

## 7<sup>th</sup> Grade Tchoukball Study Guide

- Tchoukball was invented by Herman Brandt in the 1970's with intentions to be a non-contact sport.
- Tchoukball is played with 7 players on each team on a basketball court or outdoor field.
- The team that has possession of the ball has a 3-pass limit before being forced to shoot the ball at the rebound surface.
- The 2 rebound surfaces are placed at each end of the court, and each one is within a semi-circle/crease line with a 3-meter radius, which is the "forbidden zone."
- No one is allowed in the FORBIDDEN ZONE!
- Members of the defensive team must place themselves according to where they expect the ball to land, so they can catch the ball before it touches the floor.
- Important aspects of the game of Tchoukball include teamwork, sportsmanship, and a proficiency in throwing.
- During the course of the game, players are not allowed to interfere with players of the other team:
  - They may not intercept passes.
  - Interfere with the movements of the person carrying the ball or his/her teammates.
  - Stop a defender from positioning him/herself to catch the ball after the rebound.

### **Scoring**

- A player scores a point for his/her team if he/she bounces the ball off the rebound surface in such a manner that it cannot be caught by an opponent and it touches the floor.
- A player gives a point to the other team if:
  - You make the ball bounce out of bounds.
  - He/she misses the rebound surface when shooting the ball.
  - You shoot the ball and it bounces back, touching you.
  - You send the ball into the forbidden zone, before or after it hits the rebound surface.

## Penalties

- A player commits a penalty if:
  - They dribble the ball or juggle the ball in the air while moving.
  - They take more than three steps with the ball.
  - They kick the ball.
  - They make more than 3 passes for their team.
  - A player drops the ball after it is passed to them.
  - A player voluntarily, or by error, catches a pass from the other team.
  - A player catches a ball thrown off the rebound surface by one of his/her teammates.
  - A player blocks his/her opponents from moving or stops them from freely passing the ball.
  - A player holds the ball for more than 4 seconds.
- After a penalty, the ball is given to the other team and the game continues from the spot where the penalty was committed. A pass must be made before throwing the ball at the rebound surface.

## Tchoukball Court

