Tchoukball Basics – A Study Guide

Tchoukball is a fun game that was invented by Hermann Brandt of Switzerland in the late 1960's and then introduced in the early 1970's. After studying team sports, he decided that many people were discouraged from participating in sports due to the aggressive nature that many team sports embody. To counter this, Brandt invented a team sport where the only means to victory is perfecting your own team's play, since the rules do not allow you to interfere with the play of the other team. This game allows you to be competitive while increasing self confidence, problem-solving, anticipation, physical ability, and the ability to concentrate. Not only does this make Tchoukball unique among team sports, but it makes it a very exciting and fun game to play!

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**EQUIPMENT**

- Two Tchoukball Rebounders or suitable “pitchback-type” rebound nets (is sometimes also referred to as a pitch)
- Medium-sized Gatorskin or other suitable ball
- Gym floor tape or polyspots to mark the Goal Semi-Circle (Forbidden Zone)
- Pinnies or vests to designate each team

**SET-UP**

The game of Tchoukball (pronounced “Chook-ball”) combines the elements of three different games – team handball, volleyball, and Ultimate Frisbee – to make a fast-paced and exciting cardiovascular fitness activity. The game can be played indoors (basketball court-sized area) or outside on a grassy field. Two rebound nets are placed at the end of the playing area as seen below.

**Objective of the Game**

- Team A throws the ball on one of the rebound surfaces. During this time, team B must position itself to catch the ball after it bounces off the rebounder and before it touches the ground.
  - If team B catches the ball the game continues no point awarded.
  - If the ball touches the ground Team A is awarded one point.
Players Per Team:
To maximize student participation and involvement, no more than seven players are typically on a team; but size may be adapted according to class size, age and playing area. Five players per team usually provide good opportunities for all players to be involved and participating at a high level.

Forbidden Zone (Or D zone):
A restraining area (large semi-circle or rectangle) is designated in front of each of the rebounders. Players are not allowed inside this area.

Scoring:

• 1 way to earn a point for your team.
  o Throw the ball into the white net and the ball lands on the floor.

• 4 ways to give points away to the other team.
  o Attempt to score and miss the net hits frame and/or rebounder.
  o Attempt to score and hit the net ball comes back and hits an offensive player.
  o Attempt to score and the ball lands in the forbidden Zone
  o Attempt to score and the ball lands out of bounds

Faults

• A player commits a fault if he/she:
  o Drops the ball or dribble the ball on the ground
  o Takes more than three steps while in possession of the ball
  o Makes the fourth pass for his/her team before taking a shot on rebounder
  o Intercepts, willingly or not a pass of the other team (during a pass, before or after a shot at the frame.
  o Prevents the free movement of the other team.
  o Throws the ball on the metallic part of the frame and have it deviate from its expected trajectory.
  o Takes the forth-consecutive shot (total of both teams) at the same rebounder.
  o Steps out of the limits of the field or into the forbidden zone while holding the ball.
  o Touches the ball with the body below the thigh.

• After a fault is committed the other team gains possession of the ball.
  o The game restarts at the place where the fault was committed
Tchoukball Rules:

- A team can score at either of the two rebound nets. For example, there are no designated sides or rebounding nets.

- Tchoukball is a non-contact sport. Players are not allowed to guard opponents, intercept passes, or purposely interfere with a ball thrown at the rebound net.

- Tchoukball’s “Rules of 3.” In the game of Tchoukball, a player with the ball may take up to three steps or hold the ball for 3 seconds.

- Tchoukball’s “Rules of 3.” Additionally, a team is only allowed three passes before throwing the ball at a rebound net.

- Tchoukball’s “Rules of 3.” A team is only allowed three throws at the same rebound net. After the third throw, the team has to use the other rebound net.

- A ball rebounding off the net that is caught by an opponent is instantly in play. A ball that is dropped (or hits the ground) is given to the opposite team as in the game of Ultimate Frisbee.

- Rebounds may not be immediately thrown back at the rebound net. At least one pass to a teammate must be completed before shooting at the rebound net.
  - (For purposes of PE play, we played -- must make 3 passes for more movement of the ball)

- After a score is made, the ball is given to a player on the other team where the ball hit the floor. Again, at least one pass must be completed to a teammate before shooting at the same rebound net… and again… for purposes of PE, we made a 3 pass minimum rule. Must shoot on 4th

- The game is started by giving the ball to a team at the center of the playing area.

- After scoring a point, the opposite team throws in the ball from behind the rebound net as in the game of basketball. Again, at least one pass must be completed to a teammate before shooting at the same rebound net… and again… for purposes of PE, we made a 3 pass minimum rule.

- Lastly, a thrown ball hitting the frame of the rebound net is “dead.” The ball is given to the other team and put into play from behind the rebound net.

Strand Responsible Behaviors and Values:

- Std 1: Exhibit responsible personal and social behavior that respects self and others in physical activity settings
  - Be competitive without encouraging aggression
  - Avoid violent confrontations
  - Increase self-confidence and the ability to concentrate
  - Reward problem-solving and anticipation as well as physical ability
  - Teach teamwork and positive social behavior