



**Funded by
the European Union**



Project name:

**"Mild Health Conditions Optimization through Vital
Exercise and Unwind Program"**

Project number and acronym:

101184444 – MOVE UP

D3.5 CATCHBALL MANUAL

Mild Health Conditions Optimization through Vital Exercise and Unwind Program

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



CATCHBALL MANUAL

Contents

INTRODUCTION TO “MOVE UP” PROJECT	3
GENERAL OBJECTIVES.....	4
GAME HISTORY	6
Early development	7
RULES OF THE GAMES	8
PLAYING AREA.....	9
TEAM AND TEAM MEMBERS	12
TEAM COMPOSITION	12
CAPTAIN.....	12
COACH.....	13
STRUCTURE OF PLAY	14
GAME DELAYS	27
CODES OF CONDUCT	31
MATCH OFFICIALS AND PROCEDURE	34
OFFICIAL SIGNALS REFEREES' HAND SIGNALS - see appendix 1	37
CATCHBALL - 4 weeks of training plans	39
WEEK 1 Chest throwing and catching	39
WEEK 2 overarm throwing and passes.....	40
WEEK 3 Attack and spiking	41
WEEK 4 The serve and defense.....	42
Appendix 1 Officials Hand Signals.....	43
Appendix 2 Court dimensions.....	44



INTRODUCTION TO “MOVE UP” PROJECT

The MOVEUP project is a comprehensive initiative designed to enhance the well-being and physical condition of individuals living with chronic health conditions through structured physical activity and inclusive sports programs. Recognizing the daily challenges faced by those managing long-term health conditions, MOVEUP operates on the belief that an active and fulfilling life remains not only possible but essential. Through a strategic combination of medically-informed guidance and community-driven support, the project aims to bridge the often-overlooked gap between clinical treatment and holistic well-being.

Under the supervision of qualified medical personnel and guided by specialized trainers, MOVEUP promotes physical activity as a safe and effective means of improving physical capacity, mental resilience, and social integration. Personalized programs are central to the project's methodology. Activities are adapted to suit each individual's abilities and limitations, taking into account the specific needs of each group. Accessible and modified team sports—such as walking football, walking basketball, and catchball—will be introduced to ensure participants can engage in movement without risking their health or comfort.

In addition to physical activity, the project places a strong emphasis on community engagement. Shared experiences foster motivation and emotional support, which is why MOVEUP proposes a user-friendly mobile app to connect participants. This digital platform will allow users to exchange tips, track progress, celebrate achievements, and offer encouragement in a secure and welcoming environment.

Collaboration with healthcare professionals is a cornerstone of the MOVEUP project. Regular consultations with physicians, physiotherapists, and nutritionists will ensure each participant's journey is closely monitored and adjusted according to their health status. This integrated, holistic approach guarantees that the physical activities complement medical treatments rather than conflict with them. Certified trainers and coaching experts will play a key role in delivering the program. Their expertise in exercise physiology and chronic health adaptation will provide participants with personalized guidance on



form, intensity, and safe progression—motivating them to push their limits while respecting their physical boundaries.

From a scalability perspective, MOVEUP aims to expand across the European Union through partnerships with sports federations, corporate wellness programs, and community organizations. Letters of support from UEFA, the Italian Basketball Federation, and the International Catchball Federation reaffirm their commitment to helping scale the project and increase its impact.

Basically, MOVEUP is more than another Erasmus project—it's a movement toward resilience, connection, and empowerment. It redefines what it means to thrive despite chronic health challenges, offering participants not just improved physical condition, but a renewed sense of hope and purpose.

GENERAL OBJECTIVES

The general objectives the project include also promoting voluntary activities in sport, social inclusion, equal opportunities, and awareness of the importance of health-enhancing physical activity through increased participation in, and equal access to, sport for all. The project addresses these objectives by:

✓ Promoting Social Inclusion: Tailoring sports for individuals with living with chronic health conditions (CHC) fosters an inclusive environment, ensuring equal opportunities for participation, combating solitude, isolation and depression.

✓ Encouraging Healthy Lifestyles: The project contributes to health-enhancing physical activity for individuals with diabetes and hypertension, directly supporting the EU's goal of combating sedentary lifestyles and promoting health through sport.

✓ Fostering Equality and Participation: One of the overarching objectives of Erasmus+ is to support social inclusion, gender equality and participation in sport and PA. MOVEUP project embodies this by creating opportunities for participation in sports activities for those who are often sidelined due to their physical condition. This initiative not only promotes equality in access to sports but also contributes to combatting social isolation.

✓ Enhancing the Quality of Life through Physical Education: By adapting sports to be more inclusive, the project contributes to improving the quality of life for individuals with diabetes and hypertension. This aligns with the Erasmus+ objective of supporting health



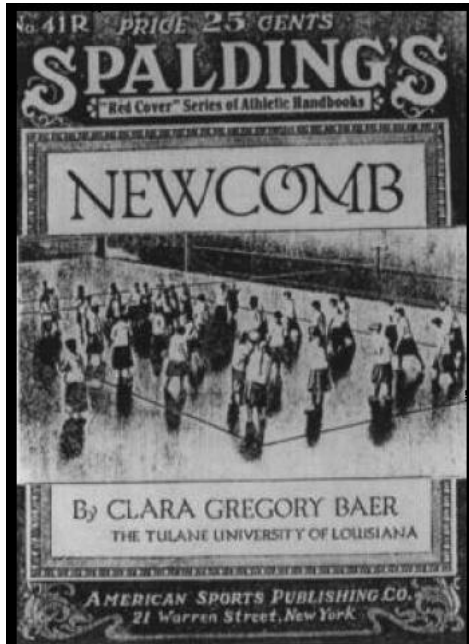
and well-being through education and training, demonstrating the project's potential to educate participants about managing their conditions through regular, enjoyable physical activity.

✓ Underline sport values (cooperation, respect for rules and values, communication, connections, respect for others, tolerance, teamwork, discipline), as a as a tool for the development of healthy nutrition behaviors, healthy lifestyle and active aging.





GAME HISTORY



Catchball (also known as Newcomb in USA) was invented on January 10, 1895 by Clara Gregory Baer, a physical education instructor at Sophie Newcomb College, Tulane University in New Orleans.

Baer had ordered some baskets to play basketball, but the baskets had not yet arrived, so she decided to create a substitute sport.

The game is significant because it was invented by a woman and became the second team sport to be played by women in the United States, after basketball. There is evidence of the game being played in the United States, Canada, Mexico, China, Argentina, Israel, India, Greece, Bulgaria, Austria, Australia, New

Zeeland and now also in Romania.

Newcomb ball was developed as a way to “provide activity and skill development for young women who had limited opportunity to engage in sport.” Baer’s commitment to providing those opportunities was a core part of her work. She’d trained in physical education, and after graduation, took a position at Newcomb. While teaching there, she also took on the position as Women’s Gymnastics Director at the Southern Athletic Club. In 1889, the all-male club began letting the members’ female relatives use the club for a few hours a week. And before Baer came on the scene, the women “reportedly preferred gossip to physical activity.”

Source: Paul, Joan. “A Lost Sport: Clara Gregory Baer and Newcomb Ball.” Journal of Sport History, vol. 23, no. 2, 1996, pp. 165–74. JSTOR, <http://www.jstor.org/stable/43609991>. Accessed 21 Apr. 2025.



Early development

Baer invented the game of Newcomb as the result of an effort "to place before her students a game that could be easily arranged, could include any number of students, could be played in any designated time and in any available space"

The game was first publicized in an article by Baer in the Posse Gymnasium Journal, where the name "Newcomb" was first coined. A more detailed paper was later prepared for the American Physical Education Association, which was received with "hearty approval". Baer first officially published a description of the game in 1895, together with the first book of rules for women's basketball.

Originally, Newcomb ball involved two teams placed facing each other in a small gymnasium, the object being for one team to "throw the ball into the other team's area with such direction and force that it caused the ball to hit the floor without being caught." [2] This was called a "touch-down" and scored a point for the throwing team.

Source : Wikipedia





RULES OF THE GAMES

Catchball is a dynamic team sport that blends elements of volleyball, handball, and basketball, resulting in a game that is both accessible and engaging for players of diverse ages and skill levels. Played between two teams on a rectangular court divided by a net, the central objective of catchball is to send the ball over the net so that it lands within the opponent's side of the court, while simultaneously defending one's own side to prevent the ball from touching the ground. The sport emphasizes coordination, strategy, and communication, and is particularly popular in educational, recreational, and amateur competitive settings due to its inclusive nature and relatively low barrier to entry. Structurally, catchball resembles volleyball, with teams separated by a central net and points scored by grounding the ball on the opposing team's court. However, while volleyball involves striking the ball with open hands or forearms, catchball modifies the technique by requiring players to catch and throw the ball. Hitting the ball, as in volleyball, is not permitted. Each team is allowed up to three consecutive contacts with the ball—excluding an optional block—before returning it over the net. These contacts must consist of clean catches and overhead or underhand throws. The ball must be caught cleanly with both hands and released with a smooth motion, reflecting the influence of handball techniques.

The game commences with a serve, where the server throws the ball from behind the back line into the opponent's court. A successful serve must clear the net and land within the designated playing area. Once the rally begins, teams work cooperatively to receive, set, and return the ball using a sequence of controlled throws. Each rally continues until the ball touches the ground, is thrown out-of-bounds, or a team fails to return it over the net within three contacts. Points are awarded using the Rally Point System, where every rally results in a point being awarded to one of the teams. If the receiving team wins a rally, it also earns the right to serve, and players rotate clockwise to ensure a balanced distribution of roles throughout the game.

Catchball incorporates hand-eye coordination and ball control skills that are commonly found in basketball. Players must be adept at catching passes from teammates and executing accurate throws under pressure, similar to passing maneuvers in basketball.



Additionally, defensive tactics, such as blocking near the net, echo both volleyball and basketball strategies for disrupting the opponent's offense.

What sets catchball apart is its emphasis on skill development without the need for high-impact physical contact or advanced technical skills. This makes it particularly suitable for beginners, younger players, and mixed-ability groups. Its rule set is simple enough to be introduced quickly in physical education classes, yet the game can be scaled in complexity to accommodate more competitive play. Players develop a range of motor skills, including spatial awareness, timing, and teamwork, all while engaging in moderate to vigorous physical activity.

Catchball is a hybrid sport that combines the strategic structure of volleyball, the ball-handling techniques of handball, and the passing dynamics of basketball. It offers a versatile, inclusive, and educational platform for physical activity that enhances teamwork, motor skills, and strategic thinking. Its adaptability makes it an ideal choice for schools, community centers, and recreational sports programs seeking to engage participants in a fun, low-barrier, and team-oriented sport.

Moreover, catchball fosters an inclusive and cooperative environment. Because the sport de-emphasizes power and emphasizes precision, timing, and communication, players of different sizes and athletic backgrounds can contribute equally. The game's rotational structure ensures that everyone participates in various court positions, promoting versatility and a deeper understanding of the game.

PLAYING AREA

See Appendix A for diagrams. The playing area includes the court and the free zone around the court. It is a rectangular shape and symmetrical.

DIMENSIONS

The court is rectangular in shape measuring 18x9 m, surrounded by a free zone, which is a minimum of 2 m wide on all sides. The free playing space is the space above the playing area and must be free of obstructions. The free playing space shall measure a minimum of 5 m in height from the playing surface.



PLAYING SURFACE

The surface must be flat, level and uniform. It must not present any danger of injury to the players. The surface of the court must be a light color.

LINES ON THE COURT

All court lines are 5 cm wide. They must be a different color to that of the floor and other lines on the court. Boundary lines - two side lines and two end lines mark the playing court. Both side and end lines are positioned within the dimensions of the court. Center line - the center line divides the court into two equal sides measuring 9x9 m each. This line is positioned directly beneath the net and extends from one side line to the other. Attack lines - an attack line is positioned 3 m away from the center line on both sides of the net. It marks the Front zone.

ZONES AND AREAS

Front zone - the area from the center line to the attack line and includes the attack line itself. The front zone extends beyond the side lines to the end of the free zone. Serving zone - the serving zone is the 9 m width region behind each end line, bounded between the extensions of the side lines. The serving zone extends from the end line to the end of the free zone directly behind it. The end line is not part of the serving area. Substitution zone - the substitution zone on each side of the court is the area between the center line and the attack line. Libero replacement zone - the Libero replacement zone is the free zone extending from the attack line to the end line on the side of the court where the team benches are positioned.

NET AND POSTS

HEIGHT OF THE NET The net is hung vertically over the center line in the middle of the court. The height of the net is 2.24 m as measured in the center of the court between the two side lines. The height of the net over the two side lines must be exactly the same and must not exceed 2.26 m.



FORMATION OF THE NET

The net is 1 m wide and 9.5 to 10 meters long (including 25-50 cm that extends beyond the side bands). The net is made of black mesh squares that are 10x10 cm in size. At the top of the net is a white canvas band that is 7 cm wide, that is folded over on both sides and sewn across the full length of the net. Each end of the canvas band has a fortified hole for fastening the 2017 Official Catchball Rules © The Catchball Association 8 net to the posts with a flexible cable to keep the top of the net taut. The bottom of the net also has a white canvas band, similar to the top band, that is 5 cm wide. A cord is attached to the bottom band and is used to fasten the bottom of the net to the posts and keep it taut. Side bands Two white canvas bands are fastened vertically to the net and placed directly above each side line. They are 5 cm wide and 1 m long and are considered part of the net.

ANTENNAE

An antenna is a flexible rod, 1.80 m long and 10 mm in diameter, made of fiberglass or similar material. The antennae are attached at the outer edge of each side band at the two ends of the net. The top 80 cm of each antenna extends above the net and is marked with 10 cm stripes of contrasting color, preferably red and white. The antennae are considered part of the net and delineate the crossing space.

POSTS

The posts supporting the net are placed at a distance of 0.5- 1.0 m beyond the side lines. They are 2.55 m high and preferably adjustable. The posts are round and smooth, fixed to the ground without wires or cables or any other dangerous or obstructing apparatus.

BALLS

The ball shall be round (spherical), made of leather or flexible synthetic leather. It may be a light uniform color or a combination of colors, preferable pink. Its circumference shall be 65-67 cm and its weight 260-280 g. The pressure inside the ball shall be 0.290 to 0.310 kg/cm² (2.84-3.04 bar). All balls used in a particular match must have the same standards regarding circumference, weight, pressure, type, color, etc.



TEAM AND TEAM MEMBERS

All team members must be familiar with the “Official Catchball Rules” and abide by them. They must accept the referees’ decisions with sportsmanlike conduct, without disputing them. In case of doubt, clarification may be requested through the game captain. All team members must behave respectfully and courteously in the spirit of FAIR PLAY, not only towards the referees, but also towards other officials, opponents, their teammates and spectators.

TEAM COMPOSITION

For a match, a team will consist of at least 6 players and can include one coach and one assistant coach. One of the players is the team captain and will be indicated as such on the scoresheet. Two players may be designated as Libero in each set. Only the players recorded on the scoresheet may enter the court and play in the match.

CAPTAIN

Team captain is the team’s representative for all administrative issues prior to and at the end of the match. Game captain is the team’s representative during the match. During the match, when the Team captain is on the court, she is the Game captain. Game captain is responsible for the conduct and discipline of her team members, as well as those of the coach.

PRIOR TO THE MATCH, the game captain signs the scoresheet and represents her team in the coin toss.

