
Abstract

Catchball, although it may seem similar to volleyball, using the same net, court, number of players on a team, rotation, etc., has a major difference that makes it a distinct sport, highly accessible, and easy to learn. The main difference is that the ball is caught and then passed through throwing, rather than being hit or volleyed. Additionally, the serve is done through throwing, not hitting.

In conclusion, the accessibility of catchball lies in the fact that it requires skills and motor abilities that we are born with, without the need for years of training to learn the game's technique. Catchball can also be taken to a competitive level when the number of players increases and the level of the game becomes much higher.

Keywords: sports, catchball, newcomb, health.

JEL Classification: I10; I20, I30

DOI: 10.24818/mrt.23.15.01.07

1. Introduction

Historically speaking, catchball was established in the same year as volleyball, in 1895. Catchball is a relatively new sport that may appear similar to traditional volleyball, but it employs completely different techniques from other team sports such as volleyball, handball, and basketball. Catchball is a team sport that shares the court and rules with volleyball, but adapts them to the new sport. Depending on the region, this new game is known by various names. In Australia and Canada, it is called Newcomb, while in Latin countries, it is called Cachibol.

2. Discussion

It is usually played on a volleyball court with two teams, each consisting of an equal number of players, typically six. The objective of the game is to score points by successfully throwing the ball over the net and into the opponent's court, while the opposing team tries to catch the ball. The accessibility of catchball lies in the fact that it requires innate motor skills and abilities, without the need for years of training to learn the game's technique. The technique of catchball is relatively simple if we focus on the objectives of recreational sports, which include catching and passing the ball with one or two hands. If we aim for competitive objectives, the technique

¹ Cristina Filip, Bucharest University of Economic Studies, hantau.cristina@defs.ase.ro



can become more diverse, involving various methods of catching and passing. Here are some characteristics and basic rules of catchball:

- Court and equipment: Catchball is typically played on a standard volleyball court with a net in the middle. The game requires a volleyball or a similar ball.
- Teams: Each team usually consists of 6 to 12 players. The teams enter the court with 6 players positioned in specific zones.
- The game starts with a serve, in which one team throws the ball over the net to initiate the game. The serving team rotates clockwise every time they win a point.
- Once the ball is in play, the teams must try to catch the ball and prevent it from touching the ground on their side of the court.
- Catching and throwing: The players on a team can pass the ball among themselves using different throwing techniques with one or two hands. The goal is to keep the ball in play and strategically throw it to disrupt the opponent's defense. Three passes between teammates are allowed.
- Winning the game: The game is won by the team that wins 2 sets out of 3, and each set is played up to 21 points with a two-point difference.

Currently, catchball is played exclusively by women, with the aim of creating sports competitions that include women from all social backgrounds, encouraging them to become active through sports after longer or shorter periods of physical rest.

In Israel, this sport experienced rapid development, spreading quickly to other countries and becoming a popular sport for women worldwide. The motto of catchball in Israel is *"Play sports. Have fun. Make friends."* This growth led to the establishment of the Israeli Catchball Association in 2009. Over time, it reached a membership of 10,000, which resulted in the creation of different leagues based on difficulty and level of play.

Currently, catchball is played in various corners of the world, gaining an increasing number of female followers in countries such as America, Australia, Latin America, Canada, and Romania for approximately 8 years. Catchball can very well be a recreational sport due to its accessibility, capable of motivating any woman who has or has not practiced sports but has a minimum level of physical fitness, as well as those who want to escape monotony and a sedentary lifestyle. Catchball has many benefits that contribute to improving daily life:

- Engaging in physical activity;
- Having fun;
- Training the mind and body;
- Promoting well-being;
- Enhancing mental balance;
- Socialising and making new friends;
- Burning excess fat;
- Boosting self-confidence and reducing stress;



- Offering an opportunity to break free from routine;
- Contributing to restful sleep, etc.

In Romania, catchball was first played in Cluj in 2015, where Corporate Games organised the first competition, providing local companies the opportunity to test the game, strengthen internal communication, and establish connections and potential partnerships with other participating companies.

After all these years in which catchball was included in more and more multisport competitions, it was time to take a step forward. Thus, the Catchball Sports Club Association was established during the pandemic, driven by the passion of a few individuals who saw the potential of this innovative, recreational, and accessible sport for everyone. However, catchball can also be taken to a competitive level when the number of players increases, and the level of play becomes higher.

Naturally, competitive levels will be established, offering women the chance to become champions without requiring intense training or years of practice.

