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Bembridge Parish Council

#### INTRODUCING VOLFSBALL

We would like to start up a Volfsball group in Bembridge this summer along the lines of our London venture (see below) and would like to ask your consent to use a small piece of the recreation ground for this purpose. Our pitch takes up only a 50ft (16 metre) square of rough cut grass. We would mark out the pitch ourselves, bring along our own equipment and would not need any changing facilities. It would be pretty much like a group of people just coming along for a ball game in a corner of the park except we would have a temporary pitch marked out. We don't know yet how much, if any interest there will be in the village but as with the proverbial chicken and egg, until we have somewhere to try out we will not know. We are convinced that Volfsball has the potential to become a national sport but we have to start somewhere.

Our website <a href="www.volfsball.com">www.volfsball.com</a> has a video explaining how to play the sport and lots of other information and I have enclosed some leaflets outlining the benefits of the game. I understand from the clerk to the parish council that you may have a recreation sub committee meeting shortly. He suggested that you might wish me to come along and talk some more about how we might proceed. Should you so wish I would be happy to do so.

To explain a bit further, Volfsball is a great new sport that very few people have ever heard of. Those that have played it say it is more fun and better to play than either basketball or netball. Professional sports consultants say it is the best new sport they have ever come across. So why isn't everyone playing it?

My son Marek Larwood, conceived the sport back in 2015 whilst working as TV actor/comedian in London. I built the first set of equipment and by 2018 Marek had some 150 players in 30 teams playing on an ad hoc basis in his local London park. Further development halted when Covid came along and scuppered all our plans. Marek's TV work disappeared and he had to relocate home to Bembridge.

We have taken the time to improve our designs and get a batch of equipment professionally made on the Island, resulting in 11 sets of prisms ready for use. In order to get the game going again we approached the island based sport/activity consultancy In2Action who tried out the game and loved it. We lent them two sets of equipment to use at their 2022 summer activity school in Grittleton, Wiltshire. They used the equipment extensively and they received enthusiastic responses from schools. Unfortunately they sold their summer school at the end of the year so we never got the sales we expected.

If you are prepared to help us we would hope that Volfsball in Bembridge may become a community mainstay and the start of bigger things to come.



# **VOLFSBALL**

A great new sport for the 21st century

VOLFSBALL IS FUN, FAST AND SIMPLE

VOLFSBALL IS FOR EVERYONE -A TRUE MIXED GENDER, AGE & ABILITY SPORT

VOLFSBALL IS A SAFE NO CONTACT SPORT

VOLFSBALL CAN BE PLAYED ALMOST ANYWHERE

Contact us: e mail <u>volfsball@gmail.com</u>

Watch the Video how to play: - www.volfsball.com



# A PERFECT WAY TO IMPROVE THE NATION'S FITNESS

# Fast, Fun and Inclusive

Non stop action ball game involving running, throwing, catching, and kicking. Anyone of any age, gender, ability or experience can play together. No special clothing or personal equipment is needed. The short alternate burst of high action and rest make for an excellent aerobic exercise regime.

# The perfect team sport

Two teams of 3 players, play 3 rounds of 3 minutes with a size 3 ball in a 3 ring court with a central rotating prism with a hoop on top. Games require continuous involvement, quick changing attacking and defensive tactics, speed of thought, spatial awareness and strategic movement.

# Play the game (The Rules)



The 4 metre centre circle is out of bounds for all.

The middle 3 metre circle is for the defenders, the outer for the attackers.

Players must remain in their circles and not move with the ball.

Attackers pass the ball and attempt to score by throwing the ball to hit the prism (1 point), kicking it (3 points) or getting the ball through the hoop (by throwing 5 points, a Volfsball, or by kicking 10 points a Doppel Volfsball).

When defenders intercept the ball or it goes out of court they become attackers & visa versa. The game is restarted from the edge of the court by the attacking side.

There is a one minute break between each round.

#### Safe to play

Volfsball is a non contact sport and players cannot travel with the ball. Players must keep to their zones thus avoiding physical intimidation. The equipment is lightweight, has no sharp edges and is in the centre circle not used by the players.

#### Can be played almost anywhere.

The court is 16 metres in diameter, equipment is easy to transport and assemble and a court is easy to set up with string and a marker.

# Dynamic scoring system maintains excitement throughout the game

The chance of a 5 or 10 point score allows for sudden changes to the game dynamic and keeps the result in question until the end.

# **Excellent for mini league or knock-out tournament play**

The ten minute plus duration of each game make it ideal for competitive tournaments with a relatively small number of players.

# Everyone can be a hero

All players can score points which is great for self esteem.

# A level playing field for all

The random nature of the game, enabled by the variable bounce from the rotating prism, means that weaker players who might otherwise be bypassed, ignored or not included in a team at all in other sports can fully participate on an equal basis.

#### Great for social interaction

The time between games allows players to mingle, relax and get to know each other, helping to generate a true Volfsball community.

In summary, as part of the nation's quest to involve more people in fitness exercise, Volfsball ticks all the

**boxes:**- It gets people fit by having fun, anybody can play and you do not need many people to make a game. It is very safe, it need not take up a lot of time and you can play it almost anywhere without special facilities, training or clothing.

The Volfsball prism is a registered design, the name and logo are trademarked and the rules are copyright.