



# TCHOUKBALL *Cheat Sheet*

## ROSTERS

- A full team on the floor consists of 6 players (there are no goalies) with a minimum of 2 females.
- The minimum number of players required in order to not default is: 4 total players including at least 1 female.

## GAME PLAY

- The purpose of the game is to throw the ball at one of the tchouks and to have it land on the ground, outside of the crease, before any opponent can catch it. Each team can shoot at either tchouk. If the ball touches the ground the attacking team scores a point.
- A game consists of two 25-minute halves, and a 5-minute half-time. Ties are allowed in the regular season.
- The game will start with a jump ball at centre court. Each team must be on their half and 2 meters away from the ball.
- Mercy will be called when one team gains a lead of 13 points. The score will freeze, and teams are encouraged to play the rest of the game for fun.
- Once in possession of the ball, a player may stand stationary for only 5 seconds, and may take only 3 steps (pivot steps included). They must then shoot or pass the ball.
- A dropped ball is a dead ball and possession changes at the point of the dead ball.
- A throw-in is awarded when the ball goes out of bounds on the sideline or the back wall. The team that did not touch the ball last is awarded possession. A defending player must be 2 meters away from player throwing in the ball. The ball must be passed twice before a shot on goal can be attempted (no direct shots from out of bounds).
- 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 the leg below the knee is not permitted.
- A player may not touch the ball more than once (not allowed to pass to oneself) unless the ball is deflected or hit from the hands of the defender from the opposing team.
- Players cannot attempt to interfere with the attacking player or with the non-attacking team when trying to catch the ball.
- If a player mishrows the ball, the first player to get to the ball gets possession, unless the ball goes out- in that case, the ball goes to the other team.
- In order to score a point, the ball must be thrown from outside of the crease, bounce off the frame and land on the ground outside of the crease.
- If the ball is bounced off the frame and then caught by the opposing team, no point is scored, and the opposing team can attack immediately.
- If a point is scored, then the opposing team gets possession of the ball beside the frame outside of the crease.
- Points can be scored on either frame.
- 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.

# PENALTIES AND VIOLATIONS

- **It is illegal to intercept a pass from the other team.**
- A player cannot move while dribbling the ball on the floor or juggling it in the air.
- Players cannot make more than 3 passes to their teammates; once a fourth pass is made, it will be a change of possession.
- Players cannot enter either goal crease except in the act of shooting. If an offensive player enters with or without the ball, the defensive team gets the ball for a free throw.
- Players can shoot while jumping into the crease, however, they must take off before the crease and the shot must be released before the player lands on the ground inside the crease. If the shooter lands on the ground before they throw the ball, it becomes the opponent's ball.
- If a player is fouled and their opponent does not call it, they are allowed to make the call. **This procedure must follow these guidelines:**
  - If the GC agrees with the call, the violation/foul will stand. A throw-in or free-throw will take place.
  - If the GC disagrees with the player's call, then a throw-in will be awarded to the team who had possession at the time of the foul. **All free-throws and throw-ins are indirect** (a teammate must touch the ball before scoring).
- A player may not kick the ball or play the ball with the legs below the knees.
- Players cannot dive on the floor to play a ball.
- A defensive player may not contact, hold, hit or trip an offensive player.