



In collaboration with
Canadian Tchoukball
Association

Introduction handbook of **TCHOUKBALL**

A sole innovation up to standard of sport.



A basic handbook to teach tchoukball at school.

TCHOUKBALL.COM EDITIONS

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What's tchoukball?

The tchoukball is a team sport accessible to all, which has as principal values not-aggressiveness, the respect of the other and the fair play. One of the advantages of this sport is that it does not involve any exclusion of weakest or of the people less mobile. The tchoukball precisely allows the participation of all and prevents that these people are put on side.

With regard to the goal of the play, it could be summarized as follows: A team with the offensive being able to mark on a side where other launching the ball on the tchouk, and a team in defensive which must prepare to catch the balloon following its rebound on the tchouk to prevent the team with the offensive from marking a point.

Moreover, the tchoukball is similar to volley ball but appreciably when a team prepares an offensive play, the other team prepares her defensive placement without interfering in the course of the play of the other team. The tchoukball also resembles the handball for its set of passes, however without goalkeeper, interception and dribble.

History of tchoukball

Since its invention in 1968 by Doctor Suisse Hermann Brandt, the tchoukball took expansion and is practiced now in several countries, in particular Taiwan, Switzerland, England, Brazil, Japan, France, Canada, Italy, Austria, and Belgium.

Equipment

A pair of tchouks approved by the Canadian Association of tchoukball



Knee-pads



Balls



Cones and adhesive tape



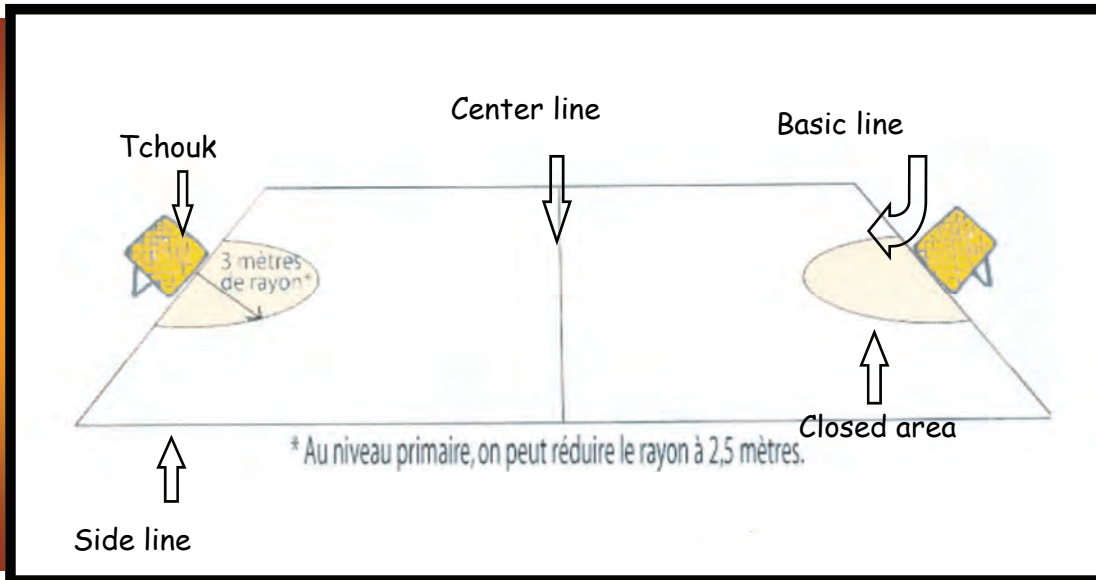
How to trace the lines of the ground of tchoukball

In gymnasium, it is possible to use the already traced lines of contour which are used normally for other sports. The dimension of the field does not have importance, it is possible adjusts according to the number of players and their age. The tchouks must be placed at each end of the ground in full center, the front of the tchouk on the basic line.

To trace the lines which delimit the areas closed, one uses a string measuring 3 meters or 2.5 meters (primary education level). A person holds an end of the string with the center of the tchouk where as the other person tightens the string and traces a line on the ground with the assistance of a pencil marker or a chalk at the end of the string tended by carrying out a half-circle. Thereafter, the person sticks an adhesive tape of gymnasium on the line of pencil traced beforehand.

On the grass, one can trace the half-circle with painting in aerosol or pose mini cones to delimit the zone. On sand, one uses the mini cones to delimit the closed areas. For the lines of contour, one can use a rope (as with the beach volleyball) or pose several mini cones on the lines. The line of centers can be simply traced using the foot. The traced ground, you are now ready to play! Unfortunately not yet, because you should discover the payments in the following pages.

