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Read instructions in their entirety. In the event of missing parts, call **1-800-533-0446**.

NITROBALL™ **Activity Instructions**

Parts List

NitroBall™ Basic Pack contains:

- 2 NitroBalls™
- 1 NitroBall™ Net
- 1 Storage Bag

NitroBall™ Deluxe Pack contains:

- 2 Black Intentus™ Portable Game Standards
- 2 NitroBalls™
- 1 NitroBall™ Net
- 1 Storage Bag

NitroBall™

Catch "Nitro Fever" with this new twist on a classic game...winner of Gopher's Best Activity Idea in America™!

Grades Upper Elementary-Adult. Get ready to bend all the rules with this volleyball spin-off! In this action-packed game, players pass, strike, and hit the ball with a downward motion, ensuring it bounces on the ground before crossing over the net. It's easy to learn, fun to play, and keeps your students moving! The NitroBall™ is lighter and larger than a volleyball, with a synthetic cover and TPU bladder for bounce and three-ply lining for added durability and air/shape retention. NitroBall™ can be played on any tennis court or gym floor.

Object

Score more points than the opposing team by passing, striking, or hitting the NitroBall™ over the net so the opponents cannot legally return the ball.

Directions

Number of Players. General guidelines are 6-8 players per team for Upper Elementary, 4-6 players per team for Middle School, and 4 players per team for High School or College.

Court Setup. A typical court measures 78'L x 36'W (the size of a doubles tennis court), with the service line 21' from the net and the baseline 39' from the net. The net should be 36" to 42" high. Play indoors with the NitroBall™ net for an official NitroBall™ court or outdoors on a tennis court.

Games and Scoring. NitroBall™ uses rally scoring in which a point is awarded each time the ball is served. The first team to score 21 points wins (team must win by 2 points with 25 as the scoring cap). The team that wins 2 out of 3 games wins the match.

Serving. Players take turns serving in a clockwise rotation, with the server standing at a pre-determined location (between the service line and baseline on a conventional tennis court). Other teammates must be on the court when the ball is served, with two players between the service line and the net and the other two between the service line and baseline. The server can hit the ball with a conventional underhand serve or bounce the ball on the court then hit with an underhand serve. Overhand and sidearm serves are not allowed. Two serves are allowed for Upper Elementary or Middle School players; 1 serve for High School or College players.

Game Play. Once the ball is served, players can move in any formation on the court. The serving team continues to serve until the other team scores a point; the serve is then awarded to that team. A service fault occurs if the ball fails to make it over the net, touches a player of the serving team, strikes anything other than the net, lands out of bounds, or the server's foot steps over the serving line. If this occurs, the serve is awarded to the other team.

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Game Play

- The ball MUST bounce off the court before EVERY strike (except the serve).
- A player may not hit the ball twice consecutively.
- Each team is given three hits per side.
- Kicking or heading the ball is not allowed.
- Blocks are illegal as the ball must hit the ground before every strike (this includes attempted blocks/passes and intentional/unintentional strikes).
- The ball can be struck with one hand or two hands.

Scoring. A point is scored when:

- The ball bounces twice on the opponents' side.
- The opposing team is unable to return the ball within three hits.
- The opposing team cannot legally return the ball into the court.
- The opposing team hits the ball out of bounds.
- The opposing team commits a fault or foul.

Options

- Increase or decrease the number of players on each team to make it easier for beginners or to challenge advanced players.
- Rather than playing 3 games to 21 points, adapt these numbers to suit your class schedule and level of play.
- Implement a one or two-hand rule to maximize activity and/or increase success.
- Employ a "no spike" rule with younger players, meaning players cannot spike the ball at all or must be behind a certain line when spiking the ball.
- Implement a "second serve" rule, giving servers more practice and increasing success rates.
- Adapt the service line for various ages/skill levels. For instance, move the service line closer to the net for younger players.
- Add your own ideas! If you develop an activity that works well, please share your idea with us at Gopher.