



OUR MISSION IS TO ATTRACT EVERYONE REGARDLESS OF AGE, GENDER, AND SPORTING BACKGROUND WITH THE AIM TO CREATE VALUE THROUGH PLAYING QATCH GLOBALLY.

# **QATCH THE FUTURE**

Qatch is not only a sporting activity played on a multifunctional sports equipment, the Teq table, but also a Quality Alternative Training Concept for Handball. Qatch allows the game to be creatively competitive, establishing a better understanding of in-game decision making and teamwork.



QATCH IS ORIGINATED FROM HANDBALL AND IS PERFECTLY SUITABLE FOR PROFESSIONAL ATHLETES AS WELL AS AMATEUR ENTHUSIASTS WHOSE AMBITION IS TO DEVELOP BOTH THEIR ATTACKING AND DEFENDING SKILLS.

In this physically challenging game, two teams of three players throw the ball back and forth to each other in an intense manner. What makes this new and innovative sport stand out, is that two players from the same team, the attackers, are at the same end of the table, while the third player, the defender, is at the opposite end among their opponents.

Teamwork, feelings and experiences, freedom of creativity and quick decisions. This is gatch!

THE TENERSI









OUTDOOR





HANDBALL CLUBS & ACADEMIES



SCHOOLS





**TEAMS** 



FRIENDS



**FAMILIES** 

### QATCH WORLD CHAMPIONSHIP 2020, BUDAPEST



# PARTILLE CUP 2019. GOTHENBURG





# EBT-2019 MOSCOW GRAND SLAM



# CHALLENGER CUP 2019, TOKYO



# THE MAIN RULES OF QATCH



Q Qatch is played by two teams of three players.

Two players stand at the same end of the table while the third player, the "defender" is at the opposite end.

 $\mathbb{Q}$  The ball must bounce once on the table before being touched by a player.

A minimum of 1 pass is required between teammates before returning the ball.

Each team has a maximum of 3 passes to return the ball.

Players are not allowed to dribble the ball.

Players are not allowed to touch the table or the opponent.

There is a hexagon shaped line system consisting of baselines and sidelines, which plays an important role in ruling the actions that take place on the court.

The "doublepoint" offers the opportunity for the teams to score two points instead of one in a single rally.

Q A match is won by winning one or more sets based on the respective competition format.

Q A set consists of two winning games.

A game is won when a team reaches 8 points.

# **USE THE EQUIPMENT AT YOUR OWN RISK!**



THE PLAYING AREA MUST BE

A MINIMUM OF 15 METERS

IN WIDTH AND 14 METERS IN

LENGTH.





U9





IN THE QATCH TRAINING BOOK THERE ARE MORE THAN 120 PAGES OF EXERCISES FOR HAND-BALL PLAYERS WITH VARIOUS AGES AND SKILL LEVELS.

DATCH JOIN THE T

"OATCH IS A PERFECT TRAINING CONCEPT FOR THE ANAEROB ALACTYC SYSTEM, CONSISTING OF SHORT PERIODS OF MAXIMAL OR NEAR MAXIMAL EFFORTS WITH LONGER RESTS BETWEEN THEM. QATCH, THEREFORE, IS AN EXCELLENT TYPE OF MOVEMENT TO DEVELOP PLAYERS' EXPLOSIVE SPEED IN GAME SITUATIONS, IN ANY TYPE OF TEAM SPORTS."

EDIT DÖMÖTÖR

# UNIVERSITY OF PHYSICAL EDUCATION (BUDAPEST)



5TH EHF SCIENTIFIC CONFERENCE (COLOGNE)



OATCH HAS BEEN A COMPULSORY AS WELL AS AN OPTIONAL COURSE AT THE UNIVERSITY OF PHYSICAL EDUCATION (BUDAPEST) SINCE SEPTEMBER 2019. SOME SCIENTIFIC RESEARCH ON QATCH HAS BEEN CONDUCTED AND THE RESULT HAS BEEN PRESENTED AT INTERNATIONAL CONFERENCES.



BEACH QATCH IS PLAYED ON THE SAND AND BY THE EXACT SAME RULES AS ITS INDOOR VERSION. HERE YOU DO NOT ONLY NEED TO FIGHT YOUR OPPONENT BUT ALSO THE BURNING SUN, THE BLOWING WIND AND THE HOT SAND UNDER YOUR FEET.

THE DEEPER YOU DIG AND THE DIRTIER YOU GET IN THE SAND, THE HIGHER YOU RISE IN BEACH QATCH.



# BE PART OF THE QATCH COMMUNITY

QATCH IS NOT ONLY A COMPETITIVE SPORT BUT IT ALSO CAN BE PLAYED BY ANYONE, ANYWHERE. YOU DO NOT NECESSARILY NEED SIX PLAYERS TO PLAY QATCH, ALL YOU NEED IS A TEQ TABLE, A BALL AND SOMEONE TO PLAY WITH. BRING YOUR FRIENDS AND FAMILY ALONG AND QATCH THE GOOD VIBES.











- **Q WATERPROOF**
- Q UV PROO
- Q MOBILI







