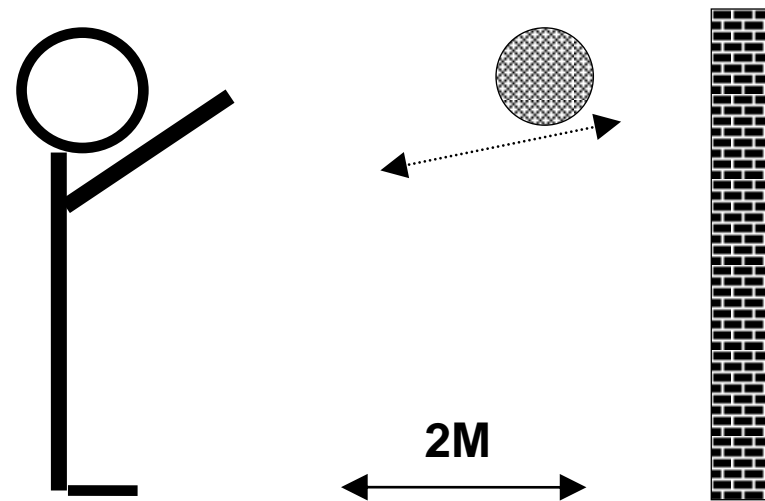
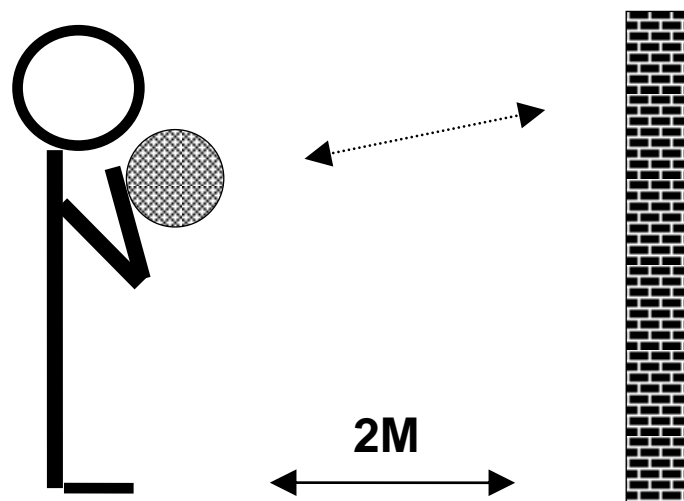


# BALL BOUNCE

**SCORING:-** Count Each Successfully Caught Ball In 30 Seconds.

Using a netball or size 5 football, stand behind a line 2 meters from the wall. hold the ball with both hands against your chest. The ball must be thrown with both hands, so as to rebound from the wall into both hands behind the line. Count each successfully caught ball in 30 seconds. (it's recommended that a brick wall or similar solid surface is used for this event to ensure a satisfactorily rebound).



	Points	1	2	3	4	5
Male	No in 30 sec	30	35	40	45	50
Female	No in 30 sec	20	26	32	36	38