

Tunnel Ball – Game Number 1

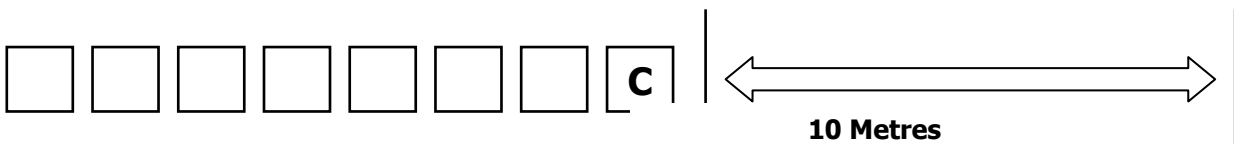
Correct as at 1 January 2016

Ball Games Competitions are conducted in accordance with the [Australian Air League Manual, Section 24](#).

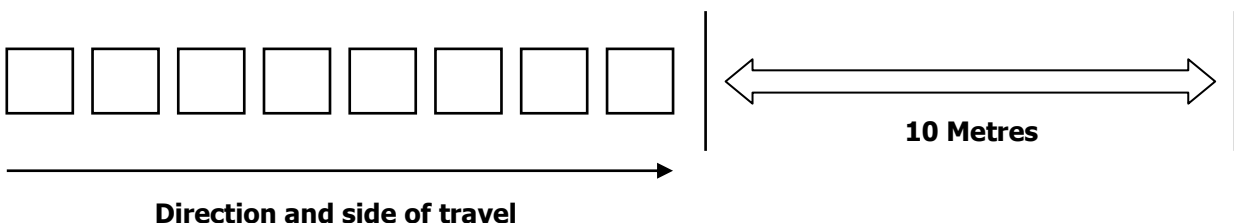
Tunnel Ball uses a **medicine ball**. Medicine balls used in AAL physical activities competitions weigh at least 2.25 kilograms. No restrictions apply to the circumference of medicine balls.

1. Teams line up in single file on parallel lines to each other no closer than three (3) metres apart. Each team occupies one line, the lines are marked at intervals of one (1) metre from front to rear with the team captain on the first marker.
2. **"First whistle"** All of the team is standing to attention and the captain has the ball at his/her feet.
3. **"Second whistle"** Ready position. Team members' feet astride and body bent downwards to make a tunnel with their legs for the ball to pass through. The Captain picks up the ball with both hands and holds it clear of the ground.
4. **"Third whistle"** Game Commences. The Captain sets the game in motion by throwing the ball down the tunnel where it is propelled by the hands of the team to the member on the end of the line. When the end member receives the ball, he/she runs on the right hand side of the team to the head of the line (see 25.32), while all members move back one (1) marker. The runner then takes up the captain's position and sets the ball going again. As the process is repeated the captain gradually works down to the end of the line. When he/she receives the ball as the last runner he/she runs through to the finish line 10 metres in front, then facing the team at attention with the ball at his/her feet and the rest of the team also standing at attention indicating that they have finished.
5. It is not necessary for each member to touch the ball.
6. One foot must be kept on each side of the marker. No bunching up is allowed.
7. If the ball goes out of the tunnel it may be recovered by the player who missed it and play continued from that point.
8. The member at the end of the line is **not** permitted to stand back from the mark and take the ball on the run.

Game Number One – Starting Position:



Game Number One – During Play:



Game Number One – End Position:

