

SPEEDBALL

HISTORY

Prior to 1920 Physical Education classes and intramural programs used touch football and soccer for fall outdoor units. There was a need for a vigorous outdoor game, which incorporated many basic skills (catching, throwing, kicking.) Elmer D. Mitchell of the University of Michigan developed the rules for speedball using the fundamental skills of basketball, football, and soccer.

FIELD

The size of the field is 100 yards long plus 10-yard end zone-penalty areas of 10 yards and is 60 yards wide. There is a Halfway Line and a Restraining Line 10 yards on both sides of the Halfway Line. There is a Penalty Kick mark 10 yards from each Goal Line. The goals are 6 yards wide.

PLAYERS

Teams may consist of up to 11 players including the goalie. Each team places five forwards as main offensive players, three players as halfbacks who play offense and defense, and two fullbacks who are primarily defensive players.

START OF GAME

The kicking team lines up on the Halfway Line. The opponent lines up on their Restraining Line and must remain behind it until the ball is kicked. Ball must travel circumference of ball before being touched by anyone except the kicker. After a score, the team not scoring kicks off.

GAME PLAY

Aerial Ball – a ball kicked into the air, may be caught by member of either team and passed to advance toward the opponent's Goal Line.

Ground Ball – a ball in contact with the ground. Ground balls may be played with any part of the body except the hands and arms. A ball remains a ground ball until it is lifted into the air by the foot into a player's hands.

Air Dribble – while the player has possession of the ball in their hands, they may throw the ball up, run an unlimited number of steps and catch it in the air again. A touchdown may not be scored using an Air Dribble.

SCORING

Field Goal – worth 2 points, a ball kicked under and between the goalposts from anywhere in the field of play.

Touchdown – worth 2 points, a ball passed from one teammate outside the end zone to a teammate inside the end zone.

Drop Kick – worth 3 points, a ball in the hands of a player that is drop kicked

over the crossbar and between the goalposts from outside the end zone.

Penalty Kick – worth 1 point, a ball kicked from the Penalty Mark between the goalposts. Only the goalkeeper may defend. If unsuccessful, ball remains live.

PERSONAL FOULS

Kicking, tripping, pushing, holding, unnecessary rough play.

RESULT: free kick where foul was made during ground ball play
free throw where foul was made during aerial ball play
penalty kick if defensive player commits foul within penalty area

VIOLATIONS

Carrying ball more than 2 steps, hand touching a ground ball, more than one air dribble, kick-off violations, ball into play violations, illegal drop-kick scoring attempt.

RESULT: free kick where foul was made

OUT OF BOUNDS

Touching any sideline or