

FutNet

Scoring System and Single

As said in the first newsletter, FutNet is a ball game with almost 100 years of tradition which combines speed, precision, technical skill and strategy. Two teams, each on either side of the net 1.10 m high, compete against each other and try to score a point, making the ball bounce in the opponent's area without it being returned to their part of the court. The ball may be hit with all parts of the body except for the arms and hands and the players may not touch the net during the game.

FutNet is a sport for all as demonstrated by the different competition categories: men, women, juniors, youngsters, children... At European Championship on 4 and 5 June in Vitoria, the juniors category is open to boys up to and including the age of 18, for women there is no age restriction.

FutNet has three basic disciplines: single, double and triple. While in the first newsletter only some basic aspects of each discipline were presented, in this issue and the following ones we would like to offer you a more detailed description of all the disciplines in the women's and juniors category as they will be played in the European Championship in Vitoria.

Before outlining the main features of the single, a few words about **the system of scoring** in all FutNet disciplines and categories. To win the match, the team (or in the single, the player) has to win two sets. The set finishes with 11th point, however, there must be a two-point difference, that means 11:9. With the score 10:10, the match goes

on until one of the teams wins by two points or gets to 15 points. With 15th point, the match ends even without a two-point difference, i.e. 15:14. In the past when the two-point-difference rule did not apply, some sets could easily go on beyond 20 points. Each play results in a point no matter who has had the service (not like volleyball in the past where to get the point the team



must have served). It is possible to win a point, for example, with a strong smash or a rotating and well-positioned ball that the other team did not manage to catch and return to the opponent's area in line with the rules, for example, netting the ball, kicking the ball out of the court, one of the players touching the net with any part of the body, in the double and triple the same player touching the ball twice in a row, touching the ball with a hand or the arm, passing the ball over the net but outside the playing area, etc.

In the single, the basic rules that apply to women and juniors are the same as those for men, i. e. two players compete against each other, both are allowed two touches and one bounce. The court's dimensions are the same as in the double – 9 x 6.4 m.

The service is carried out diagonally from the right or the left depending on the score of the player serving: with even numbers from the right, with odd ones from the left. The player who has won a point, has the service. The players have a possibility to receive the service after the ball has bounced in their area or without a previous bounce. However, with the latter, they cannot pass the ball immediately back to the opponent's area, they have to touch it again, either after using the only bounce they are allowed or without it. However, to receive a service without a previous bounce is much more difficult and therefore not that common. The most usual way of receiving a service with juniors is playing it with the chest or the foot right after it has bounced in their receiving area, lifting it up so as to prepare a good position for an attack. As regards women, they have a disadvantage since they cannot receive a service



with the chest and have to use either the foot or the head.

The single is physically very demanding and both players have the right to two 30 second time-outs in each set.

A great technical skill is important, but even more important is the speed, stamina, peripheral vision and the ability to use the open spaces not covered by the opponent.

Compared to the traditional doubles and triples, the single is a relatively new FutNet discipline – it has only been played for about 20 to 30 years –, but it is attractive for the fighting spirit of the players, strong smashes and service and an admirable defence, with incredible saves often turned into a winning point.



Next time: **Double**

FutNet

Double Discipline

As we announced in the previous newsletter, we would like to present you the double discipline in FutNet. In the double, two teams, both composed of two players face each, with the third player of the team as a possible substitute for either of his/her teammates (max. two substitutions per team and set). The teams are allowed up to three touches – but not two consecutive ones by the same player – and unlike the category of men where the ball can bounce only once, women and juniors can avail themselves of two bounces (however, not in a row). The court dimensions are the same as in the single, i.e. 9 m x 12.8 m. Similarly to the triple, the service can be carried out by either of the players of the team that has scored a point towards any part of the opponent's service zone. Like in all FutNet categories and disciplines, the touch of the net by any part of the body is not allowed and if it occurs, it means a point for the other team. Both teams have the right to one 30-second time-out per set.

What is required of the players in the double is the strength, speed, technical skill and a high level of complementarity. Both players have to master all types of moves and passes because if one of them revealed a certain weakness, for example, less confidence receiving and controlling the service, the rival team would immediately use it to their advantage.

In general, to score a point in the double is easier than in the triple, therefore the defence play has to be very tactical and sometimes it is necessary to take a risk and move up to the net to try to block the opponent's attack.

The double is a spectacular discipline and a fiery fight in a bid to try and „break“ the other team or make them make that fateful mistake. It is the best example of speed, power and individual skill combined and working within a team.



Next time: Triple

FutNet

Triple Discipline

The triple is the queen of FutNet disciplines: the whole court (9x18 m) is used by two teams, both consisting of three players, who can touch the ball three times (but not two consecutive touches by the same player) and, similarly to the double, one bounce is allowed for men and two bounces for women and juniors. The coach has other two players at his/her disposal who can substitute any of the players of their team. Each team has the right to two substitutions per set, but if two players are substituted at the same time, it counts as one substitution.

Each player has his/her function in the game and his/her part of the court to cover. Most of the time the attacking player stays close to the net, except when receiving a service or defending some attacks originating further down from the net. This player usually blocks the attacks of the rival team, lifting his/her leg above the net – without touching it –, trying to prevent the smash from getting into their side of the court. The other two players cover the rest of the field, one of them usually passes the ball higher up so that the attacking player can send it over to the other side in the most efficient manner that is difficult to defend. The third player helps out in the defence and sometimes can also act as the second smasher which makes the attack unpredictable. When the team uses two

smashing players, during the attack they position themselves close to the net, one on the right, the other on the left, and the third player can choose whom to pass the ball and which way: a shorter and lower pass to the player standing closer to him/her or a higher and longer pass to the player further down from him/her. In case one of the smashing players is left-footed and the other one right-footed, the team counts with a great advantage in the attack which can often result in a winning point.

In any case, the triple is a discipline in which it is most difficult to score a point, chiefly because the players cover most of their part of the court and there is not so much open space left for the attack as in the double. Good defence can often defuse the attack of the rival.

What is important in the triple is that each player has to really stick to his/her tasks for the team to work well. They need to be strong, both physically and mentally, creative and precise in the attack, responsible and reliable in the defence.

The triple is the most attractive discipline for the viewers, offering all kinds of spectacular moves: powerful and well-positioned smashes, deadly spikes nailed down just behind the net, treacherous rotating attacks, fiery fights for the ball over the net and incredible defence play.