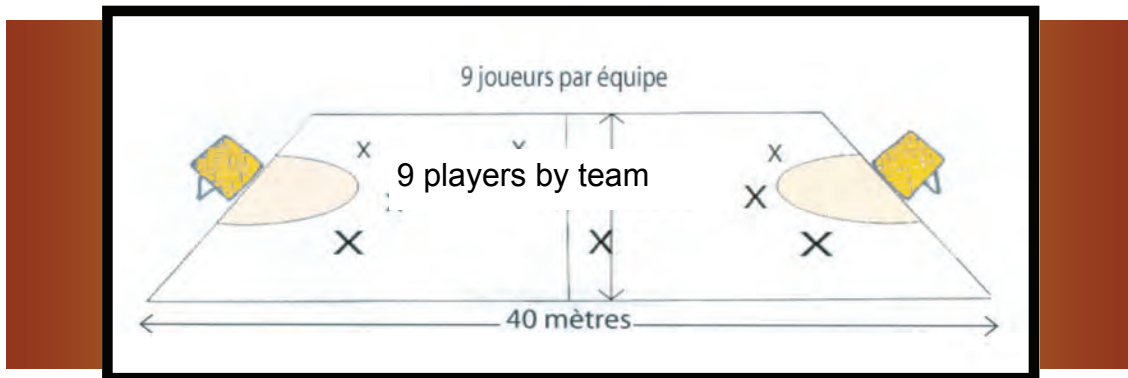
Ground



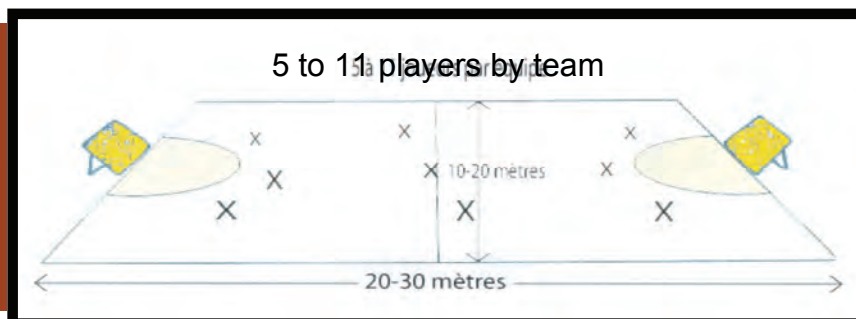
The dimension of the ground is variable. It doesn't matter any dimension of the ground, we can also teach tchoukball. You can also adjust the member of players in each team according to dimensions of gymnasium, to favorise a maximum of engagement.

INTERNATIONAL LEVEL

Interior

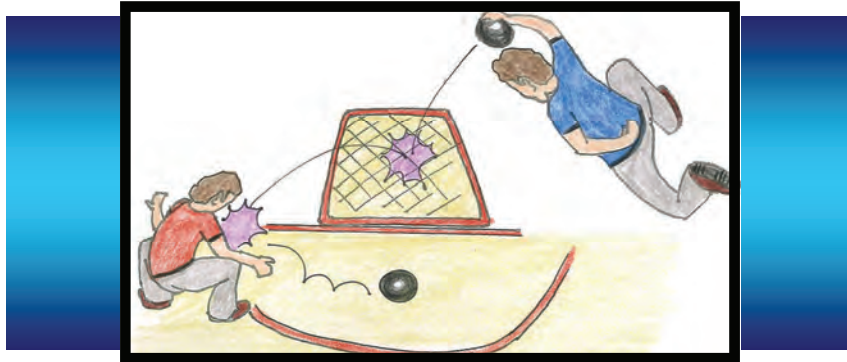


PRIMARY AND SECONDARY LEVEL






How a point is marked?




In tchoukball, a point is marked when a team launches the ball on the tchouk and that it touches the ground following the rebound without being caught by a player of the opposing team.



A point is marked by the offensive team in the 3 following situations:

-  When the team in defensive does not succeed in catching the ball following her rebound on the tchouk.
-  When the ball touches a player in defensive which makes it deviate outside the limits of the ground.
-  When the ball touches a player in defensive under the knees.

A point is marked by the defensive team in the 3 following situations: (**At the primary education level, it is possible to adapt the rules so that the team in defensive NEVER marks points, in these situations, the defensive team rather takes again the ball like a fault.**

-  When the offensive player misses the tchouk during his throw.
-  When the ball falls inside the closed area or outside the limits from the ground following his throw.
-  When the offensive player launches the ball on the tchouk and is made touch by its own ball following the rebound.

Basic rules

ZONES RULES

The players can mark points on the 2 sides of the ground. The teams do not have a zone, the ground belongs to the 2 teams.

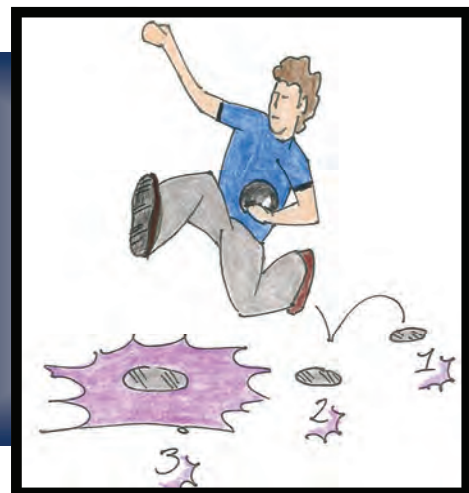
Choice 1

Choice 2



INTERCEPTIONS

The players do not have the right to intercept a pass of the adversary nor to block or block its throw to the tchouk.

