

# SPEEDBALL STUDY GUIDE

## INTRODUCTION

Elmer Mitchell, intramural director at the University of Michigan, developed the game of speedball in 1921. Mitchell wanted a game that taught basic skills that could be utilized across a number of activities. In addition, he wanted to provide a type of athletic activity that all of his students could participate in regardless of their athletic experience or ability.

## OBJECTIVE

Speedball combines the basic skills of soccer, football and basketball, and is typically played on a football or soccer field. The object of the game is to score points at the opponent's end of the field while attempting to keep the other team from scoring on your end. It is a combination of soccer and basketball with some elements of football and team handball. Specifically, when the ball is on the ground, soccer rules apply (players may not touch the ball with hands or arms). When the ball is in the air (aerial ball) basketball rules apply. Therefore, utilizing the hands is permissible if the ball is elevated into the air as result of direct contact with a body part other than a player's hands or arms. Lastly, when forward passing the ball in order to score a point, football rules generally apply.

## THE GAME

Speedball is commonly played outdoors by two teams composed of 11 players each (5 forwards, 3 halfbacks, 2 fullbacks and one goalie). However, the game can also be converted to indoor play, in which six (6) players per team compete on a basketball court or larger space. A typical game is played in four (4) quarters. Each quarter is eight minutes in length.

## START OF PLAY (Indoor Play)

A jump ball, like in basketball, is used to begin play at the start of the game. The jump ball is also used to put the ball back into play after it has been *tied up*, offsetting penalties, or when the referee cannot determine who gets the ball. Two players from opposing teams stand in the center circle of the court to execute the jump ball, while all other field players are restricted outside of this area. The two players designated to perform the jump ball

are allowed to touch or tap the ball once. In other words, they are not allowed to touch the ball again until it is touched by another player (either team).

### RESTART OF PLAY FOLLOWING A SCORE

After a score the opposing team gets the ball at the centerline for a kick-off, similar to a kick-off in soccer. Therefore, each team must start on their own defensive half prior to the kick-off. The player initiating the kick-off may not touch the ball again until it is contacted by another player (either team). The penalty for a foul on a kick-off is a free kick or indirect free kick for the opposing team, where the infraction occurred. All players must stand five (5) yards away when a foul is ruled in this situation.

### SCORING

The team in possession of the ball tries to advance the ball down the field and into or across the opponent's goal in an attempt to score. Unique to the game of speedball is the various ways in which to score, that include the following:

4 POINTS	=	Basketball shot taken behind the three point line.
3 POINTS	=	Soccer goal executed from anywhere in the playing area.
3 POINTS	=	Penalty shot awarded against a team committing a <i>hand ball</i> in the opposing team's endzone. Shot is taken from the free throw line of a basketball court.
2 POINTS	=	Bounce shot executed from behind the three point line. Shot must hit the floor first before crossing the goal line.
1 POINTS	=	Touchdown which is a thrown ball that is caught in the endzone. A touchdown cannot be credited to a player that scoops the ball to himself/herself inside the endzone.

### MOVING THE BALL (Indoor play)

A player in possession of the ball must abide by the following rules, otherwise, a turnover or free kick (indirect) is awarded to the opposing team.

- ↻ A player may not walk with the ball.
- ↻ A player is allowed to pivot with the ball.
- ↻ A player may pass the ball to another teammate.
- ↻ A player may use only one *air dribble* per possession.

- ⇒ A player may drop the ball on the ground and execute a soccer dribble.
- ⇒ A player may either self-scoop or scoop the ball with his/her foot to another teammate.
- ⇒ A player can attempt to score.
- ⇒ A player is allowed one additional step if catching the ball from a stationary position or two steps if receiving the ball on the run.

### FOULS/VIOLATIONS (Indoor play)

If a foul or violation occurs during game play then a free kick or indirect free kick is awarded against the team responsible for committing the foul. The indirect free kick is taken at the point of the infraction. If a double foul or tie-ball is called against two players from opposing teams then a jump ball is used to restart the game. All players must stand 5-yards away from an indirect free kick or jump ball. The following actions by a player constitute as a foul in the game of speedball:

- ⇒ Kicking, tripping, pushing or in any way touching an opponent.
- ⇒ Traveling - Taking more than two steps following a run or taking more than one step in any direction while holding the ball.
- ⇒ Obstruction - Stepping into the path of an opposing player who is moving with the ball in some manner prior to establishing position (both feet set).
- ⇒ Holding the ball - Holding the ball for more the 5 seconds when closely guarded by an opposing player or holding the ball more 5 seconds out-of-bounds.
- ⇒ Hand ball - Touching a ground ball with one or both hands.
- ⇒ Boxing up - Two players guarding one opponent.
- ⇒ Blocking - Stopping progress of a player with or without the ball.
- ⇒ Unnecessary roughness - Kicking into a player at close range or kicking the ball while someone is converting the ball.
- ⇒ Juggling - Attempting more than one air dribble in succession.
- ⇒ Delaying the game

### OUT-OF-BOUNDS PLAYS

- ⇒ **Touch line/Sideline** - A *throw-in* is taken by the opponent at the spot where the ball went out play if the other team sent it over the touch line. All players must stand five (5) yards away.
- ⇒ **Endline** - The opponent is awarded a throw from where the ball went out of play if the other team sent it over the endline.
- ⇒ **Out-of-bounds by two opponents** - A jump ball or drop ball is taken on the spot nearest where the ball went out of play. All other players must be five (5) yards away.

## GOALKEEPER

During indoor play, a goalkeeper (if designated by a team) must adhere to the same rules as a field player

## VOCUBULARY

**Aerial Ball** - is one that has been raised into the air directly from a kick by one or both feet and includes the punt, kick-up, or a thrown ball, which has not touched the ground.

**Air Dribble** - a play in which a payer tosses the ball into the air to himself/herself (limit of one per player possession).

**Attackers** - the members of the team in possession of the ball who are attempting to score.

**Defenders** - members of the team which are attempting to gain possession of the ball.

**Double fouls** - infringement of the rules committed at the same time by opposing players.

**Foul** - an infringement of the rules of the game for which a free kick or penalty kick is awarded the opponents.

**Ground Ball** - a ball that is rolling, bouncing, or stationary on the ground. Although in the air, a ground ball remains as such until it is played into the air from a direct kick or a kick-up.

**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.

**Penalty Kick** - a direct free kick from the penalty kick mark (free throw line of basketball court in indoor play). Typically, awarded for handling the ball illegally with the arms or hands in the endzone. The offensive player taking the kick is allowed only one step prior to executing the kick. The defensive team is allowed to play the ball only on a missed kick.

**Scoop** - A player digs his/her toe underneath the ball and pops it up to a teammate.

**Self-Scoop** - A player traps the ball between his/her feet and jumps into the air to elevate, release and catch the ball.

