



Handball



Table of Contents

Bucket Ball.....	3
Modified Team Handball	4
Tchoukball.....	5
Forum Ideas	5



Bucket Ball

By: John Byl

Take two buckets or cardboard boxes and place them in the middle of a basketball key at either end of a basketball court.

This game is then played like basketball except there is no dribbling with the ball, a sponge ball is used, and no one from either team is permitted to be inside either basketball key.

The object of the game is to score points by successfully tossing the ball into the bucket or box.



Modified Team Handball

By: John Byl

Goal is to throw a ball into the opponent's net.

The goal could be a floor-hockey goal and a key area (in which only the goalie can be in) is the three-point circle for basketball. The ball is a sponge or gator-skin ball (if the ball is too hard no-one will want to play goalie).

Jump ball to start the game.

Players can only throw the ball.

Those with a ball are allowed to run a maximum of 3 steps with the ball and need to pass or shoot within 3 seconds of getting the ball (otherwise the other team gets the ball at the place of infraction).

Goalies have 5 steps and 5 seconds to bring the ball into play and cannot pass the ball over the centre line.

For more official rules... go to: http://en.wikipedia.org/wiki/Team_handball



Tchoukball

Developed by Hermann Brandt who believed "The objective of all physical activities is not to make champions, but make a contribution to building a harmonious society". Tchoukball can be played on various surfaces of different sizes. The most common surfaces are synthetic floors (indoors), sand (beach Tchoukball), and grass. Nowadays, Tchoukball is being played with seven players in each team on a wooden or synthetic surface of approximately 27 m x 16 m. Beach Tchoukball is played with five players in each team on a playing area of approximately 21 m x 12 m.

Rules of Play

One rebound frame is placed at each end of the field of play. In front of each frame, a D-shaped semi-circle measuring 3 m in radius must be drawn; it defines the limits of the "forbidden zone". Depending on the category of players, the ball measures between 54 and 60 cm in circumference and weighs between 325 and 475 grams. It must never touch the ground. During the game, the ball in possession of one team may not be intercepted by the other team, so as to prevent any aggressive behavior or violent physical contact between the opponents. The control of the ball transfers to the other team after every shot at the frame or after every fault made by the opposition. In order to score a point for his team, a player shoots the ball at the frame so that it rebounds off in a way no defending player can catch it before it hits the field of play. The team that has just conceded a point restarts the game. A maximum of three consecutive passes is allowed to put a player in a position to shoot at the frame. Defending players are not allowed to break the opponent players' game; instead they must anticipate the trajectory of the rebounding ball in order to catch it before it hits the surface of the playing field. At the end of the allotted time, the team with the most points wins the match.

For more details on Rules:

http://www.tchoukball.net/fileadmin/Documents/Rules/ER-01_OfficialTchoukballRules_en.pdf

Forum Ideas

Variation by Chris Wilson

Want to play tchoukball but don't have the nets or can't afford the \$250 each? The game can be played with utility balls rather than trampoline nets. Have a player from the same team stand in the opposite crease with a Utility ball (Pilates/Exercise/Stability ball). The game is played with the same rules, except that the ball must bounce off the ball instead of a trampoline. Even if you have the nets it is a fun variation because it allows for controlled rebounds.

