

International Tchoukball Federation

To the national tchoukball federations
To the FITB representatives in the world
To the tchoukball referees
To the tchoukball coaches
To all tchoukball players in the world

Lausanne, November 2nd, 2004

FITB information – November 2nd 2004 Concern: Injuries in tchoukball

Dear Tchoukball colleagues,

Tchoukball was created at the end of the 60's and first officially presented in 1970 by Dr Hermann Brandt, a Swiss doctor. He wanted to create a sport that avoids both aggressions (contacts) and movements that are not adapted to the human physiology. Those ideas guided Dr Brandt in his creation of the rules of tchoukball.

35 years later, tchoukball is played on five continents. Each year, more players enjoy this sport and develop it in their own countries. Today, tchoukball can be played on different surfaces (indoor, grass, sand) by people with different skills and physical abilities (beginners, advanced players, juniors, adults, elderly people), and in different kind of environments (competition, training, leisure).

Despite of the efforts of Dr Brandt to create a non-contact sport adapted to the human physiology, injuries may happen. Most injuries are unintentional ones, and some players get injured without any contact; for example after jumping or whilst catching a ball. However, no information is available on these injuries. Are they common or not? What part of the body is the most exposed to that risk? Who is most likely to get injured – beginners or high-level players playing with very powerful shots? Are those injuries severe or not? Today, nobody can answer these questions. If we were to try to answer this, there would be no statistics on this topic. Therefore, no scientific answer is possible.

Aims of this study

The FITB Technical Commission has therefore decided to collect information about injuries in tchoukball. The aims are:

- to know our sport better, including the potential problems and risks,
- to gain information in order to change rules based on the direction thought by Dr Brandt, i.e. to have a non-aggressive sport adapted to human physiology,
- to give tools for coaches so that they can adapt their training, for example with specific muscular reinforcement or stretching exercises to protect the most exposed body parts and thus avoid injuries.

What kind of information is needed?

If we want to gain reliable information for a scientific study, the database should contain representative data of tchoukball injuries around the world. This shouldn't apply only to injuries during World

Championships, injuries of adults, injuries from Europe, but it should apply to all injuries whenever they may happen, whatever the playing level, wherever the geographic location of the event. As soon as someone gets injured whilst playing tchoukball, it should be reported to the FITB.

It is important to keep in mind that each and every injury should be reported, no matter if the injury occurred during a match or a training, at the lowest or highest level, with children or adults or whether the injury is severe or not. Even small injuries that need only five days to recover should be reported.

Reporting an injury

The FITB Technical Commission has prepared a report to collect this information. This report should be broadcasted in each region where tchoukball is played. Of course, this report and all the collected data will remain strictly confidential. There is no need to give the player's name. Only a contact name is requested in case more precise information is needed.

The report should take less than five minutes to complete. We ask you to complete it as soon as possible after the accident, so that you can easily find the required information.

The empty report can be downloaded on the FITB website www.tchoukball.org or ordered by email to the FITB Technical Commission (address below).

After filling in the report, please send it by post to:

FITB Technical Commission
Michel Thomann
Platane 5
CH-1008 Prilly
Switzerland

or by email to:

michel.thomann@tchoukball.org

or by fax to:

+41 22 368 00 28

The duration of this survey is not limited by time. If you know someone who gets injured, send him/her the report so that he/she can fill it in and send it back to the FITB. Any injuries happening from August 1st, 2004 to today should also be recorded.

For any question, problem, or comment about this project please feel free to contact the FITB Technical Commission at the aforementioned email address.

Thank you in advance for your cooperation that will help us to improve our sport,

Best regards

Michel Thomann



FITB Technical Commission - Director