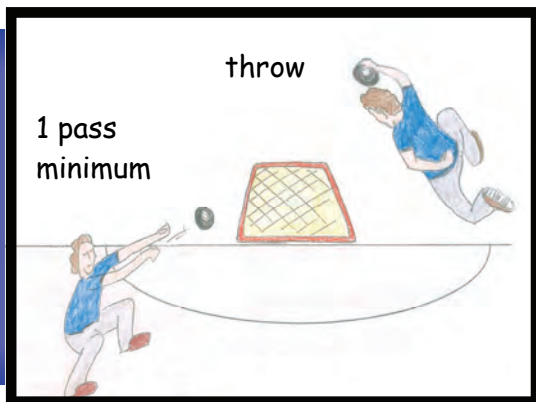


RULES OF THE 3 PRINTS

The player can make to the maximum 3 prints when they are in possession of the ball. They can not dribble with the ball.

FORBIDDEN ZONE

A forbidden zone of 3 meters ray is in front of each tchouk. The players can not penetrate there when they are in possession of the ball.

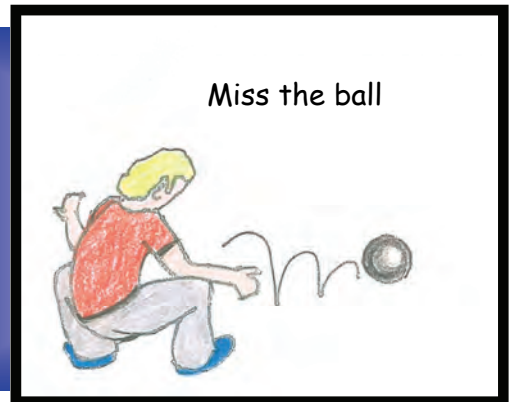


RULES OF 3 PASSES

It is obligatory to make at least one pass and to the maximum 3 passes before carrying out a throw to the tchouk.

FAULTS

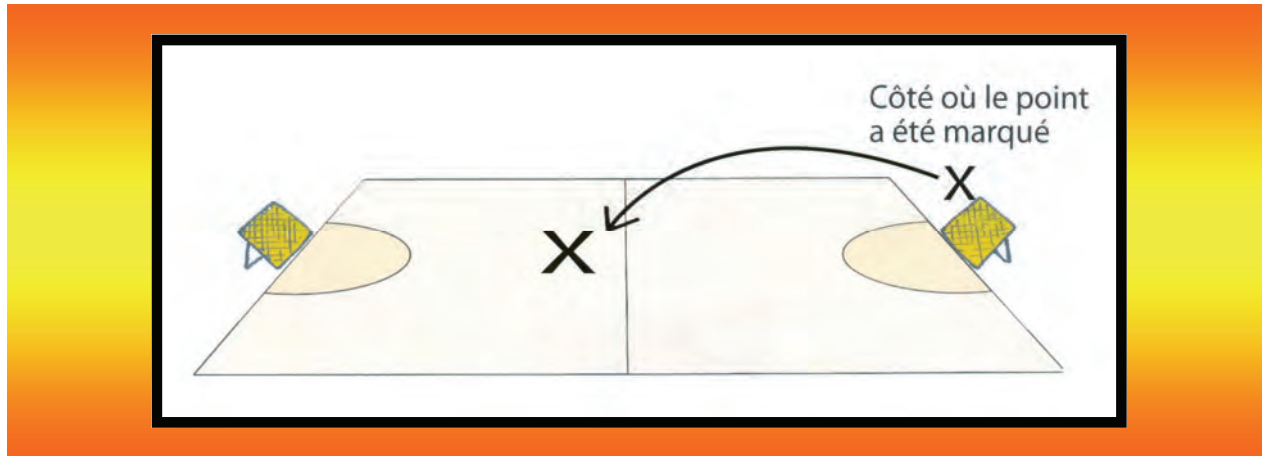
Every time a player misses the ball or commits a fault, the other team takes the ball again to the place where the fault was made.