The ASE team was formed in the spring of 2016, consisting of professors from the Physical Education Department of the Bucharest University of Economic Studies, including Cristina Filip, Valentina Ciomag, Neluța Smîdu, Viorela Popescu, and Cristina Nae, as well as economics students, some of whom are still part of the current team, such as Mihaela Boian and Nicoleta Chicu. Over the years, the team has trained continuously and participated in all national and international competitions, consistently achieving top rankings.

Here is the achievement record of the ASE catchball team:

- 1st place - Spring Cup, organised by the Catchball Association of Romania, May 2023.
- 2nd place - Vice Champion at the National Championship organised by the Catchball Association of Romania, April 2023.
- 1st place - Winter Corporate Games, Brasov, January 27-29, 2023.
- 2nd place - Tournament during the Be Active Event - National Workplace Sports Day, part of the "BEACTIVE" project - European Week of Sport, organised by MTS, September 23-30, 2022.
- 3rd place - Summer Corporate Games, Constanta, September 2022.
- 3rd place - The European Cup International Tournament - Bucharest, June 24-26, 2022.
- 1st place - Spring Cup, organised under the auspices of the Catchball Association of Romania, March 12-13, 2022.
- 1st place - Europe Catchball Cup, Kavala - Greece, July 2021.
- 1st place - "Cupa Summer Beach Bum-Bum," Frumusani, May 2021.
- 1st place - National Catchball Champion of Romania - edition 1, February 15, 2020.
- 1st place - Winter Corporate Games, Brasov, February 2020.
- 1st place - "Cupa Sf. Nicolae" Cup, December 2019.
- 1st place - Catchball Halloween Cup, October 2019.
- 1st place - Grass Catchball Tournament, Bucharest, September 2019.
- 1st place - Summer Corporate Games, Constanta, September 6-8, 2019.



- 1st place - International Catchball Tournament Romania, Bucharest, June 2019.
- 1st place - "Cupa Europei" Cup, Bucharest, May 11, 2019.
- 4th place - International Catchball Tournament Romania, Corporate Games, Bucharest, June 2018.
- 1st place - "Cupa Martisorului" Cup, Bucharest, March 2018.
- 1st place - Charity Tournament "Cupa Craciunului" in Catchball, December 2017.
- 2nd place - International Catchball Tournament, Corporate Games, Romania, June 2016.
- 1st place - "Cupa Martisorului" Cup, Bucharest, March 8, 2016.

With the formation of the ASE representative catchball team, the management of the University and the Department of Physical Education and Sports have been open to new ideas and have approved the introduction of this new sport in the physical education classes for female students of the University. Catchball is one of the most recent sports introduced and promoted among first- and second-year students, and it has been promoted with great perseverance by the mentioned teaching staff.

3. Conclusions

In conclusion, catchball is an exclusively female sport that has gained popularity among participants and students at ASE. The existence of a second representative catchball team composed of talented and motivated students serves as evidence of this fact. This team has achieved remarkable results in various competitions and tournaments they have participated in, such as the Winter Corporate Games and Spring Cup. The establishment of a second representative team further highlights the interest and involvement of students in this sport.

Therefore, we would like to acknowledge the girls who have embraced the catchball fever and are eager to continue training and achieve even better results. The current composition of the ASE Young team is as follows:

- Daniela Dumitrașcu, student at the Faculty of Management and Public Administration;
- Iustina Cautnic, student at the Faculty of Cybernetics;
- Andreea Nifanti, 1st-year student at the Faculty of Management;
- Romelia Vranciu, 1st-year student at the Faculty of Management;
- Cristina Zaharescu, 1st-year student at the Faculty of Management;
- Anaice Baston, 1st-year student at the Faculty of Accounting and Management Information Systems;
- Adina Bratu, 1st-year student at the Faculty of Accounting and Management Information Systems;
- Iustina Giubega, 2nd-year student at the Faculty of Management.



All of these girls are full-time students who are ambitious, competitive, and eager to learn new things. They are not only committed to excelling in catchball, but also to adopting a healthy lifestyle where sports play a significant role.

The goal of catchball is to keep women active, promote a healthy lifestyle through participation, and provide a recreational and enjoyable experience that fosters social connections.

References

1. Filip, C., Ciomag, R. V., 2018, Catchball versus volley, Revista Marathon, vol. 10, nr. 2, pag. 51-55, Editura ASE, București.
3. Hantău, C., 2014 , Volei – Noțiuni teoretice de bază, Editura ASE, București.
4. Nae, I. C., 2013, Baschet – Instruirea echipelor reprezentative universitare feminine, Editura ASE, București.
5. <http://www.kadureshet.com/> - "Catchball Rules"