**SPEEDBALL STUDY GUIDE**



In speedball, elements of basketball, football, and soccer are used. The game is played with a soccer ball. The ball may be kicked and dribbled with the feet as in soccer, caught and thrown as in basketball, punted or dropped kicked as in football and soccer. In general, soccer rules apply when the ball is being played on the ground, GROUND BALL, basketball rules govern aerial or fly balls, AERIAL BALL and football rules is brought into the game by the use of a forward pass to score a touchdown. The purpose of the game is to advance the ball down field and score while the opponents attempt to intercept the ball and score at their end of the field.

**PLAYERS:**

The game is played by two teams of 11 players, center forward, right and left inner, right and left wings, center halfback, right and left halfbacks, right and left fullbacks and a goalie.

**PLAYING AREA**:

The field is marked like a football field with two *End zones*. There are also two goals for scoring as well. A penalty line which extends near each goal line from which all scoring must be done from behind the line. Ten yards from the goal line.

Penalty Line

Midfield

End Zone

End Zone

Goal

Goal

Penalty Line

**PLAYING RULES:**

1. Game is started by a kick off.

2. The ball may not be touched by the kicking team until it has been touched by the receiving team.

3. A ground ball may be kicked, headed, or played with any part of the body except the hands or arms.

4. An aerial ball may be caught and thrown and continued until the ball touches the ground.

5. A ground ball becomes an aerial ball only when it is kicked off the ground.

6. A player may not run with an aerial ball, however you are allowed two step without penalty after catching the ball on the run (Momentum Steps).

7. You are allowed one step in making an aerial pass after catching the ball while standing.

8. A player may make three aerial dribbles to them self before passing it to another player.

9. The goalkeeper is governed by the same rules as other players on the field.

10. Blocking and tackling are illegal.

11. It is a foul to knock the ball out of the hands of an opponent.

12. Jump ball, like in basketball, may occur when two players cause the ball to go out of bounds simultaneously or catch the ball.

13. Fouls occur when a person is kicked, tripped, charged into, obstructed, hold, block an opponent, delay game, travel, touch the ground ball with hands, hold ball more than three seconds, juggle the ball more than once, or attempt to score within the penalty area.

**SCORING: (ALL GOALS MUST BE ATTEMPTED BEHIND THE PENALTY AREA)**

1. Field goal, (3pts) is scored when a ground ball is kicked into the goal area. The ball must not be higher than the shoulders when there is no goal.

2. Touchdown, (2pts) is thrown into the goal area, end zone, from behind the penalty area.