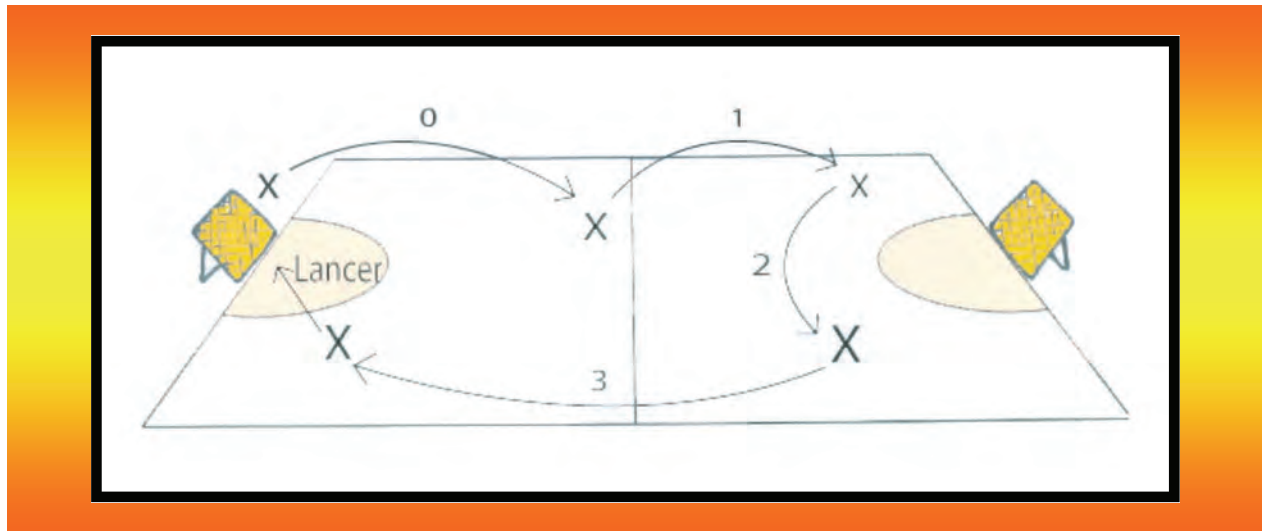
Specific rules

FOLLOWING A POINT

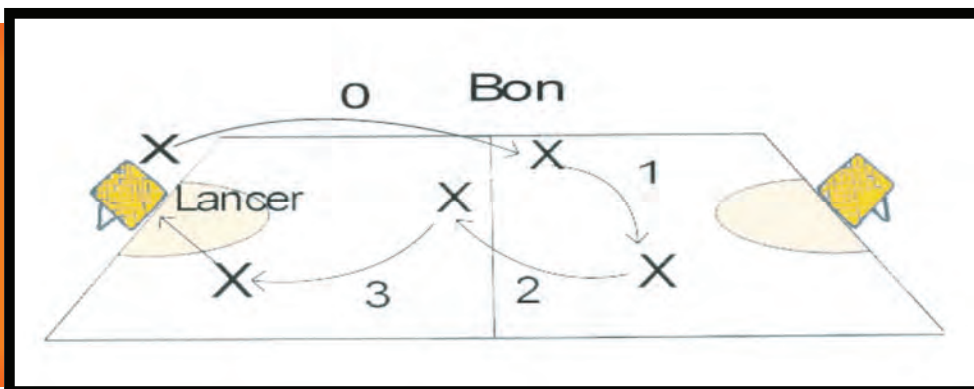
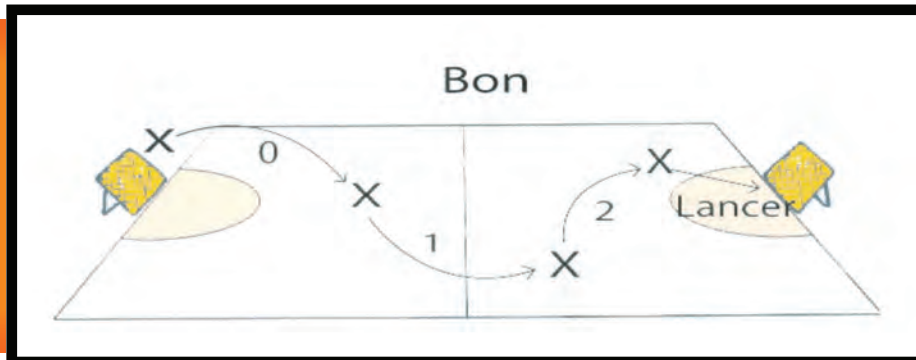
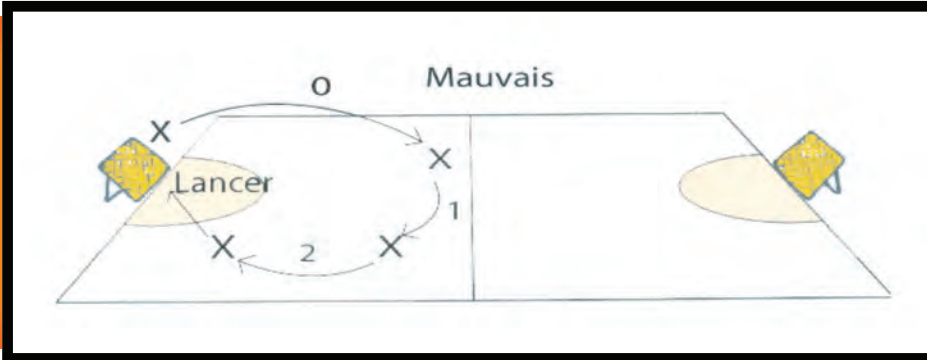
- 1 Following a point by the team A, the ball is taken again by the team B from the bottom line, where the point was marked.



- 2 The play back following a point (the touch), does not count as a pass. The player who catch the touch can't launch to the tchouk. It must obligatorily make a pass to a fellow-member. After the touch, the team can make between one and 3 pas ses before lauching to the tchouk.



During the play back following a point, the ball must obligatorily cross the center line before the team can launch on one or other tchouks.

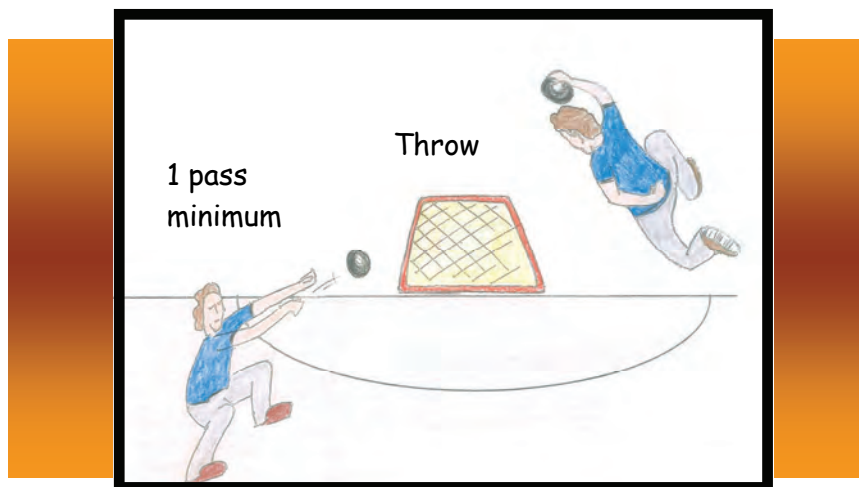


FOLLOWING A FAULT

- 1 Following a fault, the ball is given in play by the opposing team to the place of the fault. The player must touch the ball on the ground with the 2 hands.



