

TCHOUKBALL

(Pronounced “chookball”)

An innovative and unique approach to sports



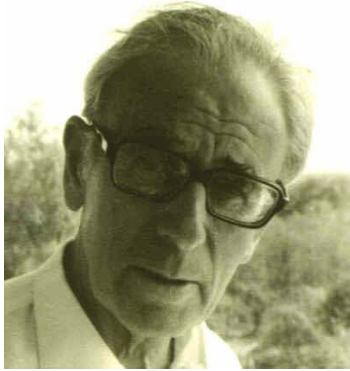
Picture by FTBI

Why a new team sport ?

Pierre-Alain Girardin

Courtesy of Michel Favre

Why a New Sport



Dr. Hermann Brandt
(1897 – 1972)

« In 1938, when I saw Pelota for the first
time ... »



« I envied those who had learned to play this interesting
game.

Try as I might, however, I could not easily translate its
concept into an universal game. »

With that observation Dr. Hermann Brandt set about
in the 1960's to create a game with universal appeal.

During his career as a physician, he encountered,
numerous injured athletes.

He worried about sport-related injuries. The almost daily confrontation of these injuries, reinforced his concerns regarding the educational values of today's sports.

He thought often about what contributes to good physical conditioning in individuals of all ages.

Sports should ...

“not make champions, but rather help construct a harmonious society”

He set about creating a sport that he hoped would be more respectful of an individual's physical, psychological, and social balance.

Ruling out any kind of violence, Brandt embedded respect for players and play in every action of his new game.



No Interference

The rule of “**No Interference**” is one of the basics of tchoukball philosophy. This rule also empowers Tchoukball as an educational model.



The guarantee of an unimpeded pass is essential to the philosophy underscoring Tchoukball. This guarantee assures a non-contact, nonviolent game and constructive play.

Interference introduces negative play, precisely what Dr. Brandt sought to avoid.

Brandt carefully calibrated Tchoukball's rules so that participants could play to the best of their ability without fearing injury from physical contact or ridicule from "spotlighted" or slow play.

The defining characteristic of Tchoukball is this total prohibition of interference *of any kind*.

To prevail, to win, requires the application not of physical domination but of positive skills: quick thinking, precise passing, and strategic maneuvering to name three.

With no human target and no *destructive* play, the test becomes one of out-thinking the opponent.

Using the ball as the “magnet,” a team attempts to draw the opposition into a position where it will not be able to catch a shot at the net.

Justification

To propose a new game is, above all, to justify it by studying its impact on the **biological, psychological and social** aspects surrounding its practice.

However, to innovate does not mean to invent any kind of sport, just for the sake of proposing something.

Any new activity must be inspired upon the latest discoveries !!

Biological Criteria

Joint factor: it is really important that the joints work within sufficient amplitude.

Muscular factor: not only the **power** of the muscle should be trained, but above all, the **elasticity, speed,** and **relaxation** of the muscle should be developed, these being the noble properties of the muscle.

Cardiovascular and **respiratory** mechanisms should be solicited (second breath), as well as the nervous system.

The Psychomotor Act

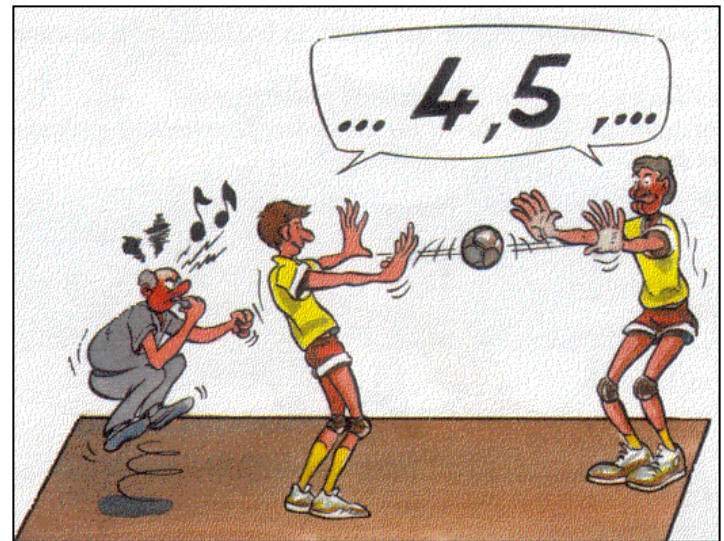
The psychomotor actions are continuously solicited along with the psychological behavior.

This is the problem of the individual's relationship with one's environment: location, material, space, as well as the social context.

The pass

In developing the game, Brandt seriously studied the pass. “ I started allowing one pass, the two, and today we play with three passes.” This quickens the game and forces the team on defense to consider numerous options and rapidly position itself not for one but for several.

It is important to understand and teach that passing the ball is *the fundamental tactic* employed in tchoukball



No running or walking while holding the ball

As soon as the player gets the ball, they can not make more than three footprints while holding it. Thus, the ball moves faster than the players.

catching the ball with one foot or two feet on the ground, count as one footprint

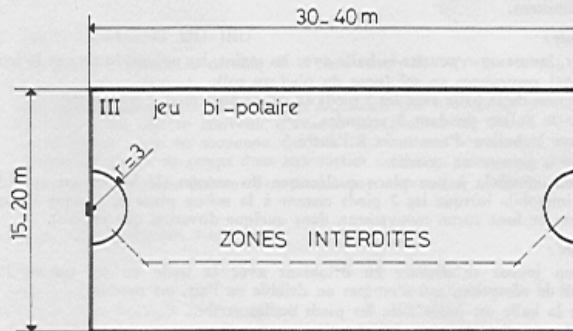
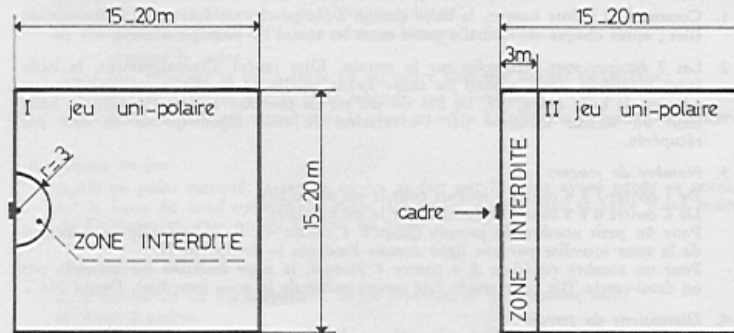


When the game starts the ball can be thrown at either frame as soon as it goes over the middle line of the court.

The ball can touch any part of the body except below the knee. It can not touch the floor.

PRATIQUE DU TCHOUKBALL

TERRAINS



TOUS TERRAINS :
stade
préau
jardin
pâturage
plage
salle de gymnastique

The court

The limits of the field or court can vary

Timing

A player may only hold the ball for three seconds. This rule adds speed to the game.

Forbidden Zone

A forbidden zone in front of each frame prevents the players from interfering with other players

The forbidden zone can be reduced to 6.6 feet (2 m) or extended to 9.9 feet (3 m) depending on the age and skills of the players.

Psychological Conditioning

In tchoukball there is no respite: players must watch the whole court and the other players at all times.

Corruption of play begins where no referee or refereeing is recognized.

Ethic : the Tchoukball Charter

Tchoukball excludes any striving after prestige, whether individually or collectively, but concentrates instead on the pursuit of excellence through personal training and collective effort.

On a personal level: the attitude of the player implies respect for every other player, for one's own teammates *and* for all opposing team players; whether stronger or weaker than one's self.

Ethic : the Tchoukball Charter

The game of Tchoukball is open to players of all abilities. In as much as each player is due proper respect and consideration, every player must adapt his own conduct (technical or tactical) to the circumstances of the moment.

Ethic : the Tchoukball Charter

On a team level: no outcome, whatever it might be, should be seen to affect one's standing, individually or as a group, and it should lead under no circumstances to sectarian rivalry. From victory one can derive satisfaction and even joy, but never exaggerated pride.

The joy of winning should provide encouragement; whereas arrogance in victory carries within it the seeds of struggle for prestige, which is condemned as the source of common conflict among humans.

Ethic : the Tchoukball Charter

Tchoukball requires total dedication: one must keep constant watch on the movements of the ball, but also -- both objectively and with empathy -- on the other players. Even as one participates individually in the event, one subjects oneself to the group's needs. The result is that in the course of a match, different personalities come together as they react within the game.

a) There is a sense of collective achievement within a team. This binds the players together, teaches appreciation and esteem for the values of others, and creates a feeling of oneness in the common effort of a small group.

b) There is an acceptance of the attitudes of the opposing team with whom one must engage in opportunistic play even while resisting any hostile undercurrents.

c) Each player's major concern must be to strive for beauty of play. The universal experience of sports can be summed up by the expression: "Elegant play begets elegant play."

This attitude is the basis for the social interaction of tchoukball: it encourages one to aim for perfection while always avoiding any negative conduct toward the adversary.

This is more than just the rule of a game, it is a rule for conduct at all times, a psychological component of behavior, the basis of an individual's personality.

Ethic : the Tchoukball Charter

Tchoukball aims to avoid conflict with one main goal in mind: fair play that does not compromise the level of play but rather links the two teams together in common activity. The beauty of one team's play makes possible -- and reinforces -- the beauty of play by the other team.

The game provides social exercise through physical activity. By pooling the resources of all, everyone takes part, with the better players accepting the responsibility for teaching the less adept; therefore, there is no real championship, but rather a striving for perfection.

Ethic : the Tchoukball Charter

When one says “Let the best man win,” it should mean that a person achieves his or her best through adequate preparation. This being so, it is appropriate that the results reward the efforts which players have undertaken, individually and as a team.

Within these limits, a victory can and should bring satisfaction and meet with an adversary’s respect. Victory should inspire in an adversary a desire to do as well, not a feeling of belittlement. Winners should not convey any feeling of arrogant domination. Rather, a sense of healthy satisfaction on the winner’s side is like a handshake to encourage the adversary to continue to train properly.

For these reasons, the notion of “champion” should give way to the simpler, more appropriate one of “winner.” To play as a means of perfecting one’s performance -- this is a desire that every activity should include and develop. It is toward this goal that every Tchoukball group must work, whether in the smallest, friendliest match or the most important meeting “at the top level.”

Remember, not set of rules can replace a player’s respect for one another and the Spirit of the Game

“ One of my hopes for mankind is that we realize that power, selfishness, and violence are unfashionable games. ”

Dr. Hermann Brandt