

## Prellball Rules English translation

### OVERVIEW

1. Object: strike the ball with the fist or the forearm to bounce on your side of the volleyball court such that the ball passes over the net into the opponent's half of the court.
2. 2 teams
3. 4 players each side
4. 2 subs each side
5. Non-contact sport
6. Prellball or Volleyball court (You may use a volleyball court, although it will be 9m x 18m, which is one meter wider and two meters longer.)
7. Played indoors on a court 16m (52.5') long and 8m (26') wide. Above the centerline, stretch a 40 cm (15.7") height net or stretch a taut rope between two stands.
8. With each error, the opponents score 1 point.
9. Tip: Aim toward your opponent instead of trying to hit the ball past or away from your opponents, so players can gradually learn the flow of the game.

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### SERVICE

1. Service is valid if the ball passes over the net into the opponent's court and touches the ground or an opponent touches the ball inside or outside of their boundary.
2. Players may bounce an incoming opponent's ball on the fly or after the first bounce on the ground.
3. If a game judge, another person, or an obstacle disrupts play and causes an error, then replay the point.



4. The team that loses the point must serve the next point, because the receiver maintains the advantage in Prellball, unlike volleyball, where the server has the advantage.
5. Each rally begins with service and ends with an error or other stoppage of play.
6. After each error, the opposing team serves
7. A ball touching the lines on the court is inbounds.

### **POINTS (fouls, faults, errors)**

1. Player touches center line, the net, a stand, the opposite field, or an opponent
2. Player hits the ball and it lands outside the opponents' box
3. Player contacts ball openhanded instead of fist
4. Player contacts ball with body part other than fist or forearm
5. Player fails to strike the ball downward
6. Player fails to strike ball before second bounce (Ball bounces twice in a row on one side without a player touching it.)
7. Player hits the ball to the other side without it bouncing on her side first.
8. Player touches ball twice (Each player may bounce the ball only once)
9. Team strikes ball 4x instead of three or fewer times. (The ball may contact the ground only once between each player contact and must go over the net again at the latest after the third contact.)
10. Player or ball touching the walls is an error.
11. 10 seconds per side is allowed per play; time begins when the ball contacts ground or player in receiving court.

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## CEILING

1. The ceiling is part of the playing field and is in-bounds and fair play.
2. The team that has bounced the ball at the ceiling must continue playing.
3. If you specify it as a rule, players may not allow the ball to touch the ceiling on the third beat of the ball.
4. Objects in or on the ceiling (e.g., lighting fixtures, joists, ropes, basketball goals) that are not removed count part of the ceiling and as such these objects are inbounds.
5. If a team dribbles the ball to their side hall ceiling it remains inbounds and they must continue to play or forfeit the point.

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## THE TEAM

1. Four players and two substitutes.
2. Players may sub between points, but only with referee approval.
3. At least three players must be on each side of the court at all times.

## GAME PLAY

1. Players may bounce an incoming opponent's ball on the fly or after the first bounce on the ground.
2. Between two strikes, the ball must touch the ground.
3. The ball must rise on one team's side and then pass onto the opposing team's side and contact the ground inbounds, or touch an opponent inside or outside the opponent's box.

## COURT BOUNDARY

1. **Dimensions:** Use a volleyball court (9 x 18) or a square of 16 m long and 8 m wide.
2. **Lines:** Divide playing field by a centerline. All lines must be marked clearly visible on the ground



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3-5 cm (1"-2"). Use firmly adhering adhesive strips. Each team field has a specified space defined by the baseline and at least 50 cm (20") sidelines.

3. **Net/Stand:** Stretch the net tautly above the centerline at (40 cm or 15.7") height.

4. The **Tape** atop the net is 4-5 cm thick (1.5"-2")

5. **Net** is light/dark colored between perpendicular freestanding stands.

6. **Net-stand** height is 1m (3.3').

7. **Line:** Instead of the net, a 3-5mm (.2") circular line may be used. It is highly recommended to drape streamers at every 6-8 inches along the line in order to track when the ball crosses the line below the tape. This will prevent arguments and make the referee's task easier.

8. **Total Playing Area** is a rectangle of 20 m (65.5') length and 12 m (40') width.

9. Behind each baseline must be a clearance of 2 m (6.5').

10. The distance between two pitches must be at least 2 m (6.5').

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## BALL

1. The Prellball is a plain hollow ball made of leather or synthetic leather.

2. Tightly inflated and evenly round.

3. Weight of 320-380g (.7lbs-.85lbs) and a circumference of 62-68 cm (24.4"-26.8").

4. The surface may consist of a maximum of eight sub-fields.

5. In the female youth 11-14 and younger the weight is 260-320g (.57lbs-.7lbs) and circumference of 62-68 cm (24.4"-26.8").

