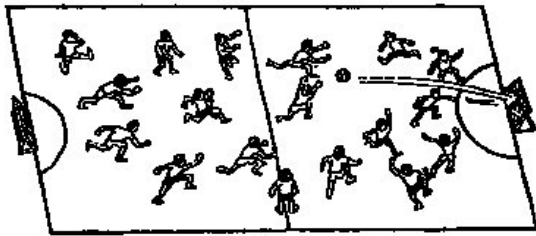


TCHOUKBALL: New, Exciting, Vigorous, and Fun!

TCHOUKBALL...

- ☺ *improves students' self-confidence and cooperation*
- ☺ *enhances students' physical, mental, and social development*
- ☺ *meets National Standards for Physical Education*
- ☺ *can be played by girls and boys in the same team*
- ☺ *is played successfully by players with different level of abilities*
- ☺ *is competitive without encouraging aggression*
- ☺ *avoids violent confrontations*
- ☺ *is an inclusive team sport*



To play TCHOUKBALL you need ...

- ☺ *two rebound surfaces (frames)*
- ☺ *one Tchoukball*
- ☺ *can be played indoors or outdoors*
- ☺ *set up a court; the size of a basketball court*
- ☺ *place a frame at each end of the court*

Tchoukball was invented in 1970, in Geneva, Switzerland, by a sport physician, Dr. Hermann Brandt.

Since 2002, Tchoukball has been introduced in P.E. Class in schools and now is played by thousands of students.



How to play in five steps*

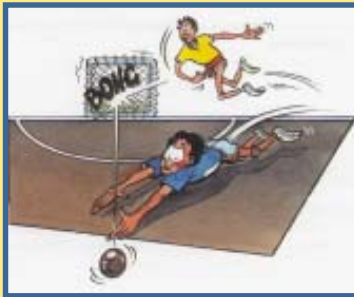
Objectives:

*A team must throw the ball at ONE of the frames. During this time, the other team must place itself so as to catch the ball after the rebound AND before it touches the ground. If the ball touches the ground, the attacking team scores a point. If the defending team catches the ball, the game carries on (no point is scored) and then the defending team becomes the attacking team and vice-versa. **Each team can shoot at either frame!** Continue on the other side of the page.*

* To know more about the complete set of rules, please visit www.tchoukballpromo.com and/or www.tchoukball.net

How to play **TCHOUKBALL** in five steps

1. A player scores a point for his team if he throws the ball on the frame in such a way that the opponent is not able to catch it before the ball touches the ground, in the field but out of the D-Shape zone. After a point is scored the ball goes to the other team.



2. A defensive player cannot steal the ball in the air during a pass, and/or defend a player. Instead the defensive players must allow the offensive players to play without any interference. **NO BLOCKING or INTERFERENCE** are allowed in Tchoukball



3. A player cannot run while holding the ball. Only one step is allowed. No dribble is involved because there is no blocking!



4. If the ball is dropped during a pass, the ball goes to the other team. The player starts the game where the ball landed by holding the ball with two hands and touching the floor. The player **HAS** to make a pass and cannot directly shoot at the frame



5. Finally, adapt the size of the D-Shape zone in order to have succesful shots on the frame by the players. Adapt the number of players on each team (e.g. 10 players on each team = less points, more fun!; less players on each team = more running to defend the floor)

NOW , LET'S PLAY !



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