

# **BENCHBALL RULES (USING MATS)**

## **SIMPLE RULES**

There are two teams, both of which are trying to get all their team onto the mat (instead of the bench) before the opposition manages the same feat in order to win the game.

This is done by moving the ball around the team until an attacking throw may be taken and caught safely on the mat, resulting in that player joining the catcher on the mat.

The only equipment needed are mats, a set of bibs and a ball.

The basic rules are:

- One person from each side starts on a mat.
- You may only use your hands to control the ball.
- You can't move with the ball (basic netball footwork rules apply).
- The person who throws the ball to be caught by the person on the mat must then go on to the mat.
- No swapping of players on the mat is allowed.
- If the ball is caught by the player on the mat, and they then step off the mat having lost balance, the catch becomes void.
- All players on the mat must be physically on the mat when the ball is caught by a team mate. If someone is off the mat, the catch becomes void.
- If a player travels with the ball, there is a turnover of possession.
- Play starts with a tip off.
- The last player on each team may bounce the ball once in order to achieve an attacking advantage, but must throw to the mat on their next move.