



Speedball

History

In 1921 the first game of speedball was played at the University of Michigan. It was created as an intramural activity by Elmer D. Miller. The game of speedball is a combination of basketball, football and soccer skills.

Rules and Information

11 player on a team

Positions:

- 5 forwards - job is to score
- 3 halfbacks - guard opponents, get and pass ball to the forwards ready to make touchdown passes.
- 2 fullbacks - similar to halfbacks but more defensive.
- 1 goalie ----- prevent scoring

Scoring:

- Drop kick = 3 pts. (dropping the ball from your hands and kicking it after making contact with the floor into the goal)
- Goal = 3 pts. (ball kicked into the goal)
- Touchdown = 2 pts. (pass from outside the penalty area to a teammate behind the goal line)
- Penalty Kick = 1 pt. (a kick into the goal from the penalty kick mark)
- Volley kick = 2 pts. (kicking the ball out of your hands from outside the penalty area and to a teammate in the end zone)

Skills:

- The following are ways of turning a ground ball into an aerial ball.
- Lift up to another player
- Kick up with one foot
- Kick up with both feet
- Kick up of a rolling ball

The game is started with a kick off:

- A place kick by the center forward from the halfway line. The ball must go one circumference forward and the kicker may not replay the ball.
- Opponents must be on the restraining line!

Playing the ball:

- GROUND BALL - must be played with the feet.
- AERIAL BALL - may be played with the hands or blocked with the body.
- KICK UP - change a ground ball into an aerial ball
- BOUNCE/DRIBBLE - may not be used.
- BOXING UP - double teaming is illegal.
- STEPS - no more than 3 steps after catching the ball on the run or 1 step while holding the ball.

- **FREE KICK** - is given for any foul on the field. Everyone must be 5 yds. away. (place kick / can not do a lift to yourself)
- **TOSS UP** - is used to restart the game when 2 players foul each other or the ball goes out of bounds off of 2 opponents (everyone must be 5yds. away)
- **PENALTY KICK** - is given when the defense commits a foul in its own penalty area (must attempt a goal).
- **BALL OUT OF BOUNDS** - Sideline = throw in End line = throw in or kick in.
- No personal contact may be made.
- No one may hold the ball for more than 5 seconds.
- Goals can not be scored directly from a kick off, throw in, or a free kick.

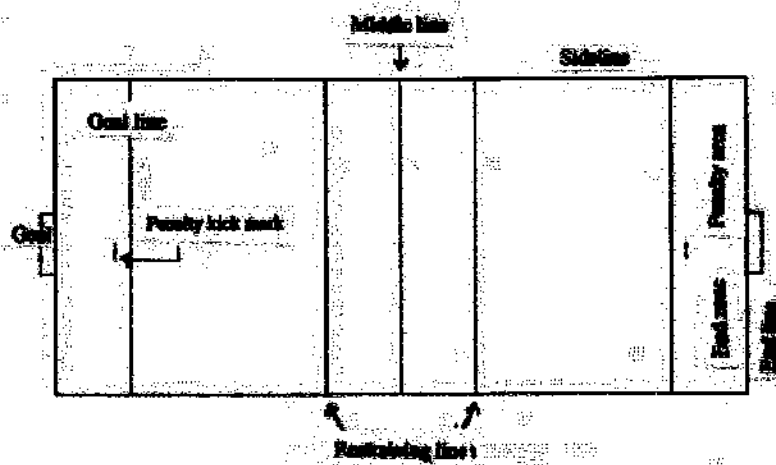
Fouls:

- **BLOCKING** - impeding the progress of an opponent without the ball (no personal contact).
- **BOXING UP** - 2 players guarding an opponent too closely (double team).
- **CHARGING** - contacting an opponent with your body or the ball in an attempt to advance the ball.
- **HANDLING** - touching a ground ball with your hand or arm.
- **HOLDING** - grasping or impeding opponent's progress.
- **HOLDING THE BALL** - too long (more than 5 sec.)
- **OBSTRUCTION** - impeding the progress of the opponent with the ball by personal contact.
- **PUSHING** - moving forcefully into an opponent.
- **TRAVELING** - taking more than 3 steps while holding the ball.

The goalie has NO special privileges. The goalie can use his hands only if it is an aerial ball.

Modified indoor rules:

1. The ball may be played against the walls (no side or end lines).
2. Out of bounds - anything above the white in the lower gym / the green line in the upper gym. (rafters, cables, lights, etc.)
3. The ball may not be trapped against the wall or bleachers in order to gain possession to perform a lift.
4. To score a touchdown - the ball must be thrown from outside the foul line of the basketball court to the goal line. (When using the full court in the lower gym - the penalty area is from the end line of the center court to the goal line - black line.)
5. The ball may be caught off the wall



Benefits:

1. Aerobic activity
2. Enhance eye/hand coordination
3. Enhance eye/foot coordination
4. Promotes teamwork
5. Fitness and balance

Fun Fact

The first sports event to be televised live was a Columbia - Princeton baseball game on May 17, 1939.