Tchoukball Study Guide

History

The game of Tchoukball was named after the sound the ball makes when it rebounds off the frame. It was invented by Dr. Herman Brandt, a Swiss biologist who was disenchanted with the “win at all cost” mentality of modern sport. He wanted to invent a new game that would promote teamwork and instill a love of play including players of all skill levels.

Dr. Brant died in 1972, years before Tchoukball’s popularity was realized. Tchoukball is played in Europe and Asia and is becoming a popular choice as a team sport in physical education classes.

The Game

The object of the game is to score the most points in an allotted time frame. The game begins after the captain from each team meets at center court for the best out or three “rock paper scissors” to determine first possession. Each team consists of six players with two rebound frames on each court. The team with first possession must start play from their defensive half of the court. The offensive team passes the ball down the court, but is only allowed 3 passes and to hold the ball for 3 seconds. The team attempts to shoot at either frame. After the ball rebounds off the frame, the defense must attempt to catch the ball before it touches the ground. If the ball is not defended (the ball hits the floor) offense scores. The non-scoring team takes the ball out behind the frame where the point was scored. The inbounding pass counts as a zero pass and a team is allowed 3 additional passes.

The Forbidden Zone

The area surrounding the frame marked by cones is known as the Forbidden Zone orthe crease. No player is allowed inside the crease with the ball.

The Rules of 3

3 seconds to play the ball

3 passes

3 steps with the ball

3 attempts at the same goal (both teams)

Scoring

Offense and defense can both score in a variety of ways.

Offense

1. The ball hits the ground outside of the “FORBIDDEN ZONE”
2. The ball touches a defender, but they fail to control the ball so it falls on the ground or goes out of bounds.

Defense

1. Offense shoots and misses the frame
2. Offense shot rebounds into the “FORBIDDEN ZONE” or out of bounds
3. Offensive shooter or team touches or catches their own rebounded ball.
4. Rebounded ball goes out of bounds.

Turn Over’s

1. Missed pass
2. Dropped ball
3. Inside the FORBIDDDEN ZONE
4. Failure to abide by any of the rules of 3
5. Any attempt to defend or impede a pass or shot
6. Pass goes out of bounds’

A player can ….

1. Catch the ball on defense
2. Step in the FORBIDDEN ZONE as long as the ball is no longer in teheir hand

A player cannot

1. While on the defense block, intercept passes, or in any way interfere with an offensive pass or attempt to score
2. While on the throwing team cannot interfere with the defending team trying to catch the ball

Vocabulary …

Players – 9 on each team for full court game;6 on each team for half court game

Possession – the player in control of the ball: a player may hold the ball for 3 seconds and is allowed 3 steps with the ball.

Passing – The offensive team has 3 passes before an attempt to score must be made.

Dropped pass – the incomplete pass results immediately in a turn over(change of possession)

Good shot – must rebound outside of the forbidden zone and inside the side lines.

Defensive fouls – defensive players cannot push, hold or grab a player to stop him from catching the ball. The offense will resume possession if this occurs.

Unsuccessful throw – if the thrown ball misses the frame, the other team is awarded a point.