

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 the 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 **kick-off**.

- Both teams line up on their own half of the field.
- The ball is placed in the center of the field for the team making the kick-off.
- The center forward on the kick-off team kicks the ball forward either diagonally forward or straight ahead.
- The ball may be lifted by the foot to a teammate.
- After each score, the team that did not score starts play with a kick-off.

SCORING:

- Field Goal - (2 points) – when the ball is kicked between and **under** the goalposts.
- Drop Kick - (2 points) – a drop kicked ball that passes **over** the crossbar.
- Touchdown - (2 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.
- Penalty Kicks – (1 point) – place kick taken on the penalty kick mark and awarded when the defense fouls in their own penalty area.

OUT-OF-BOUNDS PLAYS:

- At the touch line – a throw in is taken by the opponent at the spot where the ball went out of play. All players must be 5 yards away.
- At the end line or goal line – opponent may punt, drop kick, place kick, or throw the ball from where it went out of play. All players must be 5 yards away.
- Out-of-bounds by 2 opponents – a drop ball on the spot nearest the ball went out of play. All other players must be 5 yards away.

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 arms or hands.
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 the opponent using a place kick and taken on the penalty kick mark. Only the goalie may guard the goal. All other players must remain outside the

penalty kick mark. 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 game 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 PRIVILAGES:

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

TERMS:

1. Aerial ball – is one that has been raised into the air directly from a kick by one or both of the feet and includes the punt, dropkick, and a kick-up, or a thrown ball which has not touched the ground.
2. Air Dribble – a play in which a player tosses the ball into the air to themselves (limit of one per player possession)
3. Attackers – the members of the team in possession of the ball who are attempting to score.
4. Blocking the ball – intercepting the progress of the ball with any part of the body. A ground ball may not be blocked with the hand and arms unless they are being held against the body.
5. Boxing up – 2 players guarding the same opponent (illegal play)
6. Clearing – a throw or kick by the goalkeeper after they have stopped a ball in the area of the goal line.
7. Cross – a ball kicked from one side of the field to the other side.
8. End Line (Goal Line) – boundary marking the ends of the field and past which the ball must pass to score.
9. Dead Ball – times when a ball cannot be played. (Examples: out-of-bounds ball, after a goal or score, after a foul, during a timeout, tie balls)
10. Defenders - members of the team which are attempting to gain possession of the ball.
11. Double fouls – infringement of the rules committed at the same time by opposing players
12. Dribble – a succession of kicks forward in which the player keeps control of the ball and advances it.
13. Drop ball – a ball held by the referee and allowed to fall directly to the ground between two opponents. The ball is in play when it touches the ground. A goal may be scored directly from a drop ball.
14. Drop kick – when a caught ball is dropped to the ground and the player kicks it as it bounces off the ground.
15. Field Goal – a two-point score that occurs when the ball passes completely over the goal line, between the goal posts, and under the crossbar.
16. Foul – an infringement of the rules of the game for which a free or penalty kick is awarded the opponents.
17. Ground ball – a ball that is rolling, bouncing, or stationary on the ground. Although in the air, a ground ball remains a ground ball until it is played into the air from a direct kick or a kick-up.
18. Kick-up – a means of converting a ground ball into an aerial ball. The ball may roll up a player's foot or leg to be caught or can be given an upward impetus with one or both feet. To be legal, the ball must be in the air, free from personal contact, before it can be caught.
19. Penalty area – a 10' area directly in front of the goal line. Only the goalkeeper may use their hand in this area.
20. Penalty kick – a direct free kick from the penalty kick mark. It is awarded to the offense for fouls committed by the defense in the penalty area.
21. Pivot – a play in which a player who is holding the ball steps once, or more than once in any direction with the same foot. The pivot foot must keep initial contact with the ground.
22. Place Kick- a play in which the player, with or without the preliminary steps, kicks a stationary ball. The ball may be lifted into the air or kept on the ground.
23. Punt – a play in which the player drops a caught ball and meets the descending ball with a foot before it touches the ground.
24. Save – a shot at the goal, which is stopped by the goalkeeper.
25. Tie Ball – when 2 or more opposing players catch the ball at the same time or when it cannot be determined which player last touched the ball. Play is resumed with a drop ball.
26. Touch Line – boundary line on each side of the field.
27. Throw In – when a player restarts play by throwing the ball into play after it has crossed a boundary line. A throw in can be made by any player and has no restrictions on legal technique.
28. Trapping – stopping the ball's flight by securing it under foot, between both foot, or between the front of the legs and the ground.