Bounce Relay – Game Number 3

*Correct as at 1 January 2017*

Ball Games Competitions are conducted in accordance with the Australian Air League Manual, Section 24.

Bounce Relay uses a **basketball**. Basketballs used in AAL physical activities competitions are a regulation competition ball 76.25 cm in circumference.
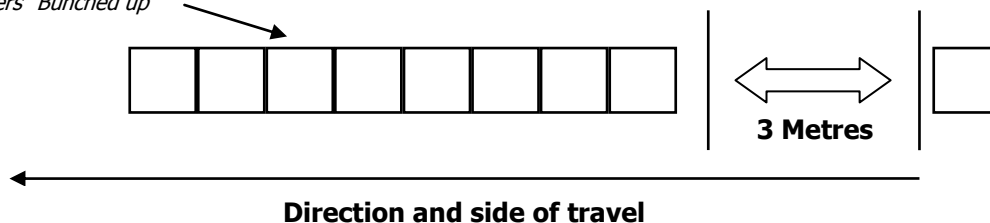
1. Teams line up in single file on parallel lines to each other no closer than three (3) metres apart. Each team occupies one line, the lines are marked at intervals of one (l) metre from front to rear with the team captain on the first marker.

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. The Captain picks up the ball and the remainder of the team bunch up behind the captain (moving off the markers).

4. **"Third whistle"** Game Commences. The Captain runs to the three (3) metre marker in front of the team, stops and bounces the ball three (3) times. The Captain then throws the ball back to the next team member who catches the ball. The captain then runs down the right hand side of the team (see below) to take up a position at the rear of the team. At the same time the member who caught the ball runs to the front marker, bounces the ball three (3) times and throws the ball back to the next member and so on till the captain is back on his/her marker, along with each team member on his/her marker, standing to attention and the captain with the ball at his/her feet, indicating that they have finished.

5. Members throwing the ball back to the team must be standing at attention and stationary before throwing the ball back to the team.

6. Members catching the ball must not leave their position prior to receiving the ball.

7. If the member **bouncing** the ball loses it during the bouncing, they retrieve the ball and continue the count from the number that the ball was lost from and not from the start

8. If the member **receiving** the ball drops it, they must after retrieving it start their run to the throwing line from the front marker.

Game Number Three – Starting Position:
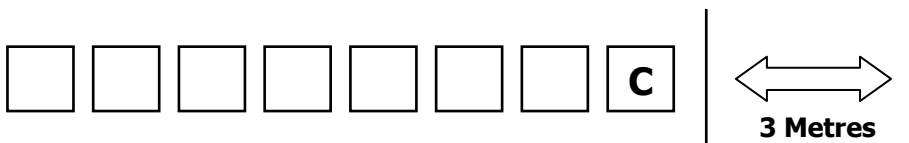
Game Number Three – During Play:

Direction and side of travel

Game Number Three – End Position: