



CATCHBALL VERSUS VOLLEY

Cristina FILIP¹
Rela-Valentina CIOMAG²

Abstract

Catchball is a team sport and it resembles volleyball. In Australia and Canada, this game is also called "Newcomb" whilst in the Latin world; it is referred to as "Cachibol".

Catchball is a sport involving a ball and extreme competitive spirit. The main difference to volleyball is that during Catchball a player can catch the ball and then pass it to a teammate. This difference makes catchball easy to play for females of all ages and conditions.

The aim of the sport is to create a sport event in which all kinds of people, of all environments can be part of. It relies on race and social equality as well as cooperation with handicapped people.

Catchball is currently a women's sport and encourages women of all ages to become active through sport after longer or shorter periods of physical idling.

The Catchball game used in physical education can make "significant contributions to the harmonious development of students, to the development of skills and abilities, as well as to the positive education of character traits."

Catchball is a new sport which needs techniques from different other sports such as volleyball, handball and basketball.

Keywords: *sport, volleyball, catchball.*

JEL classification: *I 10, I19*

Introduction

Catchball is a new sport which needs techniques from different other sports such as volleyball, handball and basketball.

Catchball is a team sport and it resembles volleyball. In Australia and Canada, this game is also called "Newcomb" whilst in the Latin world; it is referred to as "Cachibol".

Catchball is a sport involving a ball and extreme competitive spirit. The main difference to volleyball is that during Catchball a player can catch the ball and then pass it to a teammate. This difference makes catchball easy to play for females of all ages and conditions.

¹ The Bucharest University of Economic Studies, E-mail: hantaucris@yahoo.com

² The Bucharest University of Economic Studies, E-mail: valentina_ciomag@yahoo.com



The aim of the sport is to create a sport event in which all kinds of people, of all environments can be part of. It relies on race and social equality as well as cooperation with handicapped people.

Catchball is currently a women's sport and encourages women of all ages to become active through sport after longer or shorter periods of physical idling.

The Catchball game used in physical education can make "significant contributions to the harmonious development of students, to the development of skills and abilities, as well as to the positive education of character traits." (Nae, I.C., 2010)

Catchball "cumulated, on the one hand, the positive effects of sport and physical exercise and, on the other hand, the educational effects of the game." (Nae, I.C., 2010)

1. Problem Statement

Israel is the country in which this sport has the largest spread as it soon became the most popular sport for women all around.

This growth has led to the birth of the Israeli Catchball Association in 2009. Gradually, members have reached a number of 10000 which determined different competition leagues to emerge, depending on the difficulty.

The association acts as a professional body governing:

- Coaches training and professional guidance;
- The rules of the game;
- Camps for training players and coaches;
- Appointment of professional committees;
- Organization of national and international tournaments, trying to expand the sport beyond borders.

Currently, catchball is played in several corners around the world, gaining increasing numbers of female followers in: America, Australia, Latin America, Canada and Romania (for about 3 years now) in which the spread and popularity of this game is highly desired.

Catchball can very well be a mass sport due to its accessibility, being able to motivate any woman who has or hasn't practiced sports but has a minimum physical condition and who wishes to escape laziness and sedentary life. Modern life involving various mass transit means has significantly reduced regular exercising and sport. Giving the fact that physical activity is especially important for health and avoiding modern day diseases, catchball can fit just right in.

Catchball has many benefits which help improve day to day life:

- Practicing a sport
- Having fun
- Train your mind and body



- Get into a state of well-being
- Brings mental balance
- Socialization and gaining new friends
- Increases the reaction time and makes you faster
- Burns excess fat
- Boosts self-confidence and eliminates stress
- Gives you the opportunity to escape routine
- Leads to a quiet sleep etc.

Higher numbers of athletes means combining practicing a sport with social interaction.

As mentioned before, catchball resembles volleyball but it also has elements for basketball and handball. Catchball borrows ball catching, pass and throw from the last 2 mentioned sports.

All three of these technical elements "form a rich package of knowledge and driving skills that will be used in competitions to achieve success" (Nae, I.C., 2013)

Therefore, getting the ball in play requires throwing it with one hand over the net onto the back line of the field. Also, one and two hand throwing techniques are used for getting the ball over the net when a team is in attack.

