



Catchball - Play sports, Have fun, Make friends!

What is Catchball?

Catchball is a social-sport start-up that started in Israel combining sports with social activity.

It is known to unify communities, empower women, entice them to participate in physical activity and build their leadership skills.

Catchball has encouraged women to become active in sports, often after years of physical inactivity. Since 2008, CATCHBALL has taken off to become the most popular recreational activity for women all over the world. The game, played by passing the ball over a net to the opponent's court without hitting it, hooked women of all ages.

The basics of the game:

Catchball is a team ball game resembling volleyball. It is played by two teams of 6 players in a volleyball court with a volleyball net. The object of the game is to pass the ball over the net to ground it on the opponent's court, and to prevent the same effort by the opponent. The main difference between Catchball and Volleyball is that in Catchball players must Catch the ball with both hands before they can pass it on (hence the name "Catchball") The ball is put in play with a serve, thrown over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly. Catchball uses a rally point scoring system. Teams score a point on every rally, regardless of the serving team. The team winning a rally scores a point. A team can touch the ball up to three times on its side of the net, before returning it to the opponent's court. All matches are played as a "Winning Sets" system. A team wins the match if it wins in two sets. The first two sets are scored up to 25 points, while the third set (if played) is scored up to 15 points.



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Catchball Federation



Catchball_federation





Havatzelet
Age: 51

"I'm here for the excitement"



Michal
Age: 48

"I'm here to do something for myself"



Shira
Age: 39

"I'm here for the friendships"



Ifat
Age: 49

"I'm here to get in shape and have fun"



Tamar
Age: 30

"I'm here for the competition"

About ICF - International Catchball Federation

The ICF has teamed up with global organizations such as The Corporate games, the JCC of America, Maccabi and more to promote the game to other areas in the world. The global activity started in 2016 and ever since, local Associations were incorporated in other areas of the world. All are members of the ICF (International Catchball Federation).

ICF provides guidance and professional support to organizations who are looking to start a local team or league and acts as the governing body. In addition, ICF supports Associations with organizing International tournaments and events, providing professional documentations, rules and regulations.



Start Your Own League Today

Attracting players to this fun sport is easy as the activity combines sports with social activity. The perfect combination for all women!

If you would like to start a Catchball league in your community please contact us at:
info@icf-sport.com



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