- 2 Following a fault, it is obligatory to make **at least one pass** before launching to the tchouk.



*Consult the list of faults in the recapitulation section, at the end of the manual.

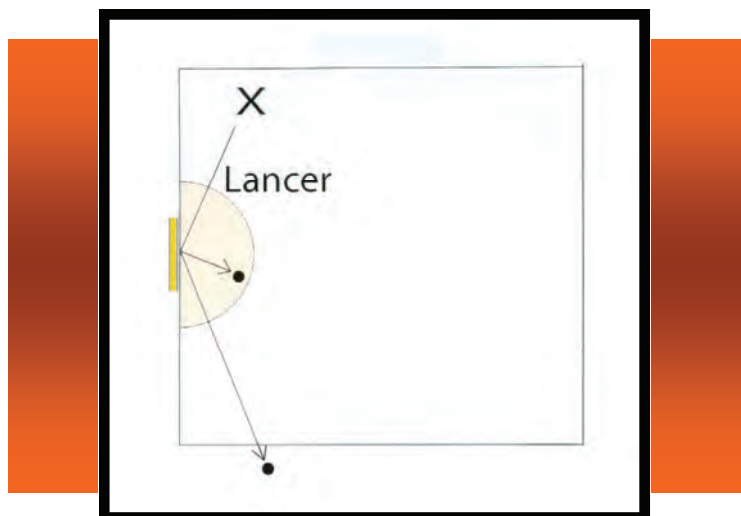
FORBIDDEN ZONE

- 1 A player can not penetrate there or they can not walk on the line of 3 meters when they are in possession of the ball.



On the other hand, to carry out a shooting, it is possible **to jump before the line of 3 meters** and to carry out a throw in suspension before falling down in the closed zone.

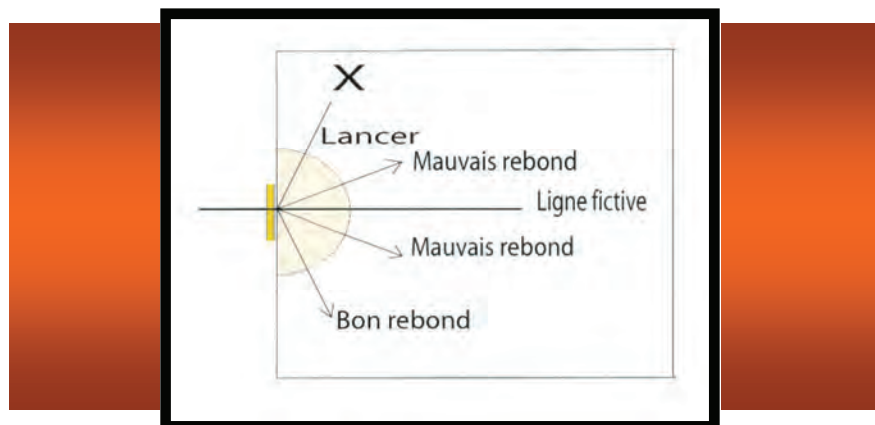
- 2 Following a throw to the tchouk, **the ball must falling down in the surface of play.** The ball falls down in the closed zone or outside the limits of the ground, after a throw to the tchouk give a point to the adversary.



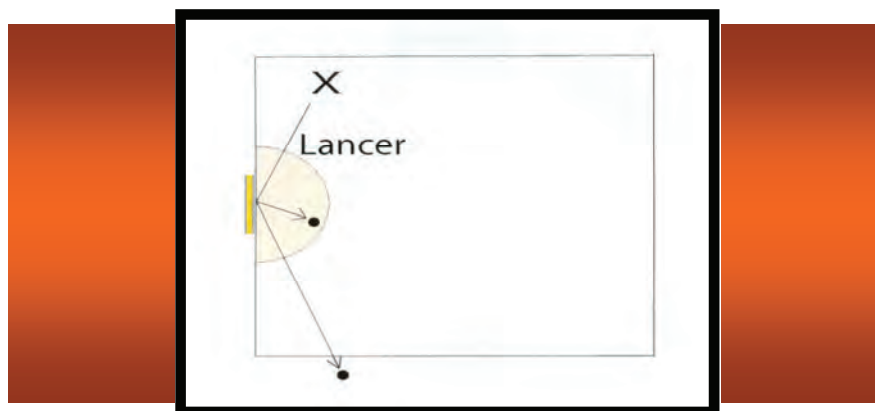
At the primary education level, a team can **NEVER** give a point to the adversary, the ball is thus taking again like a fault where the shooting was made.

