**The DT (adapted) Rules of Tchoukball**

1. Begin with a jump ball. A point is scored for rebounding the ball off the net and having a teammate catch it.
2. There is a crease around the net that no one is allowed to enter unless a player needs to retrieve a ball from behind the net.
3. Players with the ball may only take three steps or take three seconds (just like handball).
4. Defensive players may not contact offensive players and vice versa.
5. Defense is similar to handball.(Shadow)
6. After scoring a point, the offensive team passes ball to defensive team and the defensive team touches the back wall before passing ball out.
7. Plenty of adaptations exist but these tend to get the most out of the students and allow them to experience some basics of the game.
8. See this link for official rules. ttps://www.ldcsb.ca/Programs/recreation/tchoukball/Documents/Tchoukball%20Rules.pdf
9. Using other balls will also work such as a basketball or a volleyball.
10. Safety Concerns: not a lot except for the tchoukball’s themselves are quite hard and can hurt if struck in the face.