

The Basics of Tchoukball

Court Size: 29m x 15m or a Basketball Court.

Equipment: 1 x Tchoukball such as Size 3 Handball, 2 x Return Throwers.

1. The object of the game is to score points by throwing the ball at either rebound net so that the defending team does not catch the ball before it hits the ground.
2. The ball must travel outside of the forbidden zone. No player is allowed to stand in the forbidden zone.
3. Once a point is scored, possession goes to the other team.
4. There is no running, dribbling, interference, blocking or intercepting passes allowed.
5. A dropped ball will result in a turnover where the player will hold the ball with both hands, touch it with the ground. The player must only pass the ball and is not allowed to make a direct shot.