

Tchoukball

Tchoukball (pronounced "Chuke-ball") is a relatively new sport invented by Swiss biologist Dr. Hermann Brandt in the late 60's and introduced to the public in 1970. The rules of tchoukball are easy to learn and the game is a fun, fast way to keep fit and enjoy being on a team. This information is intended to introduce new players to this ever expanding sport and to help them learn the basic rules and tactics.

Basics

Tchoukball is played on a simple pitch which can vary in size depending on the number of players and level of players.

The game is played with two 'rebound frames'. These frames measure 90cm x 90 cm and are situated at both ends of the court.

A line runs 3 metres from the centre of the bottom of the frame around in a semi-circle. This area is called the 'D' or 'forbidden zone'.



- Unlike most other team games you can score at both ends, so either team can throw at any frame to score.
- There are 12 players in each team, including 3 subs.
- Players fall into 3 categories: Shooters, Inners and Centre Pivots.

Tactics

- To score a point the ball must be thrown at the frame so that it rebounds and lands outside the D.
- If the “defending” team catches the ball before it lands, no point is awarded and play continues
- Each team can make a maximum of 3 passes

- Each player may take a maximum of 3 steps
- A point is scored to the team without the ball if (i) the throw misses the rebound surface, (ii) the ball bounces in the D, (iii) the ball hits the player who threw it.
- A point is scored to the team with the ball if it bounces into the air and touches the ground outside the D before the opposing team can catch it.
- After a point is awarded, the opposing team is given the ball on the end line to be thrown in. The ball must cross the centre line before it can be thrown at a frame.

Tchoukball Rules

There are certain rules beyond the basic point scoring system described in tactics which every tchoukball player should be aware of. For example, foul moves result in loss of possession.

Following is a list of rules including foul moves:

- No player can stand in the 'D'. Airborne shooters are allowed to enter the D on a follow through, but must exit immediately out the nearest side.
- Only 3 consecutive shots at a frame from both teams is allowed.
- Any interfering with another team's passes or movement is not allowed
- Only 3 passes between a team is allowed. Making 4 is considered a foul.
- Catching a rebound from your team's shot is not allowed.
- Stepping out of bounds with the ball is a foul.
- Dropping the ball is a foul.

A foul results in the opposing team gaining possession at the site of the foul. This team must then make one pass before they can shoot at goal. After a point is scored the other team restarts the game behind the scoring frame.

The list of rules and tactics in tchoukball is short and simple to learn so making for a fast flowing game which is demanding enough for every level of player, from beginner to professional!

Information taken from: <http://www.playtchoukball.com/Home.php>