



The Tchoukball Charter

Tchoukball excludes any striving for prestige, whether individually or as a team; rather it is a sport in which players pursue excellence through personal training and collective effort.

Tchoukball is open to players of all degrees of ability (natural or acquired) and skill. Inevitably one will encounter players of every possible ability/skill level during play. Every player must adapt his own play and attitude (technical or tactical) to the circumstances of the moment because each player – teammate or opposing player – is due proper respect and consideration.

On an individual level: the attitude of a player is paramount for it implies respect for himself/herself, for his/her own teammates and for opposing team player regardless of whether any are stronger or weaker player than one's self.

On a team level: no outcome, whatever it might be, should never impact one's sense of importance, individually or as a team, and it should never lead to sectarian rivalry. From victory one can derive satisfaction and even joy, but never exaggerated pride. The joy of winning should provide encouragement. Arrogance in victory carries with it the struggle for prestige, which is a source of common conflict among humans and condemned within the sport of Tchoukball.

Tchoukball requires total dedication: one must keep constant watch on the movement of the ball and other players – both objectively and with empathy. As one participates individually in the sport, one subjects oneself to the group's needs. The result is that in the course of a game, different personalities come together as one when they react collectively within the game.

Thus in Tchoukball:

- There is a collective achievement within a team. This binds the players together, it teaches appreciation and esteem for the values of others, and it creates a feeling of oneness in the common effort of a small group.
- There is an acceptance of the attitudes of the opposing team with whom one must engage in opportunistic play while resisting any hostile undercurrent.
- Each player's major concern is to strive for the beauty of play. The universal experience of sport can be summed up by the expression: "elegant play begets elegant play".

The Tchoukball Charter, brought to you by Singapore Tchoukball

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

This basic premise is more than just the rule of a sport – it is a rule for conduct at all times, a psychological component behaviour, the basis of an individual's personality.

The aim of Tchoukball is therefore the avoidance of 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's team play makes possible – and reinforces – the beauty of play by the other team.

Tchoukball provides social exercises through physical activity. By pooling the resources of all, everyone participates, with the more adept players accepting responsibility for teaching the less adept; therefore, there is no real individual champion, but rather a collective striving for perfection. When one says, "let the best man win", it should mean that a person achieves his/her best through adequate preparation. This being so, it is appropriate that the results rewards the efforts which the 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, without any 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 "victor" should give way to the simpler more appropriate one of "winner". Play as a means of perfecting one's performance is a basic desire that every activity should include and develop. It is towards this goal that every Tchoukball team must work, whether it is in the smallest, friendliest match or the most important meeting "at the summit".

Remember, no set of rules can replace a player's respect for one another and the Spirit of the Game.

For Learn to Play Tchoukball Workshops in Singapore, contact us at Singapore Tchoukball
sally.yeh@singaporetchoukball.org

Our Programmes are endorsed and approved by Singapore Sports Council. Subsidy for Schools are available under the SEP Programme.