

# Faustball

(Fistball)



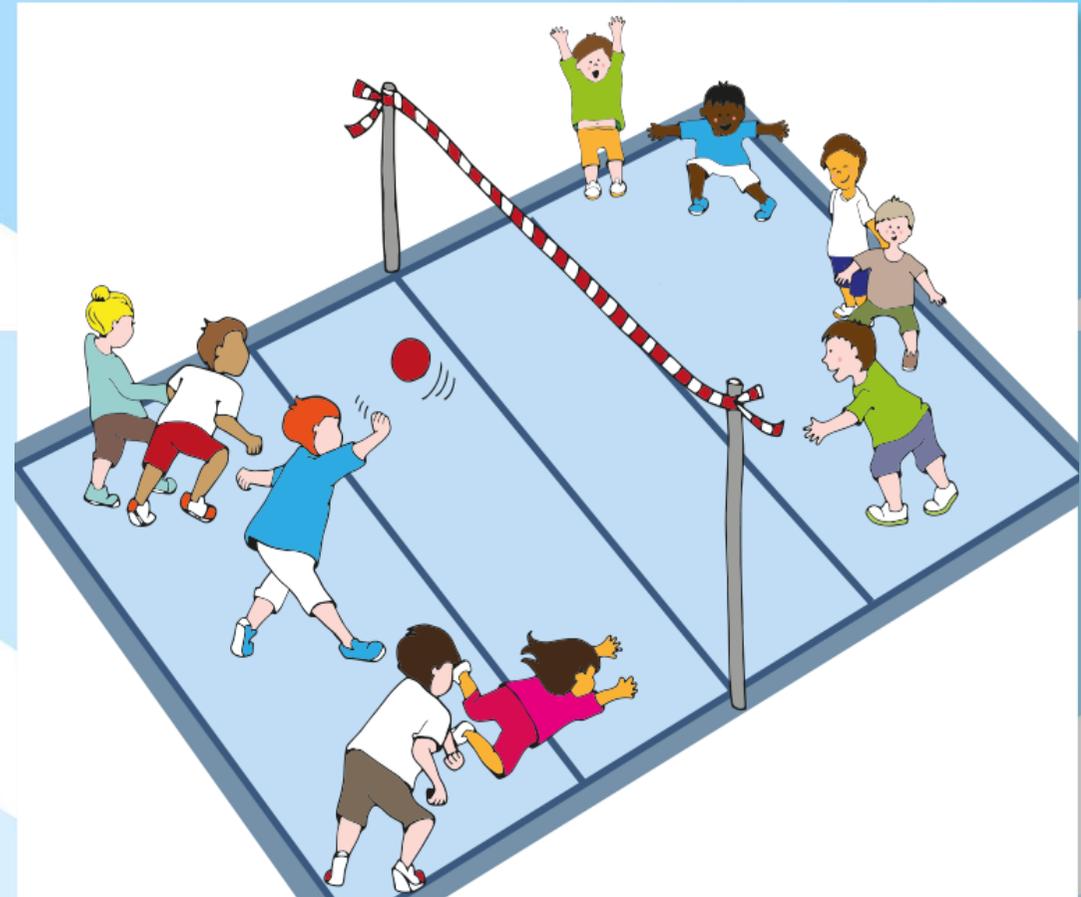
**Aim of the game:** To hit the ball with a closed fist or forearm over the net into the opponents' half so they are unable to return it without committing a fault.

**Set up:** Outdoor grass field: 50m x 20m. Indoor: 40m x 20m. Divide the field in two halves by a central line. On each side, mark 2 parallel service lines at a distance of 3m to the central line.

## Rules:

The ball can only be touched three times by the attacking team before passing it over the net - with a bounce being permissible before each contact, but no repeated hits by any individual player within the three attempts. The team that loses the last point or commits the last error makes the next service. A set ends when one team scores 11 points and is at least 2 points in the lead (i.e. at least 11:9). If the score reaches 10:10, the game is automatically extended, until one of the teams takes the lead by 2, or the first team reaches 15 points.

Points are scored when: a team cannot return the ball; the ball or a player touches the net or post; the ball touches the ground outside the court; the ball touches the ground twice in a row without any contact by a player in between; the ball is played on the side of the post past or below the net into the opponent's box; more than three players on a team touch the ball during a game turn; a player touches the ball a second time within a turn; the ball touches a part of the body other than the upper or forearm or fist (i.e., the ball cannot touch the head, foot, or open hand); a player's first grounding foot lands over the service line on a serve.



## Equipment and Materials:

Fistball, 3 – 6 cm wide net/ribbon or string, posts

**Age:**  
12+

**Number of players:**  
5 in each team

**Duration:**  
Best of 3 or 5 sets

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## Let's Inklusivize TSG!

### Teaching Style

1. Provide clear and simple instruction
2. Balance the ability level of the team
3. Complete a walk through the playing area
4. Practice games before introducing scoring
5. Encourage players to communicate throughout the game
6. Safety instructions to be tailored to the environment and participants playing the game.

### Equipment

1. Range of balls can be used that vary in weight, size, speed, texture, density etc.
2. Audible equipment can be used ( e.g. bell or rattle ball)
3. Brightly coloured equipment can be used
4. Use a flat net or just a line instead of the net

### Rules

1. Allow 2 bounces per player, allow more than 3 hits per team
2. Allow catch and throw instead of hitting the ball
3. Increase/decrease time limit of the game
4. Increase/decrease number of players

### Environment

1. Increase/decrease the playing area/distance/ boundaries/zones/pitching distance/shape
2. Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles
3. lower/heighten the net

