



Dis+Abled

S P O R T P R O J E C T



GAME - TCHOUKBALL
TRADITIONAL AND ADAPTED **GAMES**
FOR SOCIAL INCLUSION AND INTEGRATION OF
PEOPLE WITH DISABILITIES AND ABLE-BODIED

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Tchoukball is the name of the sport in both its native language, which is French, and in English.

HISTORY (ORIGINS, DEVELOPMENT)

Tchoukball was created in Switzerland by Hermann Brandt, who was concerned by the numerous serious injuries among athletes resulting from sports prone to aggression and physical contact. He believed that sports should be not only for champions, but also contribute to the creation of a better and more humane society. He designed tchoukball to contain elements of handball (it is played with hands, and the balls used are similar), volleyball (as the defending team must prevent the ball from falling) and squash (since there is a rebound).



DESCRIPTION OF THE GAME

Tchoukball was thus developed as a so-called non-contact sport, where the rules of the game practically do not allow players to clash. The rules strictly forbid any catching of the ball when a teammate passes it to a player of the other team, any personal attacks or defending.



RULES

Player and Team Rules

- **Team Size:** While teams can have up to 12 players, only 7 players from each team are allowed on the court at any given time.
- **No Contact:** Physical contact between players is strictly prohibited.
- **No Interception:** Defenders cannot try to intercept the attacking team's passes.
- **Ball Possession Limits:**
 - Players with the ball can take a maximum of three steps.
 - Players can hold the ball for a maximum of three seconds.
 - Teams cannot pass the ball more than three times before shooting at a rebounder.
 - Bouncing the ball is not allowed.
- **Possession Transfer:**
 - When a team scores a point, control of the ball transfers to the other team.
 - If a pass isn't completed (the ball touches the ground or goes out of bounds), the other team gains possession.
 - If the defending team catches a shot, they can immediately switch to offense and attack.

The Court and Equipment

- **Court Size:** The standard court size is 27 meters x 16 meters. Variations exist, such as in beach tchoukball, which uses a 21-meter x 12-meter court.
- **Rebounders:** One square-meter rebounder is placed at each end of the court.
- **Forbidden Zone:** A D-shaped semi-circle with a 3-meter radius is drawn in front of each rebounder. This is the "forbidden zone," and defenders are not allowed to stand in it.
- **Lines:** Lines marking zones are considered part of that zone. For example, the line around the forbidden zone is part of the forbidden zone, and the line around the court is part of the court.
- **Balls:** Different ball sizes and weights are used depending on the player category (men, women, youth). Circumferences range from 54-60 cm, and weights from 325-475 grams.

Scoring Points

- **Scoring at Either End:** Either team can score at either end of the court.
- **How to Score a Point (for the Attacking Team):** A point is scored when:
 - The ball rebounds off a rebounder and touches the ground outside the forbidden zone.
 - The ball rebounds off a rebounder and touches any part of a defending player's body below the knees.
 - The ball rebounds off a rebounder and touches a defending player who is still in the forbidden zone.
- **When the Non-Attacking Team Gets a Point:** A point is awarded to the non-attacking team when the attacking team:
 - Shoots and misses the rebounder.
 - Shoots and the ball rebounds outside the playing area (either out of the court or into the forbidden zone).
- **Forbidden Zone Violation (Attacking Team):** The attacking team is not allowed to step into the forbidden zone with the ball. The ball must be released before the player lands in the forbidden zone.





INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

Tchoukball is considered as an inclusive sport. It is designed to be accessible and inclusive for people of all ages, genders, and abilities. The sport promotes fair play, teamwork, and physical fitness, making it suitable for individuals with different skill levels and physical capabilities. Tchoukball can be adapted and modified to accommodate players with disabilities, allowing them to participate and enjoy the game. Inclusivity is an important aspect of Tchoukball, and efforts are made to ensure everyone can actively engage in the sport.





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Co-funded by
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