

TCHOUKBALL

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What is Tchoukball?

- It's an indoor team sport based on handball (played with hands and the balls used are similar), volleyball (as the defending team must prevent the ball from falling) and squash (as there is a rebound).



History

- Tchoukball was developed in the 1970s by Hermann Brandt, a Swiss biologist who was concerned about the numerous serious injuries among athletes resulting from sports prone to aggression and physical contact. He believed that sport should not only be for champions, but also contribute to the creation of a better and more humane society. In this way, tchoukball born a sport that would reduce injuries, do not be aggressive among players and allow people of all shapes, sizes, genres, cultures and backgrounds to play together.



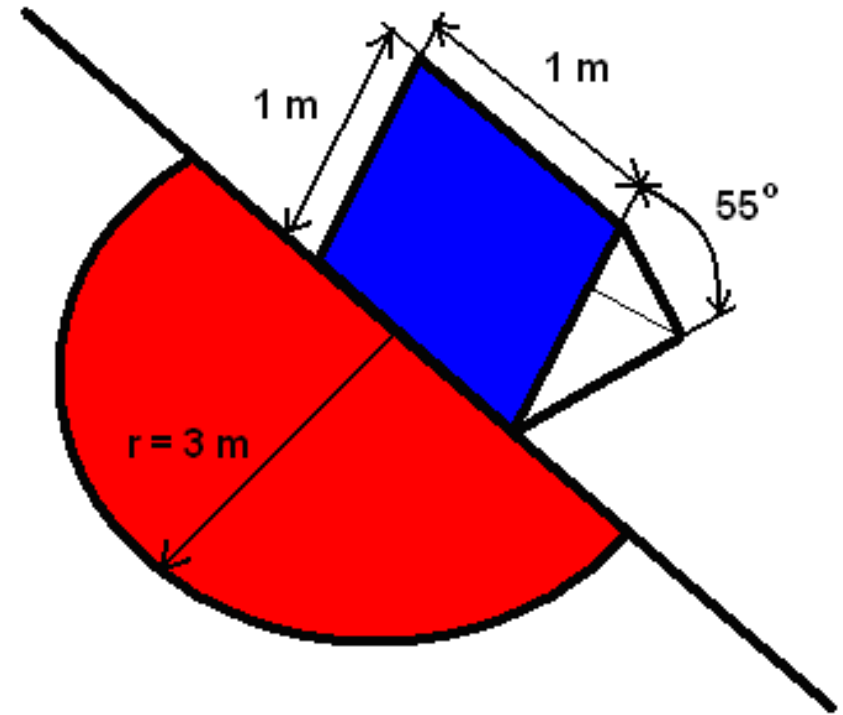
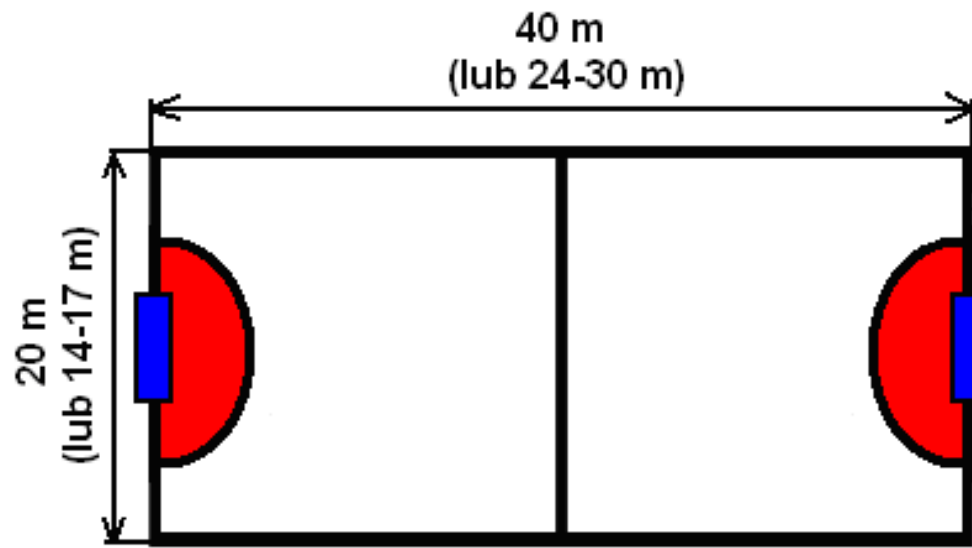
Material

- Ball (handball):

58-60cm circumference for men (size 3)

54-56cm circumference for women (size 2)

- Frame: Metallic box of 100 cm side. Variable inclination. Reference angle between 50° and 60° . (More angle, more difficulty).
- Something to mark the forbidden zone (lines).



Court

Players

- **10 players** per team (**7 players and 3 substitutes**).
- Although there are specialised positions in attack and defence, players are allowed to do either. Players fall into three categories; '**shooters**' whose main aim is to score points, '**defenders**' whose job it is to stop points being scored, and a '**centre**', who spends most of their time in the centre of the court distributing play and also defending in case of a higher shot.



Game

- Put quite simply, the object of tchoukball is to throw or 'shoot' the ball at the frame, so that it rebounds and lands over the line of the D in the court. The opposition's job is to catch the ball to prevent their opponents scoring and then shoot it themselves. This sequence continues until a point is scored.
- Everything works in 3s. You have 3 seconds with the ball, 3 steps with the ball, and 3 passes with the ball before it has to be shot at the frame. Tchoukball is a non-contact sport. There is no tackling involved and the only time possession switches from one team to the other is when the ball is caught by a defending player after the opposition shoots or the ball is dropped during play.
- To shoot the ball at the frame you have to jump from outside the forbidden zone and release it before you land.
- When the ball is shot by a team, the opposing team has to defend around the line. Typically (as shown here on the left) the ball comes out very low and hard so the defenders will be on their knees to catch the ball. The two other players behind the defence are known as 'second line defenders'. They are defenders from the other end of the court who are there in case the ball is deflected upwards and behind the 'front line' of defence.



Scoring



- In order to score a point the ball must be thrown from outside of the crease, bounce off of the frame and land on the ground outside of the crease.
- Points can be scored on either frame.
- If the ball is bounced off of the frame and then caught by the opposing team, no point is scored and the opposing team can attack immediately.
- After a point is scored the opposing team get possession of the ball beside the frame outside of the crease.
- Players cannot attempt to interfere with the attacking player or with the non-attacking team when trying to catch the ball.



Defending



Highlights





Rules

General Rules

- The game will start with a jump ball at centre court.
- Games will consist of two 20 minute halves, with a short half time.
- There are no time outs permitted, exclusion: personal injury or playoffs.
- Substitutions can be made on the fly at the teams bench and are unlimited.

Ball Handling

- **3-3-3 rule:**

- Players are allowed to move with the ball for a maximum of **3 steps** and then must pass to another teammate or attempt a shot on goal. (a step is considered when a player lifts any foot off of the ground and places it back down, even if it is in the same spot) .

- Players are only allowed to hold the ball for **3 seconds** without moving when closely guarded by a defender (defender must be counting).

- Players can throw the ball at one rebounder a maximum of **3 times**. After the third time, the ball must be thrown at the opposite rebounder.

- Players may use their hands (open or closed) to catch, push or hit the ball. Use of the chest, head and knees are also permitted. However use of leg below the knee is not permitted.
- A player may not touch the ball more than once (not allowed to pass to one's self) unless the ball is deflected or hit from the hands of the defender from the opposing team.
- If a player misthrows the ball the first player to get to the ball get possession, unless the ball goes out, in that case the ball goes to the other team.

International Tchoukball Federation (FITB)

- The FITB, founded in 1971, has its headquarters in Geneva. It currently comprises 13 member associations and 22 affiliated associations (meaning that it has relations with 35 countries). Despite limited financial and human resources, it has developed numerous contacts around the world. It supports and advises national associations and individuals willing to implement tchoukball in new areas. For example, Tchoukball has recently been integrated into the school curriculum in some regions of Senegal



Competitions

World events

- 6.1 World Tchoukball Championships
- 6.2 World Beach Tchoukball Championships
- 6.3 Tchoukball at the World Games
- 6.4 World Youth Tchoukball Championships
- 6.5 World University Tchoukball Championships
- 6.6 World Youth Beach Tchoukball Championships

Regional events

- 7.1 Asia Pacific Tchoukball Championships
- 7.2 Asia Pacific University Tchoukball Championships
- 7.3 Asia Pacific Beach Tchoukball Championships
- 7.4 Asia Pacific Youth Tchoukball Championships
- 7.5 Southeast Asia Tchoukball Championships
- 7.6 South Asian Tchoukball Championships
- 7.7 East Asian Tchoukball Championships
- 7.8 European Tchoukball Championships
- 7.9 European Youth Tchoukball Championships
- 7.10 African Tchoukball Championships
- 7.11 East African Tchoukball Championships
- 7.12 Pan American Tchoukball Championships



Best Team

- We can conclude from this table that Taiwan (Republic of China) is the best national team of Tchoukball (with 15 victories of the world championship, adding the female and male categories).

Host Nation	Men Winners	Women Winners
Switzerland	France	-
	{0}	{0}
Switzerland	Republic of China	Republic of China
France	Republic of China	Republic of China
Republic of China	Republic of China	Republic of China
Switzerland	Republic of China	Republic of China
Switzerland	Republic of China	Republic of China
Republic of China	Switzerland	Republic of China
Republic of China	Republic of China	Republic of China
Republic of China	Republic of China	Republic of China
Malaysia	Chinese Taipei	Chinese Taipei



Injuries

- During a community match in Kingston, Ontario, Canada on February 8, 2015, tchoukball player Arthur Freitas sustained serious facial injuries. His team would go on to win the match. This is the first and only reported tchoukball-related injury.
- ONLY 1 SEVERAL INJURY IN THE ENTIRE HISTORY!!!
- We could say that Thouckball is the less harmful sport.



Spirit, Philosophy and Values



- “The objective of human physical activities is not to make champions, but rather to help construct a harmonious society.” — Dr. Hermann Brandt.
- Brandt worked to develop a team sport that would:
 - Be competitive without encouraging aggression
 - Avoid violent confrontations
 - Increase self-confidence and the ability to concentrate
 - Reward problem-solving and anticipation as well as physical ability
 - Teach teamwork and positive social behavior
 - Teach principles of physics

Tchoukball Charter

TCHOUKBALL CHARTER

Tchoukball excludes any striving for prestige, whether individually or as a team; rather it is a sport in which players pursue excellence through personal training and collective effort.

Tchoukball is open to players of all degrees of ability (natural or acquired) and skill. Inevitably one will encounter players of every possible ability/skill level during play. Every player must adapt his own play and attitude (technical or tactical) to the circumstances of the moment because each player - teammate or opposing player - is due proper respect and consideration.

On an individual level: the attitude of a player is paramount for it implies respect for himself/herself, for his/her own teammates *and* for opposing team players regardless of whether any are stronger or weaker players than one's self.

On a team level: no outcome, whatever it might be, should never impact one's sense of importance, individually or as a team, and it should never lead to sectarian rivalry. From victory one can derive satisfaction and even joy, but never exaggerated pride. The joy of winning should provide encouragement. Arrogance in victory carries with it the struggle for prestige, which is a source of common conflict among humans and condemned within the sport of Tchoukball.

Tchoukball requires total dedication; one must keep constant watch on the movement of the ball and the other players - both objectively and with empathy. As one participates individually in the sport, one subjects oneself to the group's needs. The result is that in the course of a game, different personalities come together as one when they react collectively within the game.

Thus, in Tchoukball:

- there is a collective achievement within a team. This binds the players together, it teaches appreciation and esteem for the values of others, and it creates a feeling of oneness in the common effort of a small group.
- there is an acceptance of the attitudes of the opposing team with whom one must engage in opportunistic play while resisting any hostile undercurrents.
- each player's major concern is to strive for beauty of play. The universal experience of sport can be summed up by the expression: "elegant play begets elegant play."

This attitude is the basis for social interaction of Tchoukball: it encourages one to aim for perfection while always avoiding any negative conduct toward the adversary.

This basic premise is more than just the rule of a sport - it is a rule for conduct at all times, a psychological component of behavior, the basis of an individual's personality.

The aim of Tchoukball is therefore the avoidance of conflict, with one main goal in mind: fair play that does not compromise the level of play but rather links the two teams together in common activity. The beauty of one team's play makes possible - and reinforces - the beauty of play by the other team.

Tchoukball provides social exercise through physical activity. By pooling the resources of all, everyone participates, with the more adept players accepting responsibility for teaching the less adept, therefore, there is no real individual champion, but rather a collective striving for perfection. When one says, "let the best man win," it should mean that a person achieves his/her best through adequate preparation. This being so, it is appropriate that the results reward the efforts which players have undertaken, individually and as a team.

Within these limits, a victory can and should bring satisfaction and meet with an adversary's respect. Victory should inspire in an adversary a desire to do as well, without any feeling of belittlement. Winners should not convey any feeling of arrogant domination. Rather, a sense of healthy satisfaction on the winner's side is like a handshake to encourage the adversary to continue to train properly.

For these reasons, the notion of "victor" should give way to the simpler more appropriate one of "winner." Play as a means of perfecting one's performance is a basic desire that every activity should include and develop. It is toward this goal that every Tchoukball team must work, whether it is in the smallest, friendliest match or the most important meeting "at the summit."

Remember, no set of rules can replace a player's respect for one another and the Spirit of the Game

- Dr. Hermann Brandt also carefully wrote the [Tchoukball Charter](#).
- *“Remember, no set of rules can replace a player's respect for one another and the Spirit of the Game”*

Fun Fact




Beach
Tchoukball



Summary – Tchoukball in 10 tips

1. History: Developed in 1970s as a non-aggressive and inclusive sport, which would reduce injuries and would be appropriate for everyone.
2. Material: Handball ball and an inclined goal.
3. Court: 40 x 20 m (like handball)
4. Players: 10 players per team (7 players and 3 substitutes)
5. Game: The object of tchoukball is to throw or 'shoot' the ball at the frame, so that it rebounds and lands over the line of the D in the court. The opposition's job is to catch the ball to prevent their opponents scoring and then shoot it themselves. This sequence continues until a point is scored.



6. Scoring: To score a point the ball must be thrown from outside of the crease, bounce off of the frame and land on the ground outside of the crease.

7. Rules: Two 20 minute halves, no time outs permitted, substitutions on the fly and unlimited. Players can move with the ball for a maximum of 3 steps, hold the ball for 5 seconds, touch the ball with any part of the body above the knees, not touch the ball more than once (unless the defenders touch it).

8. Competitions and Best Teams: 6 World Events (the most important is the World Thouball Championship) and 12 Regional Events (7 Asian, 2 European, 2 African and 1 American).

9. Injuries: Only 1 severe injury in the entire history!

10. Spirit, Philosophy and Values: Competitive without aggression, self-consciousness, involvement of problem-solving, anticipation, physical ability, teamwork and positive social behavior.

My Opinion of Tchoukball

It is really interesting and impressive for me in the sense of being a sport similar to handball and some more, but without physical contact. This is very good to avoid injuries! Remember, only ONE severe injury in the entire history!

It is also very surprising that both teams can score goal in both frames. This sounds like a little chaotic at first, no?

Finally, I appreciate very much the idea and performance of the creator Brandt, who seeing a problem (a lot of aggression and injuries in sports), had the magnificent idea of creating a revelation sport, similar to the popular ones of the moment, but that would avoid such a problem.



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THANKS

FOR WATCHING

Webgraphy

<https://en.wikipedia.org/wiki/Tchoukball>

<https://elksport.com/blog/conoces-el-tchoukball/>

<https://www.tchoukball.org.uk/beginners-guide#:~:text=Put%20quite%20simply%2C%20the%20object,until%20a%20point%20is%20scored.>

<https://brocku.ca/recreation/intramurals/rules/tchoukball/#:~:text=Players%20can%20throw%20the%20ball,defender%20from%20the%20opposing%20team>

<https://www.tchoukballpromo.com/spirit-of-the-game/>

<https://www.youtube.com/watch?v=o7SFVgHWhU8> (video tutorial)