

Tsegball : Review/Skill Sheet

Grading

Name _____

Class _____

Participation	/24
Skill development and application	/6
Use of strategy	/6
Knowledge	/6
Fitness	/12

Skill 1: Throwing

- Leads with opposite foot
- Throws to the target
- Uses proper form for a back throw

Skill 2: Catching

- Brings ball into the body
- Stops after one step
- Is able to throw the ball within 3 seconds

Skill 3: Goal keeping

- Stays within the goal area
- Uses hands to block a shot
- Stays aware of where the ball and players are

- ✓ Is able to use skills in practice situations
- ✓ is able to use kills in defensive game situations
- ✓ is able to use skills in offensive game situations

Total skill development and application _____/6_____

- ✓ Applies defensive/offensive strategy in positioning
- ✓ Applies defensive strategy in game play
- ✓ Applies offensive strategy in game play

Total game strategy _____/6_____

Vocabulary:

Traveling: When a player takes more than 1 step with possession of the ball.

Checking: When a player attacks, jumps to score, pushes, slaps, bites, kicks, body slams, or intentionally throws the ball at another player to cause bodily damage. Such action is forbidden in Tsegball and will result in immediate ejection from the game.

Dead Ball: When an incomplete pass is made and the ball touches the ground. Whichever team touches the ball last loses possession. If a pass is intercepted but the player drops or knocks the ball on the ground, possession is awarded to the team who initially had the ball.

Back-Throwing:

· Back-Throwing is usually used after a penalty. One player needs to stand two (2) feet from either corner of the penalty box or 15 to 20 feet from the goal with his/her back facing the goal. The player will then throw the ball, without looking at the basket.

· Back-Throwing is also allowed if any foul takes place in the penalty area near the goal. Only the player who is fouled against may make the Back-Throw. Players may only make one Back-Throw.

Holding: When a player has possession of the ball for more than three (3) seconds. The opposing team gets possession of the ball. Play will begin where the foul occurred. All players from the opposing team must be at least ten feet away from the player in possession of the ball (this also applies for Traveling, Checking and a Dead Ball). If a player in possession of the ball accidentally falls, he/she has three (3) seconds to pass the ball to another player before it's a foul.

Illegal Contact: When a player kicks the ball or hits it with his/her head.

Rules:

· The game is played with two teams. There are twelve (12) players on each team--two (2) goal keepers and ten (10) throwers. Each team is required to have six (6) males and six (6) females. Both teams should wear different colors for easy identification. Each team should also have six (6) alternate players.

· Like many games, TsegBall starts from the center of the field. The referee may choose the starting team by a variety of methods, including coin toss.

· TsegBall is a handball game. When a player is in possession of the ball, he/she may not run or walk with it. The player must pass the ball to another player in less than three seconds. Only players who do not have possession of the ball may walk or run. A player may pass the ball to another team member or throw it any distance across the playing field.



· Players may only make one step when in possession of the ball. If you catch the ball while running, you must stop and determine where to pass the ball next. You are allowed to use one (1) foot as a pivot point to do all of your maneuvering to pass the ball within three (3) seconds. Players are allowed to intercept a pass or steal the ball from their opponent. If a player tries to steal the ball but cannot obtain full possession of the ball in less than one (1) second, he is fouled and the ball remains in the possession of the opposing team.

* If a player is running to receive a pass and catches the pass but falls, as long as the ball does not touch the ground, it is still in play for three seconds.

* Defensive players may not jump to intercept the ball. Players who jump to intercept the ball will be fouled and lose possession of the ball to the opposing team.

Goal Keepers

· Each goal is guarded by one goal keeper. Goal keepers may not act as throwers. They may only guard their goal.

· The goal keeper must stay within his/her designated area. He/she may not leave the goal area during a round. If he/she does leave during a round, he/she will be fouled and must sit out for the remainder of the round. Another player already on the field may replace the goal keeper for that round but no alternate players may be used. That team can have no more than eleven players for the duration of the round. The official goal keeper may return at the beginning of the next round.



· If the goal keeper, while defending his/her goal, intercepts a pass (within the goal area) he is allowed to hold the ball for up to ten (10) seconds and can also run/walk with the ball before passing it to another player.

· Opposing players cannot attempt to take the ball from the goal keeper while he/she is attempting to pass the ball during the ten (10) second time limit.

· If, for any reason, the goal keeper drops the ball, it is not considered a foul and remains in the possession of that team.

· If the goal keeper is the last person to touch the ball before it goes out-of-bounds, he/she (and not the opposing team) will have possession of the ball.

· The goal keeper is allowed to pass the ball to the other goal keeper on his or her team.

· When guarding the goal, the goal keeper should stand about two (2) feet away from the goal posts in the goal keeper area.

· If the goal keeper pushes or moves the goal posts while defending the goal, it will be considered a penalty and will result in a free shot for the opposing team.

Penalties

A penalty shot can be taken at any goal area.

If a goal keeper chooses to pass the ball to the other goal keeper on his or her team, and that goal keeper drops the ball, it is a penalty and that team loses possession of the ball.

If a player jumps into the goal area and the goal keeper is hit, it is considered a penalty and will result in a free shot.

If a player runs into another player while trying to intercept the ball, it is considered a penalty and will result in a free shot.

If a player intentionally throws the ball on the ground, against the wall or at another person in anger, it is considered a penalty and will result in a free shot.

If the goal keeper hits or pushes a player from the opposing team in the goal area, it is considered a penalty and will result in a free shot.

If a player standing in the goal keeper area is pushed by a member of the opposing team while trying to make a shot, it will be considered a penalty and will result in a free shot.

History:

TsegBall is a non-contact, co-ed sport that combines elements from handball, basketball, volleyball, rugby and hop-scotch. These various skill fundamentals are used to create a game where the players can focus on the use of strategy instead of physical prowess, while avoiding the injury prevalent in most contact sports.