**TCHOUKBALL**

**Basic Rules:**

* Two opposing teams. Each team will work together to pass the ball towards the tchouk (pitch-back) and take a shot at the tchouk and have it rebound and hit the floor to gain a point. The opposing team’s only defense it to catch the ball off of the tchouk. They cannot legally steal or block the ball during game play. This is designed to improve socialization and allow people of various ages to enjoy the sport together.
* Either team can shoot at either goal

* Cannot stand in the crease or the D Zone around the goal. The D Zone is also called the forbidden zone.
* Player 1 on Team A must throw the ball at the pitch back with a trajectory that the ball clears the forbidden zone. Team B must catch the ball before it touches the ground or a point is given to Team A.
* Team A cannot catch a ball that Team A throws off of the pitch back
* The team with the most points at the end of the time wins.

**Fouls occur with the following:**

* A player touches the ball with his leg
* A player holds the ball for more than 3 seconds
* A player takes more than 3 steps
* Drops the ball during a pass
* A team passes the ball less than 3 times before a shot
* A player misses the tchoukball frame
* A player steps in the forbidden zone or the ball lands in the forbidden zone
* A player dribbles the ball
* A player shoots at a goal where 3 consecutive shots have been made