Rules of Tchoukball (created in Switzerland otherwise known as the rules of 3)

Objective of the Game:

* Throw the ball on the rebound surface after a maximum of three passes. After the rebound, the ball must touch the ground for a point to be scored. If the ball is caught by the other team, then no point is scored and the game carries on.
* They must catch the ball after it bounces off the rebound surface and before it touches the ground. In order to be in the best position for that, the players must continuously reposition themselves according to the passes of the other team. They may not intercept the ball or hinder the opponent.

Equipment needed:

* One Handball.
* Two Rebound surfaces (frames 1 x 1 m tilted at 55 degree angle)
* Any type of playing surface.

Scoring:

* he throws the ball on the rebound surface and the ball touches the ground outside of the forbidden zone. If the ball is caught before it hits the ground by the other team no point is scored.
* The other team when, throws the ball and misses the rebounder, the ball bounces back off of him or teammate, or the ball bounces off the rebounder and lands outside the playing area.
* The team who did not get the point restarts the game from behind the frame where the point was scored.

Fouls:

* A player takes more than three steps while in possession of the ball.
* A player steps out of the limits or in the forbidden zone while holding the ball.
* A player drops the ball or dribbles it on the ground.
* A player makes the fourth pass for his team.
* A player intercepts a pass willingly or not from the other team.
* A player prevents the free moving of the other team or their passes while they are in possession of the ball.
* A player catches the ball after a rebound if the shot was taken by a player on the same team.
* A player takes a third consecutive shot (total of both teams) on the same rebound surface.

Fouls when the ball hits the metallic edge of the frame and its natural trajectory is modified:

* If the ball is caught by the other team the game continues.
* If the ball falls out of the playing area or in the forbidden zone then a point is lost.
* If the ball falls within the playing area, there is a foul and the defending team gains possession of the ball.
* After a foul the other team gains possession of the ball. The game restarts at the spot of the foul and at least one pass must be made before a shoot is taken.

The Forbidden Zone:

* In front of each frame, in a half circle with a three meter radius, called the forbidden zone.
* A player can only be in this zone if they have just thrown the ball on the frame, passed the ball, or solicited a pass. In either situation the player may not touch the ground while holding the ball.

Special Rules:

* There are no specific sides to the field, teams can throw at either frame.
* No intercepting the other teams passes.
* No more than three passes before the ball has to be thrown to the frame.
* No more than three steps while holding the ball.

Ball Handling

* Players may catch, throw, hit, and impede the ball in every way with hands, fists, head and trunk.
* Three contacts of the feet on the ground may be made. Catching the ball and landing with both feet on the ground counts as two contacts.
* The ball may be passed from one hand to the other even if contact is lost in between.
* The ball may be held for up to three seconds.
* Playing while kneeling or lying on the ground is allowed.
* A player may not touch the ball with their feet or legs.
* A player may not throw the ball intentionally at an opponent.
* A player may not drop the ball after receiving a pass.