

TCHOUKBALL EXPLAINED!

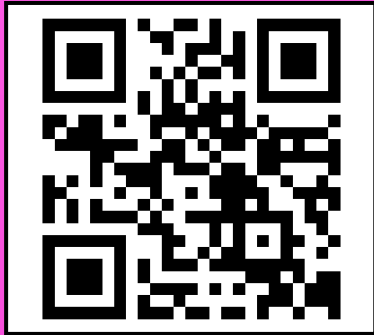


FÉDÉRATION INTERNATIONALE
DE TCHOUKBALL

[HTTP://WWW.TCHOUKBALL.ORG](http://WWW.TCHOUKBALL.ORG)
[HTTPS://GREATACTIVITIESONLINE.COM/TCHOUKBALL/](https://GREATACTIVITIESONLINE.COM/TCHOUKBALL/)

THE RULES OF TCHOUKBALL

a game for



everyone

- # YOU CAN SCORE IN ANY OF THE "TCHOUKS"
- # IT IS A NON-CONTACT SPORT
- # DO NOT GUARD YOUR OPPONENT
- # DO NOT INTERCEPT A PASS
- # DO NOT DEFEND A BALL THROWN INTO THE TCHOUK
- # RULES OF 3, A PLAYER MAY HOLD ON TO THE BALL FOR 3 SEC.
- # RULES OF 3, A PLAYER MAY TAKE 3 STEPS WITH THE BALL
- # RULES OF 3, A TEAM MAY PASS THE BALL 3 TIMES
- # RULES OF 3, A TEAM CAN ONLY USE THE SAME TCHOUK 3X
- # IF THE OPPONENT CATCHES THE BALL STRAIGHT OF THE TCHOUK THE BALL IS IN PLAY
- # IF THE BALL HITS THE FLOOR OR IS DROPPED OUT OF THE HANDS THERE WILL BE A TURN-OVER
- # YOU CAN NOT SCORE IMMEDIATELY FROM A REBOUND. THE BALL HAS TO BE PASSED TO A TEAM MATE BEFORE ATTEMPTING TO SCORE
- # A SCORE IS MADE WHEN THE BALL BOUNCES OFF THE TCHOUK ON THE FLOOR. AFTER EACH SCORE TURN-OVER AT THE SPOT WHERE THE BALL HIT THE FLOOR
- # IF THE BALL HITS THE FRAME RATHER THAN THE NET THE BALL IS DEAD, TURN-OVER



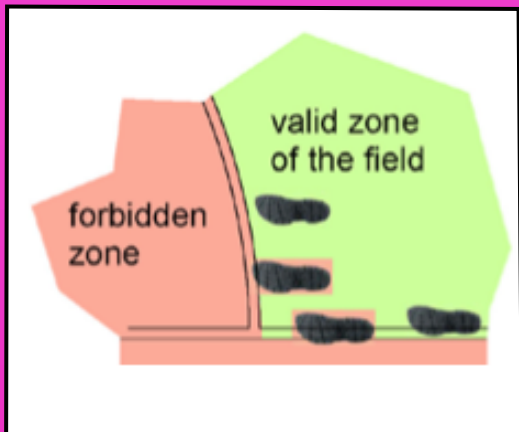
introduction



game



fitb



Going through the forbidden zone to take a defensive position

In order to go to a defensive position located on the other side of the forbidden zone, the player has to move around this zone (fig. below, left) and should not cross it (fig. below, right).

If the player goes through the forbidden zone to catch the ball and catches or touches it, the referee should give a point for the attacking team.

correct not correct : point