

Enjoy yourself, play tchoukball !

Accessible, Intense, Tactical, Fair-Play

Accessible

5 minutes of explanation, and you're ready to play!

For the beginner, tchoukball is fun from the word Go. The basic movements are simple and natural. An average fitness is sufficient and the main rules are easy to understand. The absence of contact allows tchoukball to be played in mixed teams. Once a tchoukball frame is available, no particular equipment is necessary to play.

It is an ideal sport for anybody who wishes to start a team sport, but it becomes a particularly intense, trying and complete sport once played on a higher level. The required skills become more and more complex and spectacular.

Intense

A fascinating, complete and unwinding sport.

Through the absence of obstruction, the required technical skills, the high amount of matches and the requested game intelligence, tchoukball is a particularly dynamic and pleasant game to play.

For further information:

Swiss Tchoukball Federation: P. ++41(79) 239 20 53 - info@tchoukball.ch - www.tchoukball.ch

International Tchoukball Federation: info@tchoukball.org - www.tchoukball.org

Tactical

Tchoukball is a real team sport!

Tchoukball requests a true team spirit. The observation sense, the constant awareness, the anticipation and the game intelligence count as much as the athletic skills.

Fair-Play

An exemplary philosophy.

"The aim of physical activities is not to create champions, but to contribute to the building of a more harmonious society". That idea guided Dr Hermann Brandt's – a Swiss physician who invented tchoukball in Geneva in 1970- thoughts. Through adapted rules, tchoukball seeks to eliminate unfair plays and useless aggressiveness. Every disturbing or obstructive move is banished.

The rules

To begin playing tchoukball, it is very easy, you need:

- A field from about 15 x 26m and a tchoukball ball.
- Two teams of 7 players (both men and women)
- 2 tchoukball frames (inclined trampolines) on each side of the field.
(To be sure to play with a frame that is appropriate to tchoukball playing, we advise you to make sure it is FITB certified. A correspondent sticker shows that).

Let's play!!

- To score, the attacking team passes the ball and has to shoot on the trampoline so that, after it bounced, the ball hits the ground before the other team gets to catch it.



A player makes a fault when:

1. He moves dribbling with the ball;
2. He makes more than three steps while he has the ball (catching the ball with one or two feet on the ground counts as a step);
3. He makes a fourth pass for his team (a pass is counted when the ball is sent or redirected from a player to one of his team mates. The entry doesn't count as a pass);
4. He drops the ball during a passing action;
5. He disturbs his opponent during a game action (pass, shot, reception, moving) or tries to intercept the passes from the other team;
6. He gets in contact with the "forbidden" zone, on a pass or on a shot, before the ball has completely left his hand. After a pass or a shot, the player has to leave the forbidden zone as quickly as possible without disturbing the opponent;
7. The ball touches his feet or his legs (below the knees);
8. He touches the ground outside the field limits while he has the ball in his hands.



9. He intentionally throws the ball on one of his opponents.
10. He catches the ball that one of his team mates threw on the frame.
11. The ball does a bad bounce. This happens when the ball hits the side of the frame or when it doesn't follow the "mirror-rules" due to hitting the hooks, the elastics or the metallic frame. Thus, if the path of the ball is changed because of a bad bounce, the point isn't scored and the game resumes at the place where the ball hit the ground. The ball goes to the other team.
12. Players must not shoot three times consecutively on the same frame.



A player gives the other team a point when:

13. He misses the frame
14. The ball hits the ground outside the field limits after a shot.
15. The ball hits the ground in the forbidden zone, before or after the bounce.
16. He shoots and the ball bounces on himself.



Other information:

After a fault, the other team gets the ball. A player must grab the ball, make it touch the floor where it last fell down, and resume the game. A pass has to be made before shooting.

A player gets sent off after three intentional faults.

Every team can shoot whether on a frame or on the other. Nevertheless, on the entry, the ball has to cross the middle field line before it can come back to the side where the entry was made.

An official match is played in 3 x 15 min.

The complete official rules are available on the International Federation's website: www.tchoukball.org