FRAME OR BAD REBOUND

- 1 During a throw to the tchouk, a fault is made if the ball touches the structure of metal of the tchouk or if the ball carries out a trajectory which goes against the **mirror effect**.



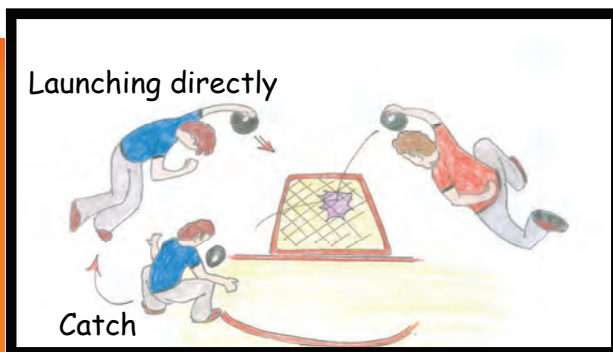
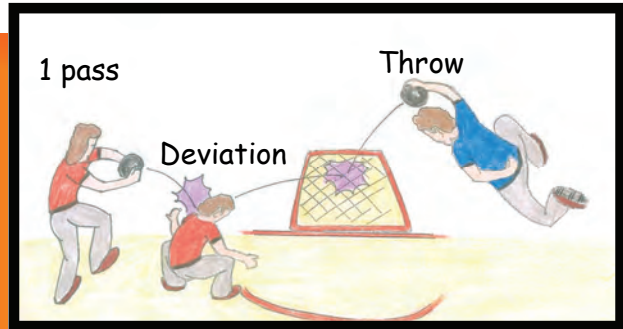
- 2 Following the frame or the bad rebound, if the **ball falls down in the closed zone or outside the limits of the ground**, a point is granted to the opposing team.



- 3 Following the frame or bad rebound, if the ball falls down **inside of the ground** and a player in defensive team missed the ball, the ball is taking again par the opposing team where the ball falling down.
- 4 Following the frame or the bad rebound, if the ball is catch, the play continues as if there had not been of frame or bad rebound.

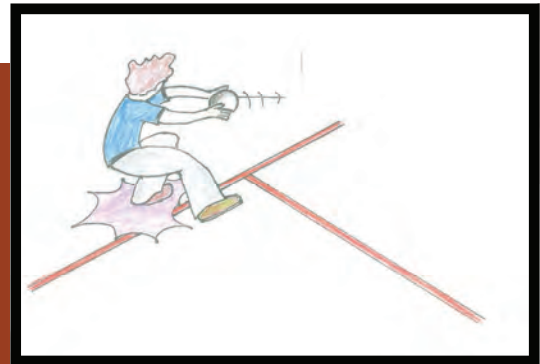
DEFENSIVE RULES

- 1 In defensive, when the ball is deviate by a player and a fellow-merber catch it, we count one pass.



- 2 If a defensive player catch the ball, he can **launching directly** on the tchouk without a pass.

- 3 A defensive player must catch the ball **in the limits of the ground**. If the player had one foot in the closed zone or outside de limits of the ground when is catch the ball, a point is given to the offensive team.



- 4 In defensive, if the ball touches a player **under the knees**, a point is given to the offensive team.

INTERFERENCE

There is interference with each time a player is made harm in his action by a player of the opposing team, **even if the interference is accidental**, that that harms the attack as with the defensive.

Here are exemples of interference:



A player blocks an unfavorable player in his displacement.



If a defensive player pretended to catch or catch a pass of the offensive team.



A player is made block the sight of another player.



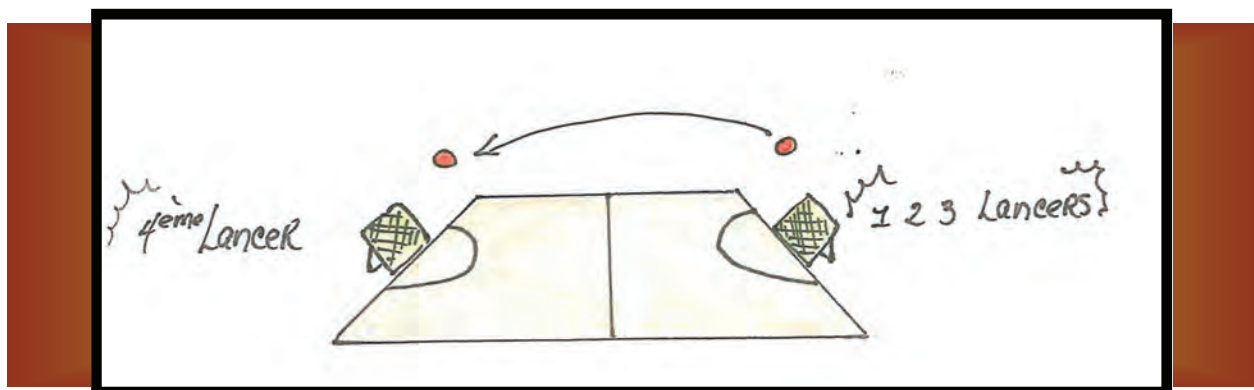
Briefly, all of players have to do as it were that the play of the opposing team is taking place without harmful.

THROWS ON A SAME TCHOUK

There can not be **more than 3 throws of continuation on the same tchouk** in the same phase of play.

