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# THE MANAGEMENT OF THE WOMEN'S FOOTBALL-TENNIS GAME

Case  
Study

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## Keywords

Management;  
Football-tennis;  
Women;  
Game

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## Abstract

*In 1940, the first written rules appeared. The first football-tennis competition took place in the same year mentioned above, and between 1953 and 1961 the first league, called Liga Trampska, was held. In 1961, the Czech-Slovak Sports Organization officially recognized the new sport and thus established the Football-tennis Commission in Prague. The Czech Football Association was founded in 1971 and in 1974 the Slovak Football Association was established. Regarding the emergence of football-tennis at the national level, it can be said that it has been practised since the 1970s, but under a different name. The first competitions organized and of particular importance date back to the years 1982-1989, when the eight editions of the Balaci Foot-Tennis Cup, now football-tennis, took place. Between 1993-1994, the first National Championship and the first Romanian Cup were organized under the aegis of F.R.F.T.-C.A.J. At the same time, twelve teams joined and participated in these competitions.*

In 1940, the first written rules appeared (<http://www.frft-caj.ro/frft.php?lang=ro&pagina=14>). The first football-tennis competition took place in the same year mentioned above, and between 1953 and 1961 the first league, called Liga Trampska, was held. In 1961, the Czech-Slovak Sports Organization officially recognized the new sport and thus established the Football-tennis Commission in Prague (Tudor, 2013; Șerbănoiu and Tudor, 2013). The Czech Football Association was founded in 1971 and in 1974 the Slovak Football Association was established (Cometti, 2002).

Regarding the emergence of football-tennis at the national level, it can be said that it has been practised since the 1970s, but under a different name (Tudor, 2003). The first competitions organized and of particular importance date back to the years 1982-1989, when the eight editions of the Balaci Foot-Tennis Cup, now football-tennis, took place. Between 1993-1994, the first National Championship and the first Romanian Cup were organized under the aegis of F.R.F.T.- C.A.J. At the same time, twelve teams joined and participated in these competitions (<http://www.futnet.eu/>).

Romania had a world-wide and European dominance, the results were confirmed and supported by official documents, such as World and European Championship titles in all age groups.

Football-tennis is both a team and an individual sport, with single, double, triple and mixed triple and triple matches. It is a complex sport where all the muscular groups are involved and where all the above-mentioned moving qualities intervene, namely:

- a) Speed: reaction speed; execution speed; speed of movement; speed in strength and endurance.
- b) Strength: strength-speed; strength-endurance
- c) Endurance: Specific endurance; anaerobic endurance
- d) Flexibility and mobility
- e) Coordinating capacities

The way the competitions take place is according to the system of groups, depending on the number of teams enrolling at that moment (if five teams sign up, they play with each other and from six teams up there are groups) and taking into account a very good game regulation – Table 1 (Dragnea, 1991).

In Football-Tennis, the official ball has the following characteristics (Figure 1 and Tabel 2):

- glued construction, consisting of 32 black and white panels.
- the material is made of synthetic or natural leather.

As far as the Football-Tennis game is concerned, we will present the following essential rules regarding its performance:

1. Simple: the terrain is 6.4 meters long with 8.2 – 9 meters wide. However, the total area of the land is 12.8 meters long with 8.2 to 9 meters wide. The team consists of two players, one of which is a reserve. Two sets of three are played. It plays with a touch, maximum of two touches (double). The service is done diagonally and the ball is allowed to touch the ground once.
2. Double: The land has 6.4 meters long with 8.2 – 9 meters wide. However, the total area of the land is 12.8 meters long with 8.2 to 9 meters wide. The team consists of four players, two in the field and two as a reserve. Two sets out of three are played. It plays with a touch, maximum of three touches. The service is done diagonally and the ball is allowed to touch the ground once (<https://www.frft-caj.ro/documente.php?lang=ro>).
3. Triple: The field is 9 meters long and 8.2 – 9 meters wide, the total area of the field being of 18 meters long and 8.2 – 9 meters wide. The team consists of six players, three in the field and three in reserve. Two sets of three are played. It plays with a touch, maximum of three touches. The service is done all over the field but up to the 6.4 meter line, then the game takes place across the playing area. The ball is allowed to fall once on the ground.

Competitions officially recognized by the FRF-CAJ, the Ministry of Youth and Sport and the FIFTA are as follows: National Championship, Romanian Cup, Balkan Championship, 4 Nations Tournament, Veterans Tournament, European Championship, World Championship and the following age groups: under 8 years of age; Children II: 9-12 years old; Juniors II: 12-16 years old; Juniors I: 16-18 years old; Senior Male: over 18 years old; Female Seniors: Over 18, with the consent of the doctor and parents can play by an exemption. Seniors mixed: over 18 years old; U21 Mixed: Under 21.

## CONCLUSIONS

Football-tennis is a complex sport where all the muscular groups are involved and where all the above-mentioned moving qualities intervene.

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Table 1  
Groups in football-tennis

Group A	
1.	Team A
2.	Team B
3.	Team C
4.	Team D

  

Group B	
1.	Team E
2.	Team F
3.	Team G
4.	Team H

  

Ist Semifinal	2nd Semifinal
Team A – Team F : 2-0	Team E - Team B : 0-2

  

FINAL
Team A – Team B

Table 2  
Football-tennis, the official ball characteristics

Weight	396-453 gr
Circumference	680-710 mm
The height of the bounce	660-720 mm
Inflation	60-65 kpa



Figure 1  
Football-tennis, the official ball