

Tchoukball

OLV Middle School Phys. Ed.

A tchoukball match is comprised of 2 teams on a rectangular field. One rebounder is placed at each end of the field. In front of the rebounder, a semi-circle defines the forbidden zone.

General Rules:

- To determine who starts with the ball, teams will rock, paper, scissors is done.
- A throw in is done next to the rebounder to start the game. The first throw does not count as a pass. Score must be announced before throw in's.
- The ball must never touch the ground.
- The defense team players are not allowed to interfere with players of the offense team: they may not intercept passes, interfere with movements of the person carrying the ball or stop a defender from positioning himself to catch the ball after the rebound.
- The Offense team:
 - Allow 3 steps with the ball
 - 3 seconds to throw the ball
 - 3 passes to teammates. After 3 pass the team must shoot the ball.
 - A team must have 1 pass before shooting the ball.
- It's illegal to shoot the ball more than 3 consecutive times at the same rebounder.

Scoring:

In order to score a point for his/her team, a player must bounce the ball off the rebound surface in such manner that no defending player can catch before it touches the field of play outside of the forbidden zone.

Penalties:

A player commits a penalty if:

- Makes a fourth passes for his/her team
- Makes contact in the forbidden zone with holding/catching the ball
- Drops the ball after it is passed, catches the other teams pass.
- Catches a ball off of the rebounder after being shot by one of his teammates
- Blocks his opponents from moving or stops them from freely passing the ball once they have gained possession.

After the penalty, the possession of the ball is given to the other team and game continues from the spot where the penalty was committed.

If the ball hits the edge of the rebounder, the team may not receive a point. This is a penalty and the game continues from where the ball hit the floor or caught.