

Tchoukball Study Guide



- The game starts with a jump ball at center court.
- When a player has the ball they may not move, only pivot.
- Players are only allowed to hold the ball for 5 seconds and then must pass or shoot the ball.
- You advance the ball up the floor by passing to teammates.
- Short passes are best. They are easier to catch, less likely to be intercepted or hit down by the other team, and are more accurate.
- You may not guard the player who has possession of the ball.
- The ball must be passed at least twice before a shot on goal can be attempted.
- Any incomplete pass between teammates is a turnover (the ball goes to the other team, just like in tsegball)
- No one is allowed in the crease (the area around the goal).
- All shots must be attempted from outside the crease (goals scored while any body part is within the crease will not count).
- 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. (with no one catching the ball)
- After a shot is taken the first pass must be to a teammate on your side of the court (you may not throw the ball past half court).
- After a point is scored the opposing team gets possession of the ball beside the frame outside of the crease.
- Players cannot attempt to interfere with the attacking player while shooting or with the non-attacking team when trying to catch the ball.