DURING THE MATCH - when the team captain is not on the court, another player on the court, but not the Libero, must be assigned to assume the role of Game captain. She will maintain her responsibilities until she is substituted, or the set ends. Only the game captain is authorized to speak to the referees and can do so when the ball is “out of play”:

- to ask for an explanation on the decision or interpretation of the Rules, and also to put forward the requests or questions of her team mates;
- to ask permission: a) to check the specific positions of her team players on the court, b) to check the floor, the net, the ball, etc.; c) to exchange all or part of the players’ gear,
- in the absence of the coach to request time-outs and substitutions.



At the end of the match the captain thanks the referees.

COACH

Throughout the match, the coach directs the play of his/her team behind the side lines of the court. He/she selects the starting line-up and the substituting players, and requests time-outs.

PRIOR TO THE MATCH, the coach records or checks the names and numbers of his/her players on the scoresheet, and then signs it.

DURING THE MATCH, the coach:

- gives the scorer the starting line-up sheet duly filled in and signed prior to each set; requests time-outs and substitutions;
- may, as well as other team members, give instructions to the players on the court, while sitting on the bench, standing or walking within the free zone in front of his/her team's bench from the region extending from the attack line to the end line, and must do so without disturbing or delaying the play.
- may ask to check the correct serving player of his/her team.
- the coach is not allowed to contest the referee's rulings or attempt to influence the referee's decisions in any way.

ASSISTANT COACH

The assistant coach sits on the team bench, but may not get involved in the match. Should the coach have to leave his/her team for any reason, including receiving a penalty, the assistant coach may assume the coach's role for the period of the absence, once approved by the referee.

LOCATION OF THE TEAM

During the match, the players not on the court (substitutes) must either sit on their team bench or stand behind the bench. They may warm-up without balls as follows: during play - behind their team's bench; during time-outs - in the free zone at the end the court behind the end line; during intervals between sets - players may warm-up using balls within their free zone.



UNIFORM AND GEAR

- A player's uniform consists of shirt, shorts or tights, socks and sport shoes. The color and design of the shirts, shorts and socks must be the same for all team players (except for the Libero). The uniforms must be clean.
- Each player's shirt must have a number (except for the Libero), on the front and back in the center of the shirt. The color of the numbers must contrast those of the shirt and must be clearly visible. The numbers must be at least 15 cm high on the front and 20 cm high on the back. The strip making up the numbers shall be a minimum of 2 cm wide.
- Shoes must be sports shoes with soles that don't leave marks on the court and do not have heels.
- The 1st referee may authorize one or more players to change wet or damaged uniforms, provided that the new uniforms are as describe above.
- It is forbidden to wear items that may cause injury (watches and jewelry including earrings, etc.) or that give a non-natural advantage to the player including those that prevent the ball from slipping (gloves, adhesive bandages, sprays, creams or liquids, etc.). Padded injury protection wear, such as knee pads and braces, may be worn for protection or support.
- Players may wear glasses or contact lenses at their own risk.





STRUCTURE OF PLAY

THE COIN TOSS

Before the match, the 1st referee carries out the toss of the coin to decide which team has the first serve and the sides of the court to be taken by the teams in the first set. If a deciding 2017 set is to be played, a new coin toss will be carried out. The coin toss is carried out in the presence of both team captains. The winner of the toss chooses EITHER the right to serve or to receive the serve, OR the side of the court to play on. The loser of the toss makes the remaining choice.

OFFICIAL WARM-UP SESSION

The official warm-up session in catchball takes place before the match and lasts 10 minutes. Conducted at the net under referee supervision, it allows both teams to prepare physically and mentally. Players engage in dynamic exercises, catching and throwing drills, and net-based activities to improve coordination, timing, and communication. This session reduces injury risk, helps players adjust to court conditions, and reinforces tactical readiness. It is a mandatory part of the pre-match routine and ensures fair, safe, and consistent preparation for all participants, setting the tone for competitive play and allowing coaches to make final strategic adjustments

STARTING LINE-UP OF THE TEAM

There must be six players per team in play at all times. The team's starting line-up indicates the position and order of the players on the court. This order must be maintained throughout the set. Before the start of each set, the coach must submit the starting line-up of his/her team to the scorer on a line-up sheet. The players who are not in the starting lineup of a set are the substitutes for that set (except the Libero). Once the line-up sheet has been submitted to the scorer, and has been recorded in the scoresheet, further changes cannot be made without a substitution.

Discrepancies between players' position on the court and on the line-up sheet are dealt with as follows:

- when such a discrepancy is discovered before the start of the set, players' positions must be corrected according to those on the line-up sheet – this is done without any penalties;
- when, before the start of the set, a player not registered on the line-up sheet is found on the court, this player must be exchanged with the appropriate player to conform to



the line-up sheet – this is done without any penalties; however, if the coach wishes to keep the non-recorded player on the court, a regular substitution must be requested, which will be recorded on the scoresheet.

If a discrepancy between a player's position and the line-up sheet is discovered later, the team at fault must revert to the correct positions. The opponent's score remains valid and they also receive another point and the next serve.

POSITIONS

Prior to the serve, before the ball leaves the server's hand, each team must be on the court in their correct rotational position (except for the server). The positions of the players are as follows:

- the three players along the net are front-row players and occupy positions 4 (front-left), 3 (front-center) and 2 (front-right);
- the other three are back-row players occupying positions 5 (back-left), 6 (back-center) and 1 (back-right). Relative positions between players:
- each back-row player must be located further back from the center line than the corresponding front-row player;
- the front-row players and the back-row players, respectively, must be in their relative positions, from side to side, in the order indicated above. The positions of players are determined according to the position of their feet on the playing surface as follows:
- each front-row player must have at least a part of her foot closer to the center line than the feet of the corresponding back-row player
- each right (left) side player must have at least a part of her foot closer to the right (left) side-line than the feet of the center player in that row. After the ball has left the server's hands, the players may move and occupy any position on their side of the court and in the free zone.

POSITIONAL VIOLATIONS

The team commits a positional violation if any player is not in her correct position as the ball leaves the server's hands. If the server commits a serving violation when serving, the server's violation is called before a positional violation.

A positional violation has the following consequences:

- the team is penalized with a point and the serve to the opponent;
- players' positions are rectified.



THE SERVE

The serve marks the beginning of each rally and is executed by the back right player from within the designated serving zone. This player initiates play by throwing the ball over the net into the opponent's court, aiming for accuracy and control to create a strategic advantage from the very first contact.

FIRST SERVE IN A SET

The first serve of the first set, as well as that of the deciding 3rd set, is executed by the team determined by the coin toss. The first serve of the 2nd set will be executed by the team that did not serve first in the 1st set.

SERVE ORDER

The players must follow the serve order as recorded on the line-up and game scoresheet. After the first serve in a set, the next player to serve is determined as follows:

- when the serving team wins the rally, the player who served before (or her substitute), serves again;
- when the receiving team wins the rally, it gains the right to serve and rotates one position clockwise before serving. The player who moves from the front-right (position 2) to the back-right (position 1) serves.

AUTHORISATION OF THE SERVE

The 1st referee authorizes the serve, after having checked that the teams are ready to play and that the server is in possession of the ball.

EXECUTION OF THE SERVE

The ball is thrown into the opponent's court through the crossing space. Hitting the ball to serve is forbidden. The server must not come into contact with the court (the end line included) or the surface outside the serving zone. The server must throw the ball within 5 seconds after the 1st referee whistles for the serve. A serve executed before the referee's whistle is cancelled and is to be repeated.



FORMING A SCREEN

- The serving team must not prevent the opposing team from seeing the server or the flight path of the ball, by forming a screen consisting of an individual player or group of players.
- It is considered screening when one or more players of the serving team: - wave their arms, jump or move sideways or - standing as a group close together in order to hide the server and the flight path of the ball.

SERVE VIOLATIONS

Serving violations:

- the server violates the serve order;
- the server does not execute the serve properly (out of the serve zone, or late the execution of the serve over 5 seconds, etc.);
- after the ball has been thrown, the serve becomes a serve violation if the ball:
 - touches a player from the serving team;
 - fails to cross the vertical plane of the net entirely within the crossing space;
 - passes over a screen.