6. Each team must have a playable ball.

7. If no game capable ball is present, the referee decides on the replacement ball.



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## TEAM

1. Each team consists of four players and two substitutes.
2. When the game starts, not more than six may be on the roster
3. If a team doesn't have three players, they forfeit.
4. One player is the team leader and sole spokesperson for the team.
5. She is marked as leader on the score sheet.
6. Substitutes and supervisor must be visibly identifiable and stand behind their team only.

## GAME TIME

1. 2 x 10 minutes.
2. For ties, add 2 x 5 minutes.
3. Between the extensions, no breaks.

**DRAW:** The team leader who wins the coin toss chooses her courtside and the ball, and her team has the first indication (serve).

## HAND RULES

1. Bounce ball to the ground with the fist or forearm downward; angle is optional.
2. Close Thumb on impact; fingertips touch the palm. Thumb is placed alongside the index finger. Do not insert thumb inside the palm \*underneath the fingers\*, as you may dislocate your thumb as a result.
3. Hands may hold no objects.
4. Players who cannot close fist due to a disability must notify the referee.
5. Players may not wear gloves or tape hands.
6. Players may tape single finger joints up to 30 mm (1.2").
7. Between two tapes must be a free space of the tape width.

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8. Players may not tape several fingers together

## CONTACT

1. Hit serve and return by bouncing the ball first.
2. Strike the opponents' ball before or after the ground contact on your side.
3. The ball must be touched:
  - a. only once before each shot touching the ground, b. only once by a player, and
  - c. only touched three times total before being returned.
4. If two players on a team strike the ball simultaneously, it is considered a single (1) hit.
5. If the ball is above the net, the following shall apply with simultaneous impact of two *opposing* players:
  - a. If the ball touches the net or lands out of bounds, the game then do-over. b. If the ball without power contacts the ground, it must be played.
6. A ball outside baseline/sideline may be played, as long as it does not touch the ground.

## REFEREES

1. Each match is controlled by a referee, two linesmen and a scorer.
2. The ref's call is final.
3. Ref may suspend or cancel games.
4. Ref announces every point, beginning and end of halves, game interruptions, and fouls.
5. Ref notes penalties, appeals, and injuries on the score sheet.
6. Subs enter the game only when the referee allows.
7. In unsportsmanlike conduct, the referee may impose: a) Yellow Card (exclusion for 2 minutes); b) Yellow / Red Card (exclusion for the current game); c) Red card (expulsion).
8. With a delay of game, the referee cautions the team.

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9. Expulsed players may not be replaced.  
10. After the game, ref announces the winner and signs the score sheet.

11. If a referee can't see the line of the game, the line judges assist in the call.

12. Line judges stand at the intersections of the side opposite the referee.

13. They call lines on their half of the pitch.

### Prellball Variations:

Prellball may be played on a wrestling mat with two low benches used to indicate the centerline. Two players on a side. Heading the ball is allowed without a bounce on your side.

### Lead up Activities

2 square downball

4 square downball

thor's hammer downball

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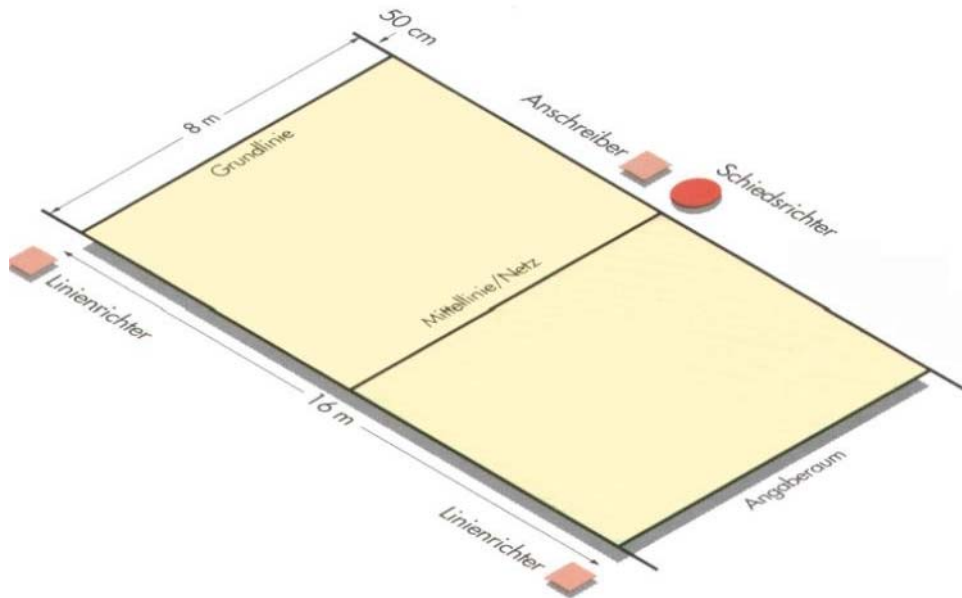
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