



TUNNEL BALL RULES

1. **The Ball:** The ball shall be a 1.8kg medicine ball for Primary Schools.
2. **The Teams:** 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 Juniors ie turn 8, 9 or 10 this year and must not be involved in Day 1 of the Zone Athletics Carnival.
3. **The Ground:** Three lines shall be marked as in the diagram.



4. **The Rules:**
 - On the first whistle:
 - team stands to attention
 - On the second whistle:
 - team stands upright with feet apart
 - player No 1 places the ball on the finish side of the front line.
 - On the third whistle:
 - Game starts
 - The back player must not touch the ball until it has crossed the back line
 - Players must run to the front of their team on the right hand side
 - The last player must run to the finish line with the ball in his/her hands.

The winning team is decided on the basics of three games.

Common faults

1. Feet or hands over the back line when receiving the ball
2. Leading player on the wrong side of the front line
3. Running on the left hand side of them