



# WHAT IS THIS WEIRD TRAMPOLINE???

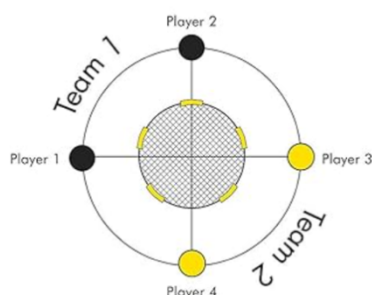
## GLAD YOU ASKED

You probably saw it in the park, Roundnet, also known by its main equipment manufacturer Spikeball, is a fast-paced, entertaining ball game played with four players in two teams.

The aim is to hit the ball onto the net so that the opposing team is unable to return it.

## HOW DOES THE GAME WORK EXACTLY?

### SET UP



1. Two teams of two players face each other and position themselves around the net.

2. The first team starts the game by one player hitting the ball onto the net (service from 2m13/7 feet from the net)
3. The returning team has a maximum of three consecutive touches between the players to return the ball onto the net.

### PLAY

Just like volleyball, the receiving team has up to three alternating hits to return the ball onto the net. When they do, possession changes to their opponent.



5. Points are awarded when the opposing team fail to successfully returns the ball onto the net.

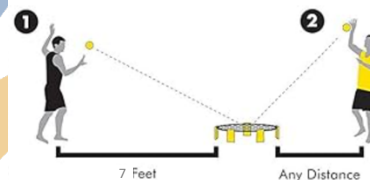
## PUSH THE DOOR, HAVE A TRY!

We train on Wednesdays and Fridays. The training already started? Pop in NOW! ;)

If any questions, reach out: [spikings.frankfurt@gmail.com](mailto:spikings.frankfurt@gmail.com)

### SERVE

A point starts with a serve. The server stands 7 feet away from the net, directly across from the receiving player.

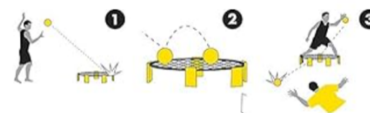


4. The game continues until the ball touches the ground or is not returned correctly.

### SCORE

Points are scored when:

1. The ball hits the rim or ground.
2. The ball doesn't bounce off the net in a single bounce.
3. A team can't return the ball onto the net.





# WHAT IS THIS WEIRD TRAMPOLINE???

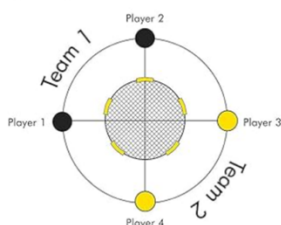
## TOLL DAS DU FRAGST

Du hast es wahrscheinlich schon im Park gesehen, Roundnet, auch bekannt als Spikeball (der Markenname des größten Herstellers), ist eine rasante und unterhaltsame Ballsportart, die von vier Spieler/innen in zwei Teams gespielt wird.

Das Ziel des Spieles ist es, den Ball so auf das Netz zu spielen, dass das gegnerische Team nicht in der Lage ist, den Ball zurückzuspielen.

## WIE FUNKTIONIERT DAS SPIEL GENAU?

### SET UP



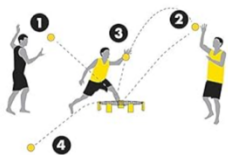
1. Zwei Teams mit je zwei Spieler/innen stehen sich gegenüber und verteilen sich um das Netz.

2. Das erste Team beginnt das Spiel, indem ein/e Spieler/in den Ball auf das Netz spielt.

3. Das andere Team hat höchstens drei aufeinanderfolgende Berührungen zwischen den Spieler/innen, um den Ball wieder auf das Netz zu spielen.

### PLAY

Just like volleyball, the receiving team has up to three alternating hits to return the ball onto the net. When they do, possession changes to their opponent.

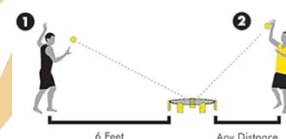


4. Das Spiel geht weiter, bis der Ball den Boden berührt oder nicht korrekt zurückgespielt wird.

5. Punkte werden vergeben, wenn es das gegnerische Team nicht schafft, den Ball erfolgreich auf das Netz zu spielen.

### SERVE

A point starts with a serve. The server stands 6 feet away from the net, directly across from the receiving player.

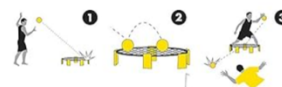


7

### SCORE

Points are scored when:

1. The ball hits the rim or ground.
2. The ball doesn't bounce off the net in a single bounce.
3. A team can't return the ball onto the net.



## KOMM REIN UND PROBIER'S AUS!

Wir trainieren Mittwochs und Freitags. Das Training hat schon angefangen? Komm JETZT einfach rein! ;) Wenn du irgendwelche Fragen hast, schreib uns an: [spikings.frankfurt@gmail.com](mailto:spikings.frankfurt@gmail.com)



# F.A.Q.

## WHO ARE WE?

What started as an expat community meetup around the game in 2020 in Günthersburgpark developed into a department of TGB. Our players wanted to start to play competitions and needed an indoor place to safely train especially during those infamous darker winter days. So was born the Roundnet Club Bornheim Spikings in October 2022.

## FOR WHOM IS THE GAME?

Roundnet is a beginner friendly sport made for everyone. It has simple rules with technical skills outshining raw athleticism. So whichever your actual physical condition is today, you will enjoy the game quite quickly while building balance and mobility.

Bonus: If you have a ball background, your overall body coordination skills should trigger a swift adaptation.

## WHY SHOULD YOU JOIN?

The community is guided by a strong open and positive mindset. Clubs support everyone to improve along her/his own ability and will. We strive to become the best version of ourselves in the sport without taking ourselves too seriously. The games rely on self-refereeing between players making sportsmanship values paramount. If you wish, the sport can become highly intense and competitive and will quickly take you all around Germany. If you are more casual, roundnet will provide you with what you need to stay mobile while having loads of fun. It is foremost about human interactions so in any case, you'll make great friends here.

## WHEN DO WE MEET?

### TRAINING

- Indoor: Wednesdays and Fridays.
- Outdoor: We have a Whatsapp group for players to meet and play.

### SPECIAL EVENTS

Beginner friendly Tournament the last Wednesday of every month.  
Reach out: [spikings.frankfurt@gmail.com](mailto:spikings.frankfurt@gmail.com).

### Follow Us and Stay in Touch

- **Email:** [spikings.frankfurt@gmail.com](mailto:spikings.frankfurt@gmail.com)
- **Instagram:** [rcbspikings](https://www.instagram.com/rcbspikings)
- **Facebook:** [rcb spikings](https://www.facebook.com/rcbspikings)
- **Website:** [www.rcbspikings.com](http://www.rcbspikings.com)