TO SCORE A POINT, TO WIN A SET AND THE MATCH

A rally is a sequence of actions from the moment the ball is brought into play by the server's throw until the ball is "out of play". A completed rally is a sequence of actions that results in the awarding of a point.

TO SCORE A POINT

The team that wins a rally, scores a point and the right to the next serve.

Point - a team scores a point:

- when the ball hits the surface on the opponent's side of the court;
- when the opponent team commits a fault or violation;
- when the opponent team receives a penalty. A violation - a team commits a violation by performing an action contrary to the rules. The referees determine when a violation has been made according to the rules:



- if two or more violations are committed successively, only the first one is called and ruled upon;
- if two or more violations are committed simultaneously by players on opposing teams, a DOUBLE VIOLATION is called and the rally is replayed.

TO WIN A SET

A set is won by the team that is first to score 21 points with a minimum lead of two points. In the case of a 20-20 tie, play continues until a two-point lead is achieved (22-20; 23-21; ...). In some tournaments the score is up to 18 (Eilat) or 15 (Corporate Games)

TO WIN THE MATCH

The match is won by the team that wins two sets. In the case of a 1-1 tie in sets, the deciding 3rd set is played to 15 points with a minimum lead of 2 points.

AN INCOMPLETE TEAM

If a team refuses to play after being summoned to do so, it is declared an incomplete team and forfeits the match with a 0- 2 loss and 0-25 for each set. A team that, without justifiable reason, does not appear on court on time is declared an incomplete team with the same result as above less than 6 eligible players is declared INCOMPLETE and the match will not be played and the results are the same as above. A team that is declared INCOMPLETE for a set or for the match, loses the set or the match, respectively. The opposing team is given the points, or the points and the sets, needed to win the set or the match, respectively. The incomplete team keeps the points and sets it won.

STATES OF PLAY

The ball is in play from the moment the serve is thrown and after having been authorized by the 1st referee. The ball is out of play from the moment a violation is called by one of the referees. The ball is "in" if any part of it hits the playing surface on the court, including the boundary lines.

The ball is "out" when:

- the part of the ball which contacts the floor is entirely outside the boundary lines;
- it touches an object outside the court, the ceiling or a person out of play;
- it touches the antennae, ropes, posts or the net itself outside the side bands;



- it crosses the vertical plane of the net either partially or totally outside the crossing space;
 - it crosses entirely under the net.
10. PLAYING THE BALL Each team must play within the playing area. However, the ball may be retrieved from beyond the free zone.

CHARACTERISTICS OF CONTACT WITH THE BALL

Contact with the ball occurs when any part of the player's body touches the ball.

A contact has three actions:

- Catching the ball: - The ball must be caught with a hand (hands), - While catching the ball, a player may be assisted by any part of her body, provided that the contacts take place simultaneously.
- Holding the ball: - The length of time the ball can be held depends on the type of action performed by the player, but must be done without delay.
- Throwing the ball.

TEAM CONTACTS

Each team has up to three contacts with the ball in order to return it to the opponent's side of the court (in addition to a block). It is forbidden to hit or kick the ball intentionally with any part of the body, including reaching out in order to prevent the ball from escaping the player. However, the ball can accidentally hit any part of the player's body and rebound in any direction, including over the net.

CONSECUTIVE CONTACTS

A player may not make contact with the ball twice in succession, nor may the ball make contact with various parts of her body in succession.

Exceptions:

- When blocking, consecutive contacts may be made by one or more blockers provided that they occur as part of a single action;

On the first contact of the team only, the ball may touch various parts of the body consecutively, provided that they occur during an attempt to catch the ball.



SIMULTANEOUS CONTACTS

Two or three players may touch the ball at the same time:

- when two/three teammates touch the ball simultaneously, it is counted as two/three contacts (with the exception of the block). If they reach for the ball but only one of them touches it, it is counted as one contact.
- when two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three contacts. If such a ball goes "out", it is the fault of the team on the opposite side.

ASSISTED CONTACT

Within the playing area, a player is not permitted to use a teammate or any structure or object, including using the net as support (pinning the ball to the net) in order to catch the ball or complete a pass.

CATCHING AND MOVING WITH THE BALL

Steps are counted from the moment a catch has been completed by a player. When catching the ball on the first contact, a player may take as many steps as needed to reach a standstill when catching the ball while the player is in motion.

The catch is considered complete as soon as the player reaches a standstill.

ON THE SECOND AND THIRD CONTACT

If one or both of the player's feet are in the air upon catching the ball, the catch is considered complete once the player's feet are back on the ground, close to each other (or when a player lands in the place she jumped from). This "foot back" step (or the landing) will not count.

CATCHING THE BALL WITH FORWARD MOVEMENT

The catch is considered complete the moment the player contacts with ball. The completion of the forward movement while catching the ball (putting the foot back on the ground far from the other foot, or landing far from the place she jumped from) counts as one step.



MOVING WITH THE BALL (STEPS)

While the player holds the ball, the number of steps allowed depends on the action being done:

- Only one step is allowed prior to passing the ball to a teammate or throwing the ball over the net without jumping in the air. The ball must be released within a moment of completing the step.
- Prior to passing the ball to a teammate or throwing the ball over the net while jumping in the air, approach steps are allowed:
 - A jump from one foot – prior to the jump, the player may take up to two steps. The jump is done from the foot that completed the last step.
 - A jump from two feet – prior to the jump, the player may take up to two steps followed by a "closure step". The "closure step" is a step that ends approach steps for a jump from two feet. This step is done by bringing the foot that is in the air next to the foot on the ground.
 - A jump in the air with both feet, prior to either an attack throw or a pass to a teammate, requires that the action be completed by releasing the ball before landing back on the ground.

DELAY IN A PLAY

A delay in a play is when a player holds the ball without lifting her foot/feet from the ground. A delay of only one second is allowed. After catching the ball, the player must perform an action of play, such as throwing the ball, making a step prior to throwing the ball, begin approach steps for an attack, jumping etc., in order not to delay the play.

VIOLATIONS IN PLAYING THE BALL

- **FOUR CONTACTS** - a team has four contacts with the ball before returning it to the opponent's court;
- **ASSISTED CONTACT** - a teammate or structure/object is used as support in catching the ball, including the net, including when within the playing area;
- **DOUBLE CONTACT** - a player contacts the ball twice in succession or the ball contacts various parts of her body in succession (except if the ball comes directly from the serve or spike);
- **HIT** - an intentional hit or kick of the ball;
- **MOVING WITH THE BALL** - a player makes more than three steps



- DELAY - a player holds the ball for more than 1 second.

THE BALL AT THE NET

Ball crossing the net to the opponent's court must pass over the net within the crossing space. The ball may touch the net. The crossing space is the part of the vertical plane above the net and is delineated as follows:

- from below, by the top of the net;
- at the sides, by the antennae, and their imaginary vertical extension;
- from above, by the ceiling or structure (if any).

Ball in the net A ball that touches the net may be caught by a player other than the one that last contacted the ball. After a block, the same player can catch the ball.

PLAYER AT THE NET

REACHING BEYOND THE NET While blocking, a player may touch the ball when it is on the other side of the net, provided that she does not interfere with the opponent's play, and does not touch the ball before her opponent.

REACHING UNDER THE NET A player is allowed to reach under the net into the space of the opponent's court, provided that this does not interfere with the opposing team's play. Reaching under the net into the opposing team's court, while in contact with the surface of the opponent's side of the court beyond the center line is permitted with a hand (hands) or foot (feet), provided that some part of the hand (hands) or foot (feet) remains either in contact with or directly above the center line. A player may be in the opposing team's free zone provided that she does not interfere with the opponent's play.

CONTACT WITH THE NET

Contact with the net by a player between the antennae is a violation, unless it is made unintentionally and while the ball is far away from the net. Players may touch the posts, ropes, or any other object outside the antennae, including the net itself, provided that it does not interfere with the play. When the ball flies into the net, causing the net to touch an opponent, it is not considered a violation.



PLAYER VIOLATIONS AT THE NET

- A player touches an opponent or the ball in the opponent's space before the opponent contacts the ball.
- A player interferes with the opponent's play while reaching into the opponent's space under the net.
- A player's hand (hands) or foot (feet) reaches entirely into the opponent's court below the net (beyond that outlined in Rule 12.2).
- A player touches the net between the antennae or the antenna itself, when the ball is near the net.

ATTACK THROW

Any action, which directs the ball towards the opponent's court, with the exception of the serve and a block, is considered an attack throw. A spike is an attack throw executed while jumping. While spiking, up to two approach steps are allowed while holding the ball, followed by a jump. Restrictions regarding the attack throw A back-row player shall not complete an attack throw from the front zone, when upon release, the ball is entirely above the top of the net. A Libero player shall not complete an attack throw from anywhere on the court, when upon release, the ball is entirely above the top of the net.

Reaching beyond the net with the ball a player who has reached over the net with the ball must complete the attack throw by releasing it in the opponent's side of the court. If the ball is brought back into the attacking player's side of the court without being released, this is an attack throw violation.

BLOCK

Blocking is the action of players located close to the net whose aim is to intercept the ball as it thrown from the opponent's side of the court.

A block is performed when a part of the player's body (usually her hands) are extended above the top of the net.

BLOCKING

Only front row players may complete a block.

Attempted Block - is the action of trying to block without making contact with the ball.
Completed Block - is whenever the ball is touched by a blocker. Collective Block - is



executed by two/three players close to each other, and is completed when one of them touches the ball. One or more blockers may make quick consecutive contacts with the ball provided they are made during a single action.

BLOCKING WITHIN THE OPPONENT'S SPACE

While blocking, a player may reach over the net and touch the ball in the opponent's space, provided that this action does not interfere with the opponent's play, and that she does not touch the ball before her opponent.

BLOCK AND TEAM CONTACTS

Contact with the ball during a block is not counted as a team contact. Consequently, after a block, the team is entitled to three contacts in order to return the ball to the opponent's side of the court. The first contact after the block may be by any player, including a player who touched the ball during the block. During a block, the blocker may catch the ball. This will count as the first team contact.

BLOCKING THE SERVE

It is forbidden to block an opponent's serve.

REGULAR GAME BREAKS

Regular breaks in the game are TIME-OUTS and SUBSTITUTIONS. A break in the game is the time between one completed rally and the 1st referee's whistle for the next serve.
Number of regular games breaks

SUBSTITUTIONS

Each team may request a maximum of two time-outs and six substitutions per set.

Request for regular game breaks A regular game break may be requested by the coach, or in the absence of the coach, by the game captain, and only by them. The request is made using the appropriate official hand signal, while the ball is "out of play" and before the 1st referee's whistle for the serve. Substitution before the start of a set is permitted, and will be recorded as a regular substitution for that set.

Consecutive requests for game breaks Request for one or two time-outs, and request for a substitution by each team may follow one another, within the same break in the game.



TIME-OUTS

All requested time-outs last for 30 seconds. During all timeouts, the players in play must go to the free zone near their team's bench.

SUBSTITUTIONS

A substitution is an exchange between two players (other than the Libero or her replacement player) where a player enters the game and takes the position of another player who must leave the court, after the substitution is recorded by the scorer. A substitution requires the permission of the referee. Restrictions on substitutions Each team may request up to 6 substitutions in every set. More than one player can be substituted at the same request for a game break.

A player from the starting line-up may leave and re-enter the game only once in a set, and only to her previous position in the line-up (rotational order). A substitute player may enter the game in place of a player from the starting lineup, but only once per set, and she can only be substituted back by the same starting player. Exceptional substitution A player (except the Libero) who cannot continue playing due to injury or illness, should be substituted with a regular substitution. If this is not possible, the team is entitled to make an EXCEPTIONAL substitution, beyond the limits of the rule above. An exceptional substitution is that where any player who is not on the court at the time of the injury/illness (except the Libero, second Libero or her regular replacement player), may be substituted into the game for the injured/ill player. The substituted injured/ill player is not allowed to re-enter the match. An exceptional substitution cannot be counted as a regular substitution under any circumstances, but should be recorded on the scoresheet (Remarks section). If an exceptional substitution is not possible, the injured/ill player may be substituted by a Libero player – see Rule 19.6. Substitution due to suspension or disqualification

A SUSPENDED or DISQUALIFIED

player (on court) must be substituted immediately through a regular substitution. If this is not possible, the team is declared incomplete.

ILLEGAL SUBSTITUTION

The time for the substitution is limited to the time needed for recording the substitution on the scoresheet, and allowing entry and exit of the players. At the time of the request for the substitution, the player must be ready to enter the court, and be standing near the substitution zone. If the player is not ready, the substitution is not granted and the team is penalized for a delay.



IMPROPER REQUESTS

It is improper to request a regular game break:

- during a rally or at the time of, or after, the whistle to serve,
- by a non-authorized team member,
- after having exhausted the allowed number of time-outs and substitutions.

A first improper request by a team, that does not affect or delay the game, shall be rejected without any other consequences. Any further improper requests in the match by the same team constitutes a delay and the team will be penalized accordingly.

GAME DELAYS

TYPES OF DELAY

An illegal action of a team that prevents resumption of the game is a delay and includes, among others:

- a delay during a substitution;
- prolonging breaks, after having been instructed to resume the game;
- requesting an illegal substitution;
- repeating an improper request;
- a delay in the game by a team member.

PENALTIES FOR DELAYS

"DELAY WARNING" and a "DELAY PENALTY" are team penalties.

- Penalties for delay remain in force for the entire match.
- All penalties for delay are recorded on the scoresheet.
- The first delay in the match by a team member is penalized with a "DELAY WARNING".

The second and subsequent delays of any type by any member of the same team in the same match constitute a violation and are penalized with a "DELAY PENALTY": a point and serve to the opponent. Penalties for delay imposed before or between sets are imposed in the following set.



EXCEPTIONAL GAME INTERRUPTIONS

INJURY/ILLNESS

Should serious injury occur while the ball is in play, the referee must stop the game immediately and permit a medical team to attend the injured player on the court. The rally is then replayed. If an injured/ill player cannot be substituted using a regular or exceptional substitution, the player is given a 3 minute recovery time, but not more than once for the same player in the match. If the player does not recover, she may be replaced by a Libero player (according to Rule 19.6), otherwise, her team is declared incomplete.

EXTERNAL INTERFERENCE

If there is any external interference to the game, the play has to be stopped and the rally replayed.

PROLONGED INTERRUPTIONS

If unforeseen circumstances interrupt the match, the 1st referee shall decide the measures to be taken to re-establish normal playing conditions. Should one or several interruptions occur, not exceeding 1 hour in total: If the match is resumed on the same court, the interrupted set shall continue as normal with the same score, players (except suspended or disqualified ones) and positions. The scores of completed sets are retained. If the match is resumed on a different court, the interrupted set is cancelled and replayed with the same team members and the same starting line-ups (except suspended or disqualified players) and the record of all penalties is maintained. The scores of completed sets are retained. Should one or several interruptions occur, exceeding 1 hour in total, the entire match shall be replayed.

BREAKS BETWEEN SETS AND CHANGE OF COURTS

Breaks between sets are of three minutes duration. During this period, the teams change sides of the court and registration of the starting line-ups of the teams are made on the scoresheet.



THE LIBERO PLAYER

DESIGNATION OF THE LIBERO

- A Libero player may be designated in addition to the 6 regular team players.
- Each team has the option of designating up to two specialist defensive players as Libero from the list of players on the scoresheet.
- The designation of the Libero player(s) is for one set.
- Only one Libero may be on court at a time.
- A Libero player may not act as game captain.

GEAR

The Libero player(s) must wear a uniform, at least the shirt, that is a different, and contrasting in color to that of the rest of the team. Her uniform may also be of a different design. When a regular player is designated as Libero player in the middle of the match, she must change her shirt to one with a contrasting color to that of the team. When the designation of a Libero player is cancelled, and she continues playing as a regular player, she must wear a shirt identical to that of the rest of the team, with her own number (and not that of another player who is designated a libero player).

ACTIONS INVOLVING THE LIBERO

Actions of play:

- The Libero player may replace any back-row player.
- Her play is restricted to that of a back-row player and she is not allowed to complete an attack throw where the ball is entirely above the net at the time the ball is released.
- She may not block or attempt to block.
- She may not serve. Libero Replacements
- Libero replacements are not counted as substitutions. An unlimited number of libero replacements is allowed, but at least one rally must be completed between two Libero replacements.



- The player whom the Libero replaced is the only regular player than can replace the Libero on court. A Libero player may be replaced by the second Libero. A regular player may be replaced by either Libero.
- All Libero replacements must take place while the ball is out of play and before the whistle for the serve. The replacements will be proceeded through the Libero Replacement Zone.
- At the start of each set, the Libero may not enter the court until the referee has checked the starting line-up and authorized a Libero replacement.
- A Libero replacement made after the whistle for the serve but before the serve is thrown will be allowed the first time it happens. However, at the end of the rally, the game captain will be informed that this is not permitted, and that the team will be subject to penalties for delay if it is repeated.
- Subsequent late Libero replacements will result in the immediate stop of play, and a penalty for delay will be imposed. The team to serve next will be determined by the level of the penalty for delay.
- A Libero replacement violation occurs when (amongst others): - A rally is not completed between Libero replacements, - the Libero is replaced by a player other than the regular player for that position or the second Libero.
- An illegal Libero replacement is treated in the same way as a positional violation.

DESIGNATION OF A NEW LIBERO

- A team with two Liberos: When a team has registered two Liberos on the scoresheet, but one becomes unable to play, the team has the right to play with only one Libero.
- A team with one Libero: When only one Libero is registered on the scoresheet, and this Libero is declared unable to play, the coach (or game captain if no coach is present) may designate any other player not on the court at the time of the designation as a Libero for the remainder of the set (except the regular player that the Libero substituted for).
- The coach, or game captain if no coach is present, makes a request to the referee for a new Libero designation.



SUSPENSION AND DISQUALIFICATION

If the Libero is suspended or disqualified from play, she may be replaced immediately by the team's second Libero. Should the team have only one Libero, then it has the right to designate another player as a Libero for the remainder of the set.

CANCELLATION OF A LIBERO DESIGNATION

In case of injury of a regular player, when there is no possibility for a substitution, neither a regular nor an exceptional substitution, she can be replaced (substituted) by a Libero as follows:

- The coach, or game captain if no coach is present, notifies the referee that he/she wishes to cancel the designation of the player as a Libero player,
- The "released" Libero player will substitute for the injured player,
- She must change her shirt from that of the Libero to the same as that worn by her teammates,
- She will act as a regular player until the end of the set,
- The injured player may not play again for the rest of the match,
- The cancellation of the Libero designation and the substitution will be recorded on the scoresheet (in the remarks section).

CODES OF CONDUCT

Participants must be familiar with the "Official Catchball Rules" and abide by them. Participants must accept the referees' decisions with sportsmanlike conduct, without disputing them. In case of doubt, clarification may be requested through the game captain. Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults or violations committed by their team. Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only towards the referees, but also towards other officials, opponents, their teammates and spectators. Communication between team members during the match is permitted



MISCONDUCT AND ITS PENALTIES

MINOR MISCONDUCT

Minor misconduct is not subject to penalties. It is the 1st referee's duty to prevent the teams from approaching the level of penalization by issuing a verbal warning or a handsignal to a team member. This warning is not a penalty, has no immediate consequences and is not recorded on the scoresheet.

UNAPPROPRIATED CONDUCT

Unappropriated conduct by a team member towards officials, opponents, teammates or spectators is classified into two categories according to the seriousness of the offense:

1. Unsportsmanlike behavior - Conduct that is rude, insulting, or contrary to good manners or moral principles, expressions of contempt, defamatory or insulting expressions or gestures, shouting, or refusal by a team to shake hands with players from the opposing team at the end of the game.
2. Aggressive behavior - Actual physical attack, aggressive or threatening behavior, rude expressions, cursing, profane expressions or gestures, the throwing of any object (including the ball) with the intention of hurting any person or damaging any object on or around the court. All penalties for unsportsmanlike behavior are individual (except for warning), remain in force for the entire match and are recorded on the game scoresheet. Reoccurrence of the unsportsmanlike behavior by the same person in the same game is penalized with increasing severity.

PENALTY SCALE

Unsportsmanlike behaviour Based on the judgment of the referee and according to the seriousness of the offense, the penalties to be imposed are: Warning, Penalty, Suspension and Disqualification. These penalties will be recorded on the game scoresheet. Warning - Will be given for unsportsmanlike behaviour committed by any team member for the first time in the game. The referee will notify the game captain that this is a warning prior to a penalty being given, and relates to the entire team and not just to the person who



committed the offense. The game captain must notify all team members of the significance of the warning.

PENALTIES

Will be applied for unsportsmanlike behaviour committed for the second time by the same or any other team member. The referee will penalize the team member that committed the offense by showing her/him a Yellow card. The team will be penalized with a point and the serve being given to the opponent team. Suspensions – Will be applied for unsportsmanlike behaviour committed by any member of the team that has already been Penalized during the game. The referee will suspend the team member that committed the offense by showing her/him a Red card. A team member who is penalized by suspension will not play for the rest of the set, with no other consequences.

A player on the court that is suspended must be substituted immediately by a regular substitution (an exceptional substitution is not allowed). A suspended coach loses her/his right to intervene in the set and must remain seated on the team's bench

DISQUALIFICATION

Will be applied for unsportsmanlike behaviour committed by any team member who has already been suspended during the game. The referee will disqualify the team member by showing her/him a Yellow + Red cards together in the one hand. The team member penalized with disqualification must leave the Competition Area for the rest of the match, with no other consequences.

A player on the court that is disqualified must be substituted immediately by a regular substitution (an exceptional substitution is not allowed).

AGGRESSIVE BEHAVIOUR

Aggressive behaviour by any team member. The referee will decide on the penalty to be applied (suspension or disqualification) according to the severity of the offense committed, will act as described above according to the type of penalty to be applied. At the end of the game the referee will report the aggressive behaviour and the way it was dealt with to the league administration.



MISCONDUCT BETWEEN SETS AND AFTER THE MATCH

Any misconduct occurring before or between sets is penalized according to the penalty scale in Rule 21.3 and the penalty is imposed in the following set. All misconduct or irregular events that occur after the match will be dealt with by the league administration. The referee must file a detailed report of the event.

MATCH OFFICIALS AND PROCEDURE

The referees for a match are composed of the following officials:

- First (1st) referee,
- Second (2nd) referee,
- Scorer
- Four (two) line judges.

Only the 1st and 2nd referees may blow a whistle during the match:

- the 1st referee gives the signal for the serve that begins the rally.
- the 1st or 2nd referee signals the end of the rally, provided that they are sure that a fault or violation has been committed and they have identified its nature. They may blow the whistle when the ball is out of play to indicate that they authorize or reject a team request. Immediately after the referee blows the whistle to signal the completion of the rally, he/she must indicate using official hand signals:

- the team to serve
- the nature of the violation.

FIRST REFEREE

The first referee carries out his/her responsibilities standing on the referee's stand located at the end of the net on the opposite side to the scorer. His/her view must be approximately 50 cm above the net.

Jurisdiction

- The 1st referee controls the match from start to finish. He/she has authority over all match officials and the members of the teams.



- During the match, his/her decisions are final.
- He/she is authorized to overrule the decisions of other referees if he/she is convinced they are wrong.

He/she may replace a referee who is not performing his/her responsibilities properly.

He/she has the authority to decide all matters involving the game, including those not provided for in the Rules.

- He/she shall not permit any discussion about his/her decisions. However, at the request of the game captain, the 1st referee will give an explanation on the decision or interpretation of the rules upon which he/she has based his/her decision.

- The 1st referee is responsible for determining whether the playing area, equipment, gear and conditions meet the requirements for play both before and during the match.

Responsibilities Prior to the match, the 1st referee:

- inspects the state of the playing area, the balls and other equipment;
- performs the coin toss with the team captains; During the match, he/she is authorized:
- to decide upon: - faults of the server, screening by the serving team and positional violations by the teams; - faults and violations in playing the ball; - violations above and under the net, and violations related to contact of the player with the net; - attack and block violations by the back-row players and Libero;
- to penalize misconduct and delays. At the end of the match, he/she checks the scoresheet and signs it. Should the 2nd referee be absent, all his/her responsibilities will be carried out by the 1st referee.

SECOND REFEREE

The second referee performs his/her responsibilities standing on the ground outside the court near the post, on the opposite side of, and facing the 1st referee.

Jurisdiction

- The 2nd referee is the assistant of the 1st referee, but also has his/her own areas of jurisdiction.
- He/she may, without whistling, also signal faults and violations outside his/her areas of jurisdiction, but must not insist upon them to the 1st referee.
- He/she supervises the work of the scorer.



- He/she observes the players on the bench and reports any misconduct to the 1st referee.
- The 2nd referee authorizes the breaks in play, regulates their duration and rejects improper requests.
- He/she oversees the number of time-outs and substitutions used by each team.
- In the case of injury of a player, the 2nd referee authorizes an exceptional player substitution or allows 3 minutes recovery time.

Responsibilities at the beginning of each set, and at any time necessary during the match, the 2nd referee checks that the positions of the players on the court match those on the starting line-up form.

During the match, the 2nd referee decides, whistles and signals:

- interference due to reaching into the opposing teams side of the court and space under the net;
- positional violations of the receiving team;
- contact of players with the net;
- a block completed by a back-row player or an attempted block by a libero player, or an attack play violation by a back-row or libero player;
- contact of the ball with an external object;
- when the ball crosses the net totally or partially outside the region between the antennae or touches the antenna, including from a serve;
- contact of the ball with the floor if the 1st referee is not in position to see that. At the end of the match, he/she checks and signs the scoresheet.

SCORER

The scorer performs his/her responsibilities seated at the scorer's table on the opposite side of the court from, and facing, the 1st referee.

Responsibilities The scorer fills in the scoresheet according to the Rules.

He/she uses a buzzer or other device to notify violations within his/her areas of responsibilities.

Prior to the match and set, the scorer:

- writes down the details of the match and teams, according to the mandated procedures, and obtains the signatures of the captains;



- records the starting line-up and serve order of each team. During the match, the scorer:
- records the points scored;
- checks the serving order of each team and notifies the referees of any error immediately after the serve;
- records the time-outs and the substitutions, checking the number of such, and informs the 2nd referee;
- notifies the referees of a request for an illegal time-out;
- notifies the referees of the end of the sets;
- records any penalties and requests for illegal actions;
- records all other events as instructed by the 2nd referee, such as exceptional substitutions, recovery time, prolonged interruptions, external interferences, etc.; At the end of the match, the scorer:
- records the final result;
- signs the scoresheet, before he/she obtains the signatures of the referees.

LINE JUDGES

A match may have 2- or 4-line judges. If only 2-line judges are used, they stand at the corners of the court closest to the right hand of each referee. Each line judge monitors both the end line and side line on his/her side.

Responsibilities The line judges perform their responsibilities using flags (40x40 cm), to signal:

- the ball "in" or "out" whenever the ball lands near the line(s) they are monitoring;
- the ball touching the antenna, the serve crossing the net outside the crossing space, etc.;
- any player (except the server) stepping outside of the court at the time the serve is thrown;

At the 1st referee's request, a line judge must repeat his/her signal.

OFFICIAL SIGNALS REFEREES' HAND SIGNALS - see appendix 1

The referees must indicate the reason for their ruling using the official hand signal (the nature of the fault or violation whistled or the purpose of the stop in play). The signal has to



be maintained for a moment and, if it is indicated with one hand, the hand corresponds to the side of the team at fault or that has made the request.

LINE JUDGES' FLAG SIGNALS

The line judges must indicate the nature of the fault or violation using the official flag signal, and maintain the signal for a moment.

CATCHBALL- 4 weeks of training plans

- Objectives
- 1. Improve chest pass throwing
 - 2. Improve and practice catching and throwing ball skills

WEEK 1 Chest throwing and catching

Time: 1,5 hours		Outcomes	Resources	Comments
Main Teaching	1. To perform the chest pass throwing: - participants will practice the chest pass throwing 2. Increasing ball control: - participants will practice catching and throwing the ball over the head with two hands	1. Understand how to push the ball with the hands 2. Co-operate with your partner in catching the ball	20 Volleyballs 40 Cones Pitch Net	1. They have improved their throwing skills 2. They have increased the ball control
Activities	1. Warm-up game: Participants will play at the same time Sound and action: • one whistle- throwing the ball from the chest • two whistles- throwing the ball over the head • three whistles- throwing and catching the ball from both chest and over the head			5 minutes all over the volleyball court
	2. Warm-up exercises: Participants will play at the same time			
	• ankle jogging			2 times up to 5 meters
	• running with knees up			2 times up to 5 meters
	• running with heels back			2 times to 5 meters
	• skipping			2 times to 5 meters
	• big steps			2 times to 5 meters
	• running backwards with heels back			2 times to 5 meters
	• running as fast as you can knees up			2 times to 5 meters
	• stretching			5 minutes
	3. Development:			
	a. Practice individually:			
	• passing the ball from the chest in the air and catching with both hands			4 times
	• throwing over the head with both hands in the air and catching with both hands			4 times
	b. Practice in pairs passing: Participants will practice at the same time			
	• try chest pass with the partner to catch the ball by increasing the distance			4 times
	• try over the head pass with the partner by increasing the distance			4 times
	c. Practice footwork, quickly changing direction:			4 times
	• right foot to right side of the body			
	• left foot to the left side of the body			
	• jumping and landing on both legs			
	• jumping again with throwing the ball over the net with both hands			
	d. Play a game			3 sets up to 21 points
Cool - down	Sleeping lions			3 minutes

- Objectives
1. Perform overarm throwing
 2. Improve passes

WEEK 2 overarm throwing and passes

Time: 1,5 hours		Outcomes	Resources	Comments
Main Teaching	1. To perform the overarm throwing the ball correctly: • together participants will practice the overarm throwing • catching the ball is as important 2. They must have a better control of the ball: • together participants will practice attacking over the net	1. Manage an overarm throw safely and working co-operatively 2. Control the ball in different game situations	20 Volleyballs 40 Cones Pitch Net	1. They need to improve the catchball serve by throwing the ball 2. They need to improve their catchball skills by developing their ball control
Activities	1. Warm-up game: Participants will play at the same time Traffic lights: • one whistle- walking with passing the ball from one hand to the other hand, throwing up in the air the ball minimum 2 meters • two whistles- throwing the ball in the air with one hand and then catching with both hands • three whistles- footwork, move the right foot to right side of the body, move the left foot to the left side of the body and then jump and landing on both legs and finally, jumping again with throwing the ball over the net with both hands and landing on both the bend legs 2. Warm-up exercises: Participants will practice at the same time			5 minutes all over the volleyball court
	• ankle jogging			3 times to 10 meters
	• running with knees up			3 times to 10 meters
	• running with heels back			3 times to 10 meters
	• skipping			3 times to 10 meters
	• big steps			3 times to 10 meters
	• running backwards with heels back			3 times to 10 meters
	• running as fast as you can			3 times to 10 meters
	• stretching			7 minutes
	3. Development:			
	a. Practice individually:			
	• throw the ball to partner with your handy hand			4 times
	• throwing over the head with both hands in the air and catching with both hands			4 times
	b. Practice in pairs throwing: Participants will practice at the same time			
	• practice in pairs underarm throwing the ball to each other by increasing the distance			4 times
	• one throws the ball over the net and the other one catches the ball			4 times
	c. Practice footwork, quickly changing direction:			4 times
	• right foot to right side of the body			
	• left foot to the left side of the body			
	• jumping and landing on both legs			
	• jumping again with throwing the ball over the net with both hands			
	d. Practice in pairs attacking:			
	• attacking in pairs with footwork movement without net and then over the net to each other			4 times
	e. Play a game: scoring only if there are three passes inside each team			3 sets up to 21 points
Cool - down	Sleeping lions			3 minutes



- Objectives
- 1. Improving the attack over the net
 - 2. Exercise spiking the ball

WEEK 3 Attack and spiking

Time: 1,5 hours		Outcomes	Resources	Comments
Main Teaching	1.They must co-operate as a team - together participants will practice the attack by increase the ball control - each participant will make three steps parallel with the net and the last one will be a jump - after getting familiar with the three steps and jumping, participants will spike as close as possible in the opponent field 2. To use three passes of catch before scoring - together participants will play a game using the skills they learned	1. Control the ball as the catching and throwing inside the team by understanding how to pass the ball with both hands 2. Improve their catchball actions by co-operate with the team in spiking	20 Volleyballs 40 Cones Pitch Net	1. They have improved their catchball actions by playing with more confidence 2. They have increased the ball control by improve their throwing skills
Activities	1. Warm-up game: Participants will play at the same time Applause Throw the ball in the air and clap as many times you can, before you catch the ball			5 minutes all over the volleyball court
	2. Warm-up exercises: Participants will play at the same time			
	ankle jogging			3 times to 10 meters
	running with knees up			3 times to 10 meters
	running with heels back			3 times to 10 meters
	skipping			3 times to 10 meters
	big steps			3 times to 10 meters
	running backwards with heels back			3 times to 10 meters
	running as fast as you can			3 times to 10 meters
	stretching			7 minutes
	3. Development:			
	a. Practice individually:			
	throwing over the head with both hands in the air and catching with both hands			4 times
	throw the ball against the wall and over the net with a handy hand as well			4 times
	b. Practice in pairs passing:			
	throw the ball with both hands over the head towards the partner increasing the distance between both of you			4 times
	throw the ball with a handy hand towards the partner to catch by increasing the distance between both of you			4 times
	one participant throws the ball over the net and the other one catches the ball			4 times
	attacking in pairs with footwork without net and then over the net to each other			4 times
	c. Practice footwork, quickly changing direction:			4 times
	right foot to right side of the body			
	left foot to the left side of the body			
	jumping and landing on both legs			
	jumping again with throwing the ball over the net with both hands			
	d. Play a game by scoring only if there are three passes inside each team			3 sets up to 21 points
Cool - down	Breathing and stretching			3 minutes

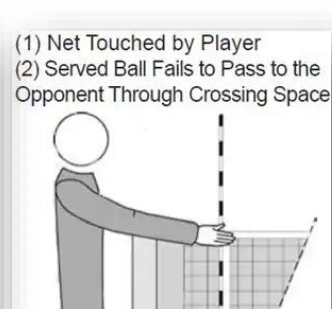
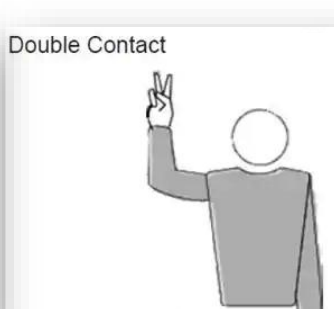
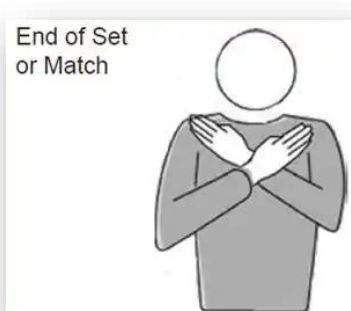
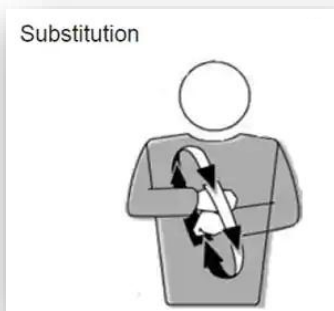
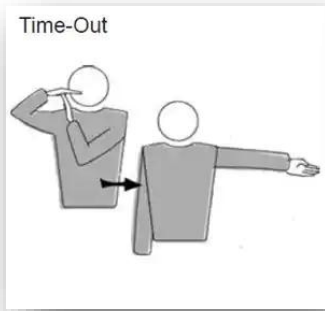
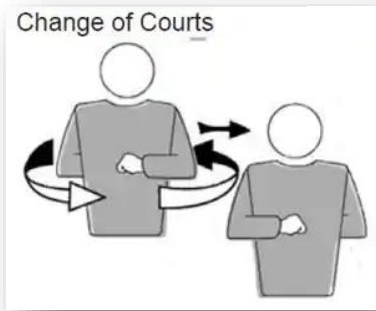
Objectives

1. Performing the serve and defense skills
2. Performing the game by the catchball rules

WEEK 4 The serve and defense

Time: 1,5 hours		Outcomes	Resources	Comments
Main Teaching	1. Perform the serve and defense tactics: - participants will practice the serve with one or two hands - then they will practice defense and the block of one, two and three participants - one team will attack in the same place of the net and the other team will block 2. They must use three passes before scoring - together participants playing the game using the skills and the rules they have learned	1. Increase the control of serve and attack by understanding how to throw the ball with a handy hand and how to attack in front of the net 2. Co-operate with a partner to use three passes before scoring	20 Volleyballs 40 Cones Pitch Net	1. They have improved their serving and attacking skills 2. They increase the ball control playing with more confidence
Activities	1. Warm-up game: Participants will play at the same time Traffic lights: • one whistle- throw and catch the ball with one hand • two whistles- throw and catch catch the ball with both hands • three whistles- run freely around the volleyball court, take a ball and then with the footwork perform the attack in front of the net throwing the ball over the net			5 minutes all over the volleyball court
	2. Warm-up exercises: Participants will play at the same time			
	• ankle jogging			2 times to 10 meters
	• running with knees up			2 times to 10 meters
	• running with heels back			2 times to 10 meters
	• skipping			2 times to 10 meters
	• big steps			2 times to 10 meters
	• running backwards with heels back			2 times to 10 meters
	• running as fast as you can			2 times to 10 meters
	• stretching			5 minutes
	3. Development:			
	a. Practice individually:			
	• throw the ball over the head with both hands in the air and catching with both hands			3 times
	• throw the ball with one hand in the air and catching with both hands			3 times
	• throw the ball over the net with one hand			3 times
	b. Practice footwork, quickly changing direction:			3 times
	• right foot to right side of the body			
	• left foot to the left side of the body			
	• jumping and landing on both legs			
	• jumping again with throwing the ball over the net with both hands			
	c. Practice in pairs the serve and the attack:			
	• one participant serves towards the partner who catches the ball with both hands by increasing the distance between them			3 times
	• each participant who holds the ball with both hands start doing the footwork to perform the attack in front of the net and then throw the ball over the net			3 times
	• pass the ball towards a partner who is in front of the net with his/her back, catch the ball from him/her and then perform the attack throwing the ball over the net			3 times
	d. Play a game by the rules			3 sets up to 21 points
Cool - down	Breathing and stretching			3 minutes

Appendix 1 Officials Hand Signals





Appendix 2 Court dimensions

COURT DIMENSIONS

