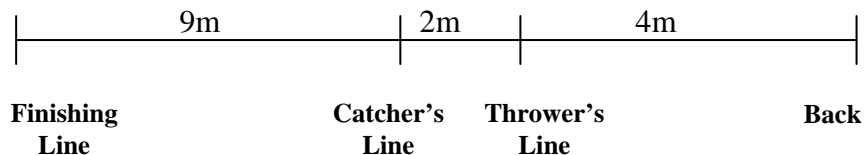


CAPTAIN BALL RULES

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1. **The Ball:** The game shall be played with a netball, Size 5.
1. **Players:** The team shall consist of ten (10) players (5 boys and 5 girls) 1 to 10, No. 1 being the captain. All team members must be Seniors turn 11, 12 or 13 this year and **must not** be involved in Day 1 of the Zone Athletics Carnival.
- 2.
3. **The Ground:** There shall be four lines, thus –



4. **Rules:**
 - a. Front player stands behind and clear of the front line
 - b. Thrower stands behind the thrower's line
 - c. Once a player catches and returns the ball he/she must crouch in full knees bent position and front on to the thrower
 - d. Players must not cross the back line before receiving the ball.
 - e. Thrower's must have both feet behind the thrower's line before throwing the ball
 - f. The last player must cross the finishing line with the ball in his/her hands.
- ❖ The winner is decided on the basis of three games.
 - ❖ If a team is disqualified they must stand still until instructed to move.
 - ❖ If a team's ball crosses the area in which another team is playing it must be retrieved by a player running around , and not interfering with that team