

Time Ball Relay – Game Number 5

Correct as at 1 January 2020

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

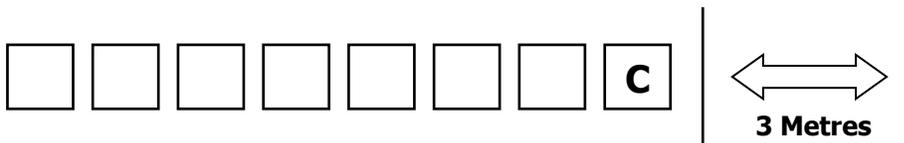
Bounce Relay uses a **basketball**. Basketballs used in AAL physical activities competitions are a regulation competition ball 76.25 cm in circumference.

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 (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*. 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 throws the ball to the first member who in turn throws it back and assumes a crouched position, the captain then throws it to the next member and so on till each member has caught and returned the ball. The last member on catching the ball runs up the right hand side to the captains' position, the captain in turn going to the first position and the other members moving back to allow him/her in. This continues until the captain receives the ball as the last member and runs to the 3-metre marker and stands to attention with the rest of the team with the ball at his/her feet indicating that they have finished.

Game Notes

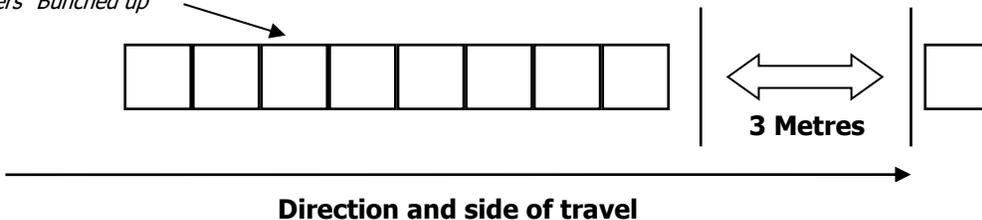
- If the ball is dropped it must be returned to the thrower for another throw and continued until it is caught.
- Crouched position is **not** sitting - only feet and hands may be on the ground.

Game Number Five – Starting Position:



Game Number Five – During Play:

Members "Bunched up"



Game Number Five – End Position:

