Tchoukball Rules

1. No one can stand in the D although you can be airborne

2. Only 3 consecutive shots by either team at a frame

3. 3 shots (on the frame in a row), 3 seconds (holding the ball), 3 passes (then a shot must be taken), 3 steps (with the ball)

4. You cannot interfere with another team’s passing, no intercepting or stopping a player from positioning themselves to catch a ball.

5. One point if the ball hits the ground outside the forbidden zone before the opposing team can catch it.

6. After a score, the other team gets the ball from beside the frame.

7. The other team gets the ball if it is dropped or there was interference with the play. To start the ball, the team that lost the ball will leave it where it lands; the other team will then pick it up and take a knee to start play.

8. You must pass the ball once before a shot can be taken but a maximum of three passes.

9. Fouls: (the other team gets the ball at that spot)

· Dropping

· Interfering

· Catching your own rebound