Although volleyball dictates the rules, catchball doesn't use the complex volleyball technique which can be learned in many years of training, replacing it with traits that every human has – catching and throwing.

Just like in volleyball, each team has 6 players on two lines, 3 in front and three in the back. In a team can be included a defense specialist called a libero.

During a game phase 1-3 touches of the ball can take place, the third needing to be crossing the ball into the opposite field. The aim of the game is to get the ball in the opposite court without any opponent to be able to catch it.

Complete rules and regulations from volleyball that catchball has:

- Uses a volleyball
- Equipment consists of numbered t-shirts of the same color, shorts and socks as well as appropriate sneakers, with the exception of the libero who must be in a different color.
- Catchball uses the same scoring system as volleyball
- Each mistake is accounted for an opponent which rotates clockwise every time they win the service
- Only players in the first line can attack or block as the second liners can get the ball over the net without taking a jump in the frontal field zone
- The game takes place on an official volleyball game and the net is at a height of 2,24 m.



Catchball is continually growing which led to post specialization, making most teams include a lifter, 2 centers, 2 receivers, a libero and an attacker.

Catchball – main rules:

1. A team consists of a maximum of 12 players, a main coach and a second coach.

2. It is permitted to touch the opponent's court, beyond the centre line with a foot or hand, provided that some part of the penetrating foot or hand remains in contact with the centre line.

3. Before the game and set 3, referees draw straws for who takes the first serve and for courts. After the first set is done, teams have to change courts and serving is done by the team which didn't serve.

4. A team is victorious if they win the match in two sets of three. The first two sets play up to 25 points, while the third set (if any) plays up to 15 points. The set will finish when there will be at least 2 points between the teams. There is no limit so that in the event of a draw a set continues until a two-point difference is obtained.

5. At the time of serving, the other players must be on their positions

6. The server must throw the ball from the special area within 5 seconds after the whistle

7. Ball can be hit with any part of the body

8. The catcher is allowed to hold the ball for a second before passing it.

9. The ball must be caught and thrown. Hitting the ball intentionally is not allowed but the ball can hit the player and be rebound in any direction.

10. Players are not allowed to touch the net except for the time when the ball is far away and is done unintentionally.

11. A block does not count as a team contact. Consequently, after a block, a team is entitled to three touches to send the ball over the net, the first contact can be executed by any player, including the one who executed the block.

12. Each team can have two time-outs. Each time-out has 30 seconds.

13. A player can not touch the ball twice in a row, except:

- At the first contact of the team, the ball can successively reach different parts of the body provided the contacts appear during a single action.
- In the block, consecutive touches can be made by one or more players, provided that the contacts occur during a single action.

14. Each team can make 6 changes in a set. A player of the starting line-up may be substituted by a player from the bench, but only once in a set and re-enter instead of the player who substituted her.

If an injured player can not be substituted legally, an exceptional substitution may be done (any player that is not on the court at the moment of injury can substitute the injured player).



15. Each team can consist of up to two libero players. Libero players have equipment different from the other players in the team. Libero can play in the field only in the second line and is allowed to replace any player in the back position. The entry and exit of the libero player is not considered as a replacement. Libero is not allowed to make an attack, block or serve.

16. Players must accept the decisions of referees with sporting behavior without protesting. Players must refrain from actions to intimidate or influence arbitrators' decisions. Players must behave with respect and courteously in the spirit of the correct game, not only to the referees, but also to other opponents, teammates and spectators.

Conclusion

In conclusion, catchball is an extremely accessible sport to all types of women attracted by a fun form of exercising. It's not a coincidence the motto of this sport emerged in Israel: "Play sports, have fun, make friends".

By promoting this sport we help women who, for various reasons, don't practice any form of sport to discover the benefits and the importance of exercising but also to understand the meaning "sport gives days to life and life to every day" is very true.

REFERENCES

1. Hantau, C. (2014) – Volei – Noțiuni teoretice de bază, Editura ASE, București.
2. Nae, I. C. (2010) Tehnica jocului de baschet în lecția de educație fizică din învățământul superior, Editura ASE, București.
3. Nae, I. C. (2013) Baschet – Instruirea echipelor reprezentative universitare feminine, Editura ASE, București.
4. <http://www.kadureshet.com/> - "Catchball Rules"