

Teamball is a dynamic team sport, in which two teams separated by a net compete by throwing and catching a ball over it. The ball is to be thrown in a way that makes it difficult for the opponent team to catch. The most collaborative and coordinating team wins. Everyone, regardless of gender, age and athletic background can participate.

Number of players: 4 - 6 players per team

Duration: 8 minutes per match

Court size: 6 x 20 meters

Height of net: 2.5 meters high, placed in the center.

How to settle a match

Each team starts with four players on the court. The game begins when a random player starts the game with an underarm serve. After each throw, the entire team rotates one position clockwise. If the ball is thrown and caught without it touching the ground, the ball is in play. The ball must be thrown in a smooth and fast motion from where the player received it. If the ball hits a player and afterward is caught by another player without touching the ground, the game continues.

Every time an error is made, one player must leave the court. A team will be awarded 1 point every time it succeeds in eliminating all the opposing teams' players from the court. When a team wins 1 point, all players may return to the court and the game starts again.

If a team have more than four players, every member of that team should have an equal amount of playing time on the court. It is possible to liberate a team member (see how down below). The team who wins the most points before time runs out, wins the game.



Referee and foul

Teamball is a gentleman sport. This means that the game is to be played in tolerance and friendliness, guided by two pre-selected referees, one from each team. The two referees are to secure an orderly game, so that everyone is having a good time. It is the responsibility of the two referees to decide, if there are any ambiguity about errors during the game, and resolve any disagreements. It is considered an error if:

- The ball is not caught, is thrown into the net or off the court. A ball is out, if it is outside of or in contact with the sidelines of the court when it hits the floor.
- A player is standing still holding the ball or moves about holding the ball.
- There are any disorders in a team's rotation and a ball hits the ground.
- If a player tries to liberate a teammate by doing a forearm pass, but the ball isn't caught by a teammate.

It is allowed to be in contact with the net or overstepping the lines if it doesn't annoy the opponents.

Serves and the right to serve

All rounds start with an underarm serve from any player in any position on the court, as soon as the opposing team is ready. Experienced players serve from the back of the court, while inexperienced players stand closer to the net. The team who won the last ball, can, if the bold is on their part of the court, choose which team is to serve. If the opposing team is chosen, a team member should roll the ball over to the other team. The team, who lost the last ball, must serve if the lost ball was lost at their side of the court.



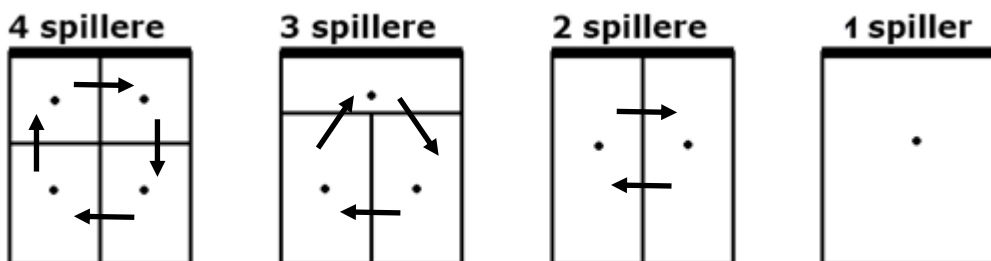
Liberating a teammate and forearm passes

A player can be liberated if a team member catches a ball from another team member, who made a forearm pass. If the team only has one player on the court, he/she can liberate a teammate by making a forearm pass to him/herself. At liberators, the ball must still be thrown in a quick, flowing motion. Liberated players enter the court while the ball is still in play. Liberated players enter the court to the back-right position from behind the end line. A forearm pass is made with folded hands by launching the ball in the air through your wrist area (see figure to the right).



Direction of Movement

Players move as shown on the drawing. Their positions depend on whether there is 1, 2, 3 or 4 players on the court. Rotation is always clockwise, and both 2, 3 and 4 players should move as illustrated with the arrows on the drawing.



Find more info on www.teamball.dk/orsted.