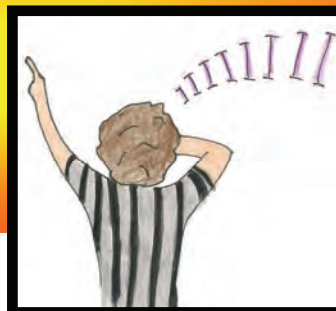
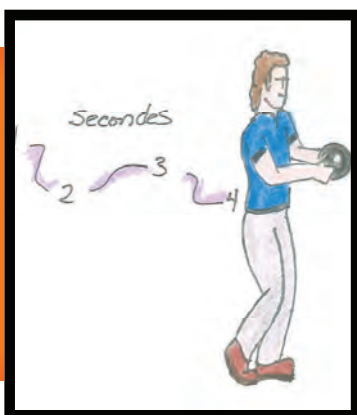
Exemple:

A player of team A launches on the tchouk to the right-hand side of the ground. A player of the team B catches the ball in defensive and its team carries out a shooting on the same tchouk. The throw is caught by a player of the team A which draws directly on the tchouk from right-hand side. If a player of the team B catches the throws again, its team must obligatorily carry out a shooting on the tchouk of left, if not, a fault will be made.



POSSESSION OF THE BALL

A player can not keep the ball in his possession more than **3 seconds**.

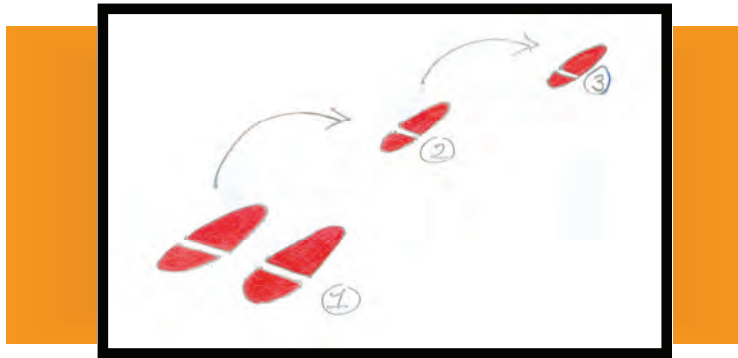


RULES OF THE 3 PRINTS

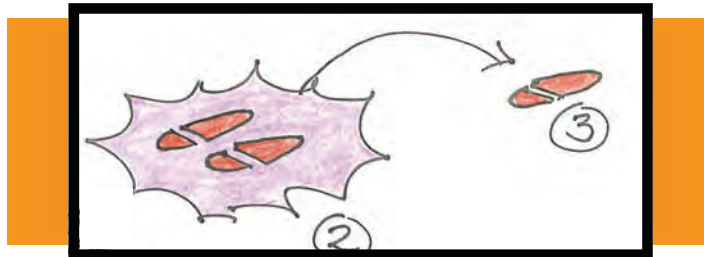
1 prints = 1 mark on the ground



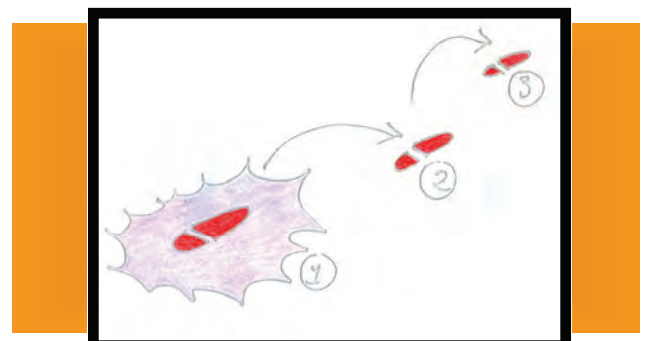
- 1 If a player **catches the ball with the 2 feet on ground**, it counts only one print. The player can thus make 2 more prints before launching the ball.



- 2 If a player **catches the ball in suspension and that it falls down on the 2 feet**, 2 prints are counted. There remains to him only one print before launching the ball.



- 3 If the player **catches the ball in suspension and it falls down on only one foot**, it count only one print. It can make 2 more prints with the ball.



Faults - Recapitulation

Here is the list of faults that can be committed at tchoukball. Following a fault, the ball is taken again by the opposing team where the place is describe in each statement:

- 1** Do more than **3 prints** in possession of the ball.



The ball is taken again where the fault was made.
(see exemple page 18)



- 2** Do more than **3 passes** before launching to the tchouk(the touch does not count).



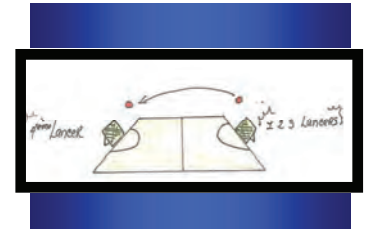
The ball is taken again with the starting point of the 4th passes. (see exemple page 10)



- 3** Carry out a **4th launch** on same tchouk in the same phase of play.



The ball is taken again at the place or the 4th launch was carried out.
(see exemple page 17)



- 4** Penetrate in the **area closed** in possession of the ball or walk on the line of 3 meters.



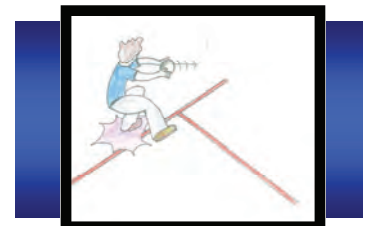
The ball is taken again beside the line of 3 meters close to the place or the fault was made.
(see exemple page 13)



- 5** Walk **outside the ground** in possession of the ball.



The ball is taken again close to the line of contour at the place of the fault.

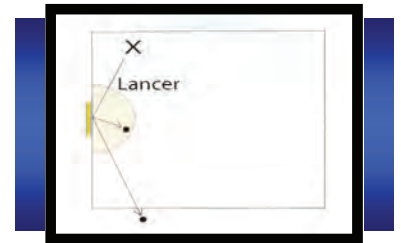


6 The ball **touches the framework or makes a bad rebound** during a throw to the tchouk and falls down inside the limits of the ground.



The ball is taken again at the place or the ball touched the ground.

(see exemple page 14)



7 Have the ball more than **3 seconds**.



The ball is taken again at the place of the fault.

(see exemple page 17)

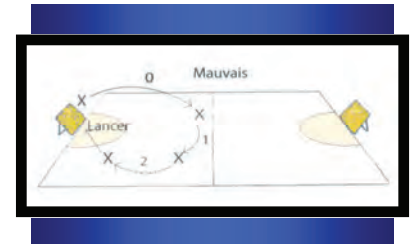


8 The ball does not cross the **center line** at the point of the adversary.



The ball is taken again at the place of the throw to the tchouk.

(see exemple page 11)



9 **Causes an interference** on a player of the opposing team.



The ball is taken again at the place of the fault.

(see exemple page 16)



10 The ball is **escaped** at the time of a pass to a fellow-member.



The ball is taken again at the place where it touched the ground.

(see exemple page 9)



11 A player touches with the ball following the throw on the tchouk of the share of his fellow-member.



The ball is taken again at the place where the player was touched by the ball.

Gestures for referee



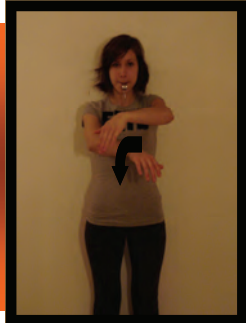
Point for the offensive team



Point for the defensive team



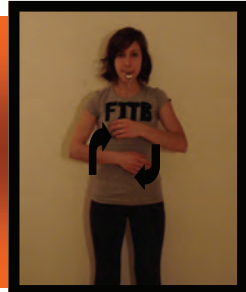
Penetrate on the forbidden zone



More than 3 passes

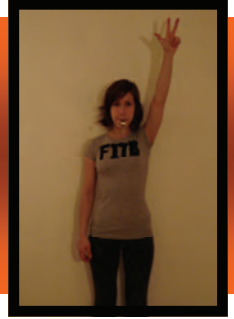


More than 3 prints

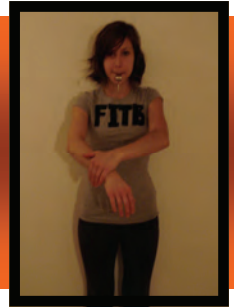




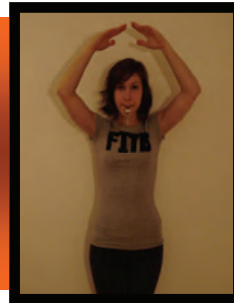
More than 3 seconds in possession of the ball



Walk on the line of 3 meters



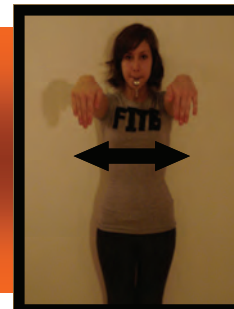
Frame or bad rebound



Interference

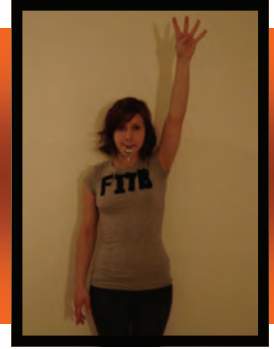


Not crossing the line of centers





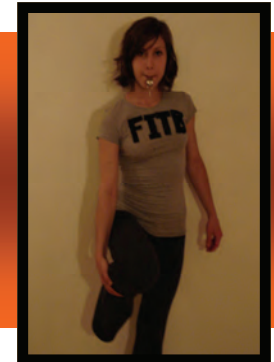
More than 3 throws of continuation on the same tchouk in the same phase of play



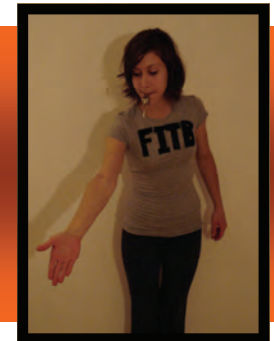
Walk outside of the limits of the ground in possession of the ball



The ball touches a player under the knees



Designation of the location where the ball is taken again following a fault



NOTES

Thanks

Thank you for all of you to contribute for the realisation of this introduction handbook of tchoukball. Thank you Marianne Melanson, Nicolas Brisebois, Francis Melanson, and Mylène Reid.