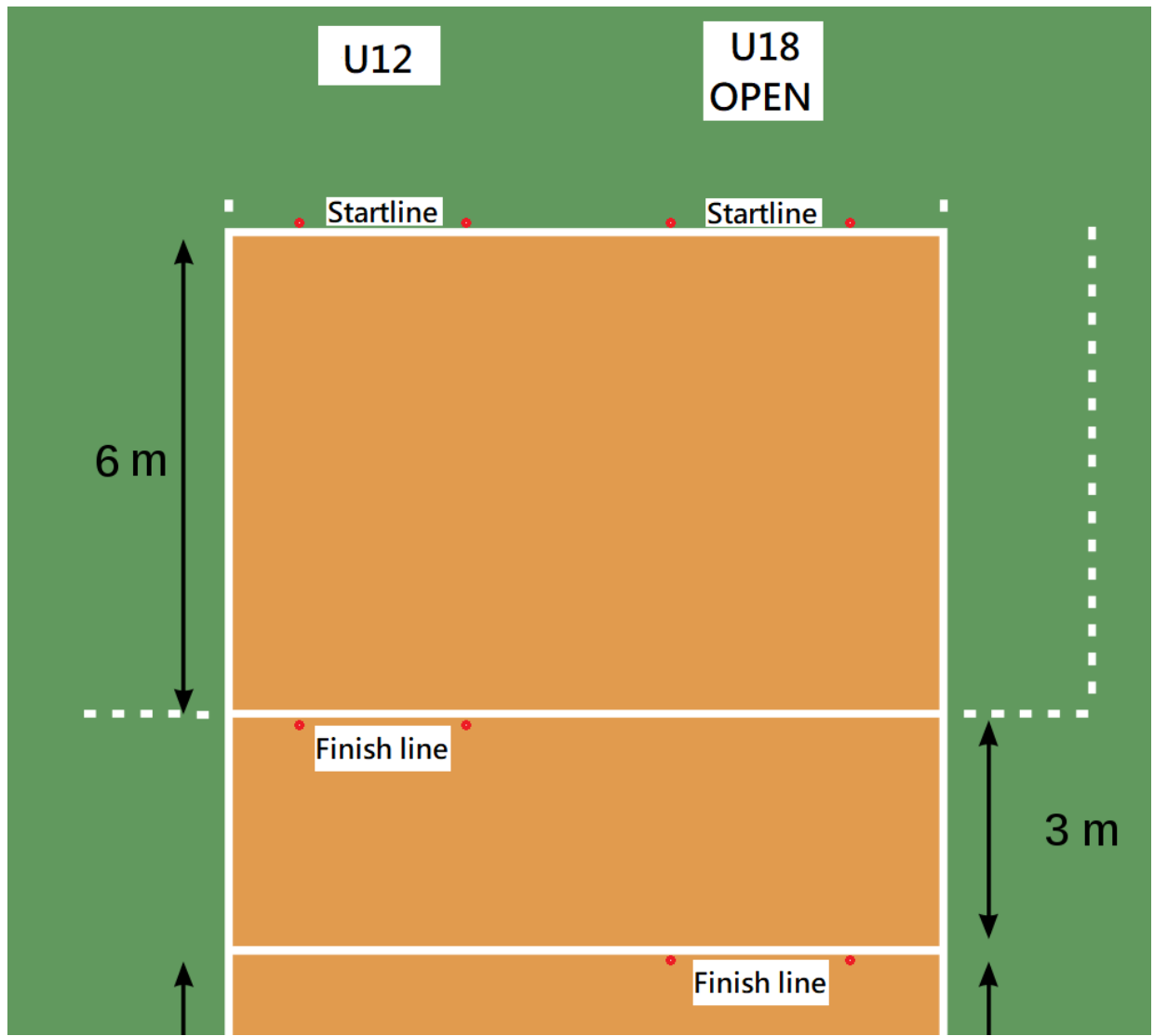
- Video format (AVI, MPEG 4, MOV)
- Video codec (H.264/MPEG 4 AVC)
- Video resolution (from 1280x720 to 1920x1080)
- Frame rate: 30 or 60 fps
- Screen ratio: (16:9)
- Video orientation: Landscape (Horizontal) Size (up to 200 MB)

Procedure

1. Before the record 2 players is ready, one at start line, the other stay behind at the finish line.
2. The action will be start when the whistle is blow.
3. 6 / 9 Meters shuttle run (MUST pass the lines completely before turning)
4. Player 1 at the start line ready to CATCH the first dodgeball from player 2 behind the finish line.
5. Catch the dodgeball
6. Ready to "BLOCK"
7. BLOCKING
8. Do Burpee after the BLOCK (Ref. <https://youtu.be/auBLPXO8Fww>)
9. Repeat action 6 and 8
10. After 4 BLOCKING and BURPEE
11. Run to finish line and pass through.

Categories	Burpee	Distance
U12	4	6 meters
U18 and OPEN		9 meters

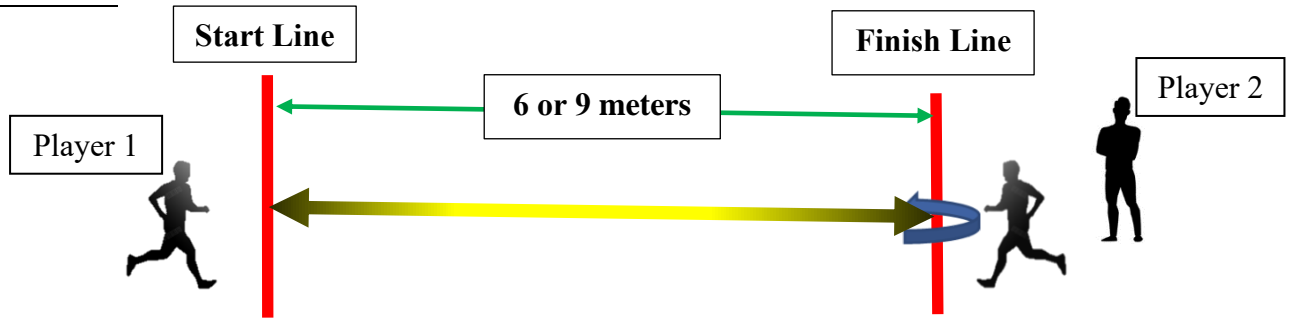
Court setting



Volleyball Court (diagram 1)

Procedure

1,2 and 3



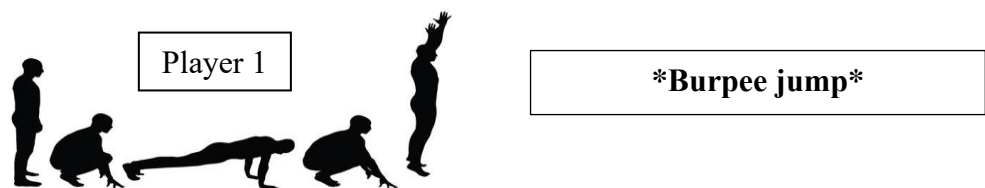
4 and 5



6 and 7



8



11

