- **All** players must **face** and **watch the batter** at all times.

- **Never** put your **head in to or near the netting.**

- Only **one ball,** the **bowler** and the **batter** should be in the main part of the net at any one time.

- Retrieve the ball from the netting safely by using your **foot** (**not** your hand) to roll the ball out of the net.

- Pad up (get ready to bat) **in a safe area** facing the action.

- When batting, always return the ball to the bowler by **lobbing the ball gently**.

- When batting, make sure you always wear full protection including helmet, box, gloves and pads.

- When bowling, you must come out of the net on the **opposite side** to the next bowler, **watching the batte**r at all times.