

# SPEEDBALL STUDY GUIDE

## **THE GAME:**

- Speedball was developed in the 1920's. It is the combination of many fundamental elements of basketball, football, and soccer.
- Two teams play speedball. A regulation team is made up of eleven players. A player should be able to employ many techniques to play speedball. A player should be able to dribble the ball like in soccer, catch and throw as in basketball, and punt, pass and catch like in football.
- The object of the game is to advance the ball down the field toward an opponent's goal and attempt to score. A game consists of four 12 minute quarters with a ten minute halftime.

## **STARTING THE GAME:**

The game is started with a **Jump Ball**

- Both teams line up on their own half of the field.
- Starts just like a basketball game

## **SCORING:**

- Basket (2 points) when you throw a shot in the goal
- Goal - (3 points) - when the ball is kicked between the cones below knees.
- Touchdown - (1 points) - when an offensive player behind the opponent's goal line catches the ball from a teammate who has thrown the ball from outside the penalty area.

## **FOULS:**

1. Tripping, pushing, holding, or in any way touching an opponent.
2. Unnecessary roughness.
3. Delaying the game.
4. Traveling - moving the feet with the ball in your hands (same as in basketball).
5. Touching a ground ball with hands or arms.
6. Throwing for a touchdown from within the penalty area.
7. Boxing-up - 2 players guarding the same opponent.
8. Obstructing - preventing, by personal contact, the progress of a player.

## **PENALTIES:**

1. For fouls outside the penalty area - free kick on the spot. The ball may be kicked or lifted with all opponents starting 5-yards away.
2. For fouls inside the penalty area by the defense - a penalty kick awarded to opponent using a place kick and taken on the three point line. Only the goalie may guard the goal. All other players must remain outside the penalty area until the ball is kicked. After the ball is kicked it becomes a live ball and play continues.
3. **Double foul** - a drop ball at the spot of the infraction. All other players must be 5-yards away.
4. **Tie-ball** - a drop ball on the spot. All other players must be 5-yards away.

## **PLAYER PRIVILEGES:**

- All players may air dribble, block, catch, clear, dribble, dropkick, handle, instep kick, kick-up, kick pass, loft, lob, mark, pass, pivot, place kick, punt, trap.
- Only the goalie, while inside the penalty area, may pick up a ground ball with their hands.