

# Tchoukball Study Guide

The game of **Tchoukball** (pronounced chook ball) is an indoor team sport. It is the distinctive sound of the ball rebounding from the net that gives Tchoukball its name. Tchoukball is a fun, quick, competitive game that can be played by all. It is also a fluid, low-contact game, full of high-speed fake outs and rapid possession changes, in which physical ability, alertness, and teamwork are equally rewarded. The game is taught in such a way to promote teamwork, respect of all players, inclusion of all players, and recognition of good plays by both teams.

## Objective of the Game:

**Offense (team with the ball):** Throw the ball on the rebound surface after a maximum of three passes. After the rebound, the ball must touch the ground for a point to be scored. If the ball is caught by the other team, no point is scored and the game continues.

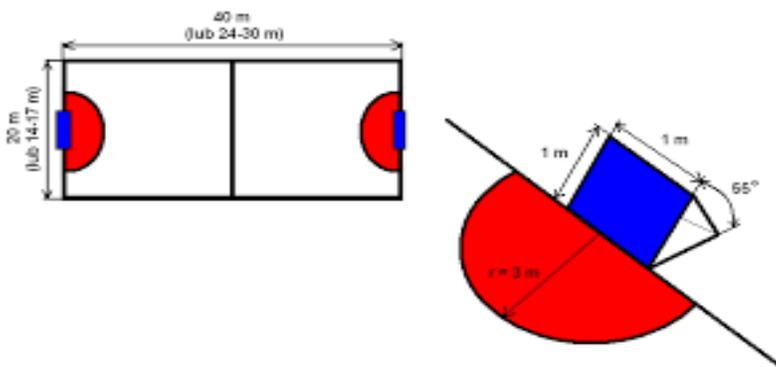
**Defense (team without the ball):** They must catch the ball after it bounces off the rebound frame and before it touches the ground. In order to be in the best position for that, the players must continuously reposition themselves according to the passes of the other team. They may not intercept the ball or hinder the opponent (no active defense).

## 4 Rules of 3

- Maximum of three steps when in possession of the ball
- Maximum of three seconds with the ball
- Maximum of three passes before a shot must be taken
- Maximum of three consecutive shots at the same rebound frame. The fourth shot must be at the other frame.

## The Forbidden Zone

In front of each rebound frame is a semi-circle with a three meter radius, which is called the forbidden zone. A player may not be in the forbidden zone unless he/she has just shot the ball at the frame or passed the ball. In either case, the player's feet may not be in the forbidden zone if the ball is still in his/her hands.



### 5 ways to score a point:

- He/she throws the ball in such a way that the rebound cannot be caught by any member of the defending team.
- He/she misses the rebound frame when shooting the ball.
- He/she makes the ball bounce out of bounds after hitting the frame.
- He/she shoots the ball and it bounces back touching the shooter.
- He/she sends the ball into the forbidden zone, before or after the ball hits the rebound frame.

### To start the game/after a point is scored (restart)

- A player from the team that is wearing jerseys stands even with the frame, touches the ball on the frame and passes the ball in to a teammate.
- The first shot may be on either frame provided the ball has crossed the centerline.
- One or more passes are allowed before the ball crosses the centerline.

### Faults/Penalties:

- Breaking any rule of three (3)
- A player steps out of bounds or in the forbidden zone while holding the ball.
- A player drops the ball or dribbles it on the ground.
- A player voluntarily, or by error, intercepts a pass from the other team.
- A player prevents the free moving of the other team or their passes while they are in possession of the ball.
- A player catches the ball after a rebound if the shot was taken by a player on the same team.
- A player plays the ball with his/her knees or below.
- If when the ball is shot, the ball hits the blue edge or clips of the frame and the path of the ball is changed. If the ball is caught by the other team, the game continues.

A foul or penalty results in the opposing team gaining possession at the spot of the foul (change of possession). After a foul has been committed, the game re-started with a **breakdown**-using two hands, touch the ball to the ground and begin play. At least one pass must be made before a shot is taken.

