Tchoukball Study Guide

* Tchoukball was invented in the 1960’s by Dr. Herman Brandt.
* The game was invented in Geneva, Switzerland.
* Dr. Brandt wanted to create a sport that was less aggressive then typically team sports.
* One of the main focuses is on scoring as many points as possible so he removed the element of defense from the game and allowed players to bring the ball up the court without being guarded as well as shoot on an unguarded goal.
* Tchoukball is a non-contact sport.
* In 2002 Tchoukball was first played in Physical Education classes.
* The game can be played indoors or outdoors, when playing indoors you should play on a court the size of a basketball court.
* A rebounder has to be placed at each end of the court, and a forbidden zone needs to be marked in front of the rebounder.
* A tchoukball team has 12 players on it and 7 players are in the game at a time.
* The players are divided into 3 positions (shooter, inner and center pivot).
* The game is typically played with 3 shooters who attempt the most shots on goal, 3 inners that defends the rebounder and 1 center pivot who works to keep the game moving.
* The game is played with three 15 minute periods, there are no timeouts.
* A coin toss at the beginning of the game determines which team gets the ball first, that team must take the ball out of bounds and pass it in. The team who did not get the ball at the beginning of the game gets it to start the second period and whoever has the lowest score at the beginning of the third period gets to start with the ball.
* The game is played with rules of 3.
  + A person cannot take more than 3 steps with the ball
  + A person cannot hold the ball for more than 3 seconds
  + A team cannot make more than 3 passes before they take a shot (the inbounds pass does not count)
  + No more than 3 shots can be taken at the same rebounder.
* Each team is allowed to shoot at both rebounders; however a team must first pass the ball to half court before they are allowed to shoot at the same frame where the other team just shot.
* A team can earn a point and they can give a point to the other team.
  + A team scores a point when they throw the ball off the rebounder and it is not caught by the other team.
  + A team gives a point to the other team is they shoot the ball and miss the rebounder
  + A team gives a point to the other team if they throw the ball on the rebounder and it bounces off hitting them or a member of their team.
  + A team gives a point to the other team if they shoot the ball and it does not come out of the forbidden zone, or if the ball goes out of bounds.
* After a team scores the non-scoring team inbounds the ball from behind the rebounder where the point is scored.
* If the ball is caught off the rebounder play begins from the location of the catch.
* A team turns the ball over to the other team if they do not catch the pass. The defending team then starts the game where the ball was dropped.
* The team with the most points at the end of the game wins. If it ends in a tie a 5 minute overtime period is played.

Common Faults

* Dropping the pass
* Touching the ball with any part of your body below the knee
* Defensive team intercepting or deflecting a pass
* Defensive team hindering the forward progress of the team with the ball
* Entering the forbidden zone while holding the ball
* Interfering with a shot on goal
* Stepping out of bounds with the ball
* Holding the ball more than 3 seconds
* Taking more than 3 steps
* Making more than 3 passes
* Touching a ball that come off the rebounder after a teammate shoots.
* Shooting the ball at the frame immediately after the other team shoots.

After a fault is committed the team not committing the fault restarts the game from the location of the fault.

