



TEAM GAME | PLAYERS 4-10 | **CRAZY BALL**

Crazy Ball is lots of fun, very fast, has skills associated with all ball sports and can be enjoyed by players of all skill levels.

**VARIATIONS:**  
Instead of using a Crazy Catch ball, try using a volleyball, netball or rugby ball.

**EQUIPMENT:**  
\* 2 Crazy Catch nets  
\* 1 Crazy Catch ball  
\* Cones to mark halfway point  
\* 2 large mats or 8 cones to mark the base areas

**SET UP:**

- \* Field size:
  - Use an indoor gym OR
  - Mark an outdoor area of 50m long x 40m wide (this can be adjusted to suit)
- \* Mark out a base area in front of each Crazy Catch, 2m wide x 4m deep. There should be 2 metres between the Crazy Catch and the base area.
- \* For maximum fun and excitement set nets on the insane side, at an angle of about 60°. This will ensure most rebounds go beyond the 4 metre zone.

unique sporting equipment ... rapid skill development ... unlimited healthy fun

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## 6 OFFICIAL CRAZY BALL RULES:

These are the official Crazy Ball Rules, but there are loads of different ways to play. Use different types of balls, have longer or shorter time lengths for each quarter, play inside or outside - but most of all have fun!

**DURATION:** 4 quarters of 10 minutes

**BALL TYPE:** Crazy Catch ball

**N° OF TEAMS:** Two

**GAME OBJECTIVE:** Score points by throwing ball to your own player in the base area, and catching crazy catch rebounds.

### »» HOW TO PLAY:

- × Play starts at halfway mark
- × Teams try to get the ball to one of their players within a base area
- × This player then throws the ball into the Crazy Catch from within the base. All other players contest the rebound from behind the base area.
- × Once ball is retrieved, play starts again at the half way mark, with possession going to team that did not get the ball into the base area zone.
- × Play starts as soon as the ball is returned to half way.

### GAME RULES:

- × The thrower cannot catch their own rebound and if it touches any part of them a point is lost and the opposition receive a penalty from the halfway mark.
- × Both teams can contest when ball is being passed without pushing, shoving, tripping or holding. Any player on the ground with ball must be allowed to stand up. They have 3 seconds to pass the ball once on their feet.
- × Receiver has possession once they have 1 or 2 hands holding the ball whether it is on the ground or in the air. They can then take a maximum of 3 steps. If receiver breaks this rule, a penalty is awarded from this position.
- × Once a receiver clearly has possession defenders must not block the throw and must retire at least 1 metre from the feet of the receiver.

- × Where two opposing team members each have possession of the ball a referee will toss the ball vertically in the air to restart the game.
- × All passes must be more than 2 metres in length unless intercepted by defence.
- × The ball is still alive if dropped and a pass can be rolled along the ground.

### SUBS

- × Players can be subbed at any time but the new player cannot enter the field of play until after the retiring player has left the field of play.

### FOULS

- × In a penalty situation the penalised player must stand stationary, 2m behind player with the ball and cannot intercept the first pass.
- × With continual offending the player is removed from the field of play for 5 minutes or permanently depending on the level of offending and the discretion of the referee. Referees should be particularly severe where it is deemed the offending is intentional and not allowing fun participation from all involved. Offences are based around contact with opposition players and blocking the thrower from passing and not clearing the 1 metre throwing zone.

### SCORING:

- \* Score 1 point when a team member catches the ball in the base area. (They must have at least one foot grounded in base area, or if caught in midair they must land in base area).
- \* Score 2 points when either team catches a rebound on the full.
- \* Score 1 point when either team gathers the rebound but not on the full.
- \* If the rebounding ball is dropped, no point is scored.