

TCHOUKBALL: The Ultimate Team Game



Tchoukball was invented in 1970, in Geneva, Switzerland, by a sport physician, Dr. Hermann Brandt. Since 2002, Tchoukball has been introduced in Physical Education classes in schools and is now played by thousands of students.

Advantages/Benefits of 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 on the same team
- ◆ played successfully by players with different level of abilities
- ◆ is competitive without encouraging aggression
- ◆ avoids violent confrontations
- ◆ is an inclusive team sport
- ◆ no defense or interference minimizes injuries
- ◆ cooperation and strategy are rewarded with success
- ◆ rules are intuitive and easy to follow
- ◆ can be played outdoors or indoors
- ◆ players are involved on offense and defense for whole game
- ◆ teaches anticipation and physics as well as teamwork



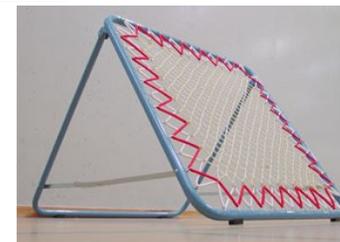
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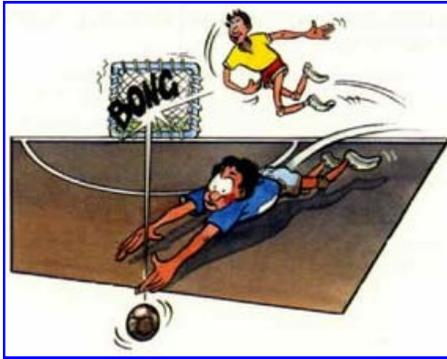
Needed for TCHOUKBALL...

- ◆ two rebound surfaces (frames)
- ◆ one Tchoukball
- ◆ a court about the size of a basketball court



TCHOUKBALL in five easy steps

1. A player scores a point for his team if they throw 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 of play but out of the “forbidden zone.” After a point is scored the ball



2. A defensive player cannot steal the ball in the air during a pass, and/or defend a player. The defensive players must allow the offensive players to play without any interference. **NO BLOCKING & INTEREFERENCE** 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. Players may only hold the ball for three seconds and can make a maximum of three passes.



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. A pass must be made before a shot is taken.



5. Adapt the size of the “forbidden zone” in order to have successful shots on the frame by the players. Adapt the number of players on each team (Ex: 10 players on each team = less points, more fun!; less players on each team = more points, more running to defend the floor)

