

SPEEDBALL RULES

I. GAMEPLAY

- A. Teams consist of five players (this includes a goalie), but the game can start with four.
- B. Games are played on a basketball court inside Boyden with indoor soccer goals situated at each baseline.
- C. The ball will be provided by Campus Recreation.
- D. The object of the game is to throw or kick the ball into your opponent's goal or score a basket.
- E. Basic skills include:
 - 1. Dribbling the ball (soccer).
 - 2. Kick-up (kicking/**heading** the ball in the air so that a player or a teammate can catch it with their hands).
 - 3. Catch & throw (basketball).
 - 4. Players cannot kick-up to oneself (no self-passes).
- F. Only a goalie may pick up a **"ground ball"** using the hands, but can only pass it with their feet.
- G. Goalies have five seconds with the ball in their hands. If caught, the goalie can throw the ball from anywhere inside their own three-point arc.
- H. Out of bounds:
 - 1. The ceiling is in.
 - 2. Out of bounds is the basketball court lines nearest the wall, but no other out of bounds exists unless a ball is hit through or under the curtain. (on three sides of the court, there are no out of bounds).
 - 3. Opponents must place kick the ball from where it went out. (Other players must be 5-yards away).
 - 4. Out-of-bounds by two opponents: **"drop ball"** at the spot nearest where the ball went out of play (Other players must be 5-yards away).
- H. Anytime the ball is kicked, it must be from the ground. There are no punts or drop kicks allowed.

II. TIMING

- A. The game will consist of two, 20 minute halves with a running clock throughout unless a timeout is called.
- B. Each team will have two timeouts per game.
 - 1. Using a timeout will not advance the ball.
 - 2. Timeouts are limited to allowances under the NFHS Basketball rules.

III. KICKOFF

- A. Each team lines up on their own half of the court.
- B. The ball is placed in the center of the court for the team making the kick-off
- C. The ball may be lifted by the foot to a teammate provided it travels forward.
- D. After a score, the team that was scored on re-starts using the goalie that must kick the ball from the ground.

IV. SCORING

- A. Field Goal (1 point): the ball is shot or tapped in the basket.
- B. **Kicked into Goal (3 points)**: Shots on net must happen outside the free throw line extended (or outside the three-point arc). A shot on goal outside the three-point arc, but below the free-throw line extended will count! A goal will be scored only when the ball completely crosses over the baseline between the two goal posts.
- C. **Thrown into Goal (2 points)**: A player throws the ball from outside the three-point arc into the net and the ball completely crosses over the baseline, on the ground or in the air, between the two goal posts. Attempts inside the arc will not be permitted. One can jump from behind the arc and throw the ball while in the air and before said player touches the ground inside the arc with any part of their body.

- D. Penalty Kick (1 point): a place kick taken on the penalty kick mark (awarded when the defense fouls inside their own three-point area).

V. FOULS

- A. Tripping, pushing, holding, contacting opponent that gives them an advantage.
- B. Delaying the game.
- C. Traveling - moving a foot or feet in any direction in excess of prescribed limits while holding the ball (NFHS).
 - 1. In addition, a traditional basketball dribble is not permitted.
- D. Touching a ground ball with hands or arms.
- E. Throwing for a score inside the three-point line
- F. A kick on goal inside the free-throw line extended.
- G. Trapping: 2 players guarding the same opponent.

VI. PENALTIES

- A. Fouls outside the penalty area: **"free kick"**
 - 1. At the spot of the infraction.
 - 2. Ball may be kicked or lifted to self.
 - 3. Other players must be 5-yards away.
- B. Defensive Fouls inside the three-point area: **"penalty kick"**
 - 1. Place kick taken on the penalty kick mark.
 - 2. Only the goalie may guard the goal.
 - i. All other players are outside the three-point area until the ball is kicked, after which it becomes a live ball and play continues.
- C. Double foul: **"drop ball"**
- D. If two or more opposing players catch the ball at the same time or it cannot be determined which player last touched the ball:
 - 1. Play is resumed with a drop ball.
 - 2. Note: This is only regarding a simultaneous catch or last touched out of bounds situation.
 - 3. Defenders are not permitted to grab a ball already possessed in the hands of an offensive player.

VII. TERMINOLOGY

- A. Aerial ball: ball that has been raised into the air directly from a kick by one or both foot (includes a punt, dropkick, and kick-up, or a thrown ball which has not touched the ground).
- B. Ground ball: ball that has last touched the ground (may be rolling, bouncing, or stationary on the ground); the ball remains a ground ball until it is played into the air from a foot.
- C. Kick-up: converting a ground ball into an aerial ball by lifting or kicking with one or both feet, where the ball must be in the air, free from personal contact, before it is caught by a teammate or opponent.