



TEAM GAME | PLAYERS 4-10 | GO CRAZY

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

**SET UP:**

- \* Position nets 30-50 metres apart, either outdoors or in a gym.
- \* 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.
- \* Mark out 2 base areas (about 2-4 metres square) with cones or mats. There should be 2 metres between the Crazy Catch and the base area.

**VARIATIONS:**

Instead of 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 area

**HOW TO PLAY:**

- \* The game is played for 4 quarters (or 2 halves) of 5 - 10 minutes, with 2 teams
- \* Play starts at halfway mark
- \* A point is scored when the attacking team receives ball with at least one foot grounded in the base area, or receives the ball midair then lands with one foot within the base area.
- \* The player who lands in base area with ball, then throws the ball into the Crazy Catch from within the base. All other players contest the rebound from behind the base area. If the rebound is caught on the full beyond the base area a point is scored by the catching team. If the rebounding ball is dropped or not caught, no point is scored.
- \* The thrower cannot be the catcher and if it touches any part of them a point is lost and the opposition receive a penalty from the halfway mark.
- \* If a rebound catch is taken play restarts from halfway with possession going to the team that did not take the catch.
- \* If a rebound catch is not taken the ball is immediately back in play with the objective to get it into the base area.
- \* Any player that touches the rebounding ball from within the base zone loses a point for their team, with a penalty restart from half way to the opposition.
- \* 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.

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