

# INNOVATIVE SPORTS

## TCHOUKBALL, A NEW SPORT



### WHAT DO YOU KNOW ABOUT TCHOUKBALL?

Tchoukball is a genuine team sport. It is also totally unique. Beginners will never have played anything like Tchoukball, not have experienced the diversity of demands it makes upon players. Tchoukball demands real teamwork. Good observation, constant attention by all participants, anticipation and intelligence of all facets of the game are required, as is good athletic ability.

## LEARN HOW TO PLAY

- Tchoukball is played with two 'rebound frames'. These frames measure 90 centimetres square 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'.
- The court size varies greatly depending on the ages of the players; a full size international standard court is 40m by 20m in size.
- Unlike most other team games you can score at both ends.
- There are 10 players in each team.
- Players fall into 3 categories: Wingers, Forward Pivots and Centre Pivots.
- To score a point the ball must be thrown at the end so that it lands over the line of the D.

## UNFORGETTABLE EXPERIENCE

Ismael (P.E. Teacher):  
"Is amazing to see all of my students playing this sport because they enjoy a lot"

Students: "Is a different way to do sport and you have to think how to capture the ball better than the opposite team to win the point"

## FOULS

A foul result in the opposing team is 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.

- 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.

## RULES AND REGULATIONS

- No player can stand in the 'D' with the ball, although it is allowed to be airborne.
- Only 3 consecutive shots at a frame from both teams is allowed.
- Any interfering with another teams passes or movement is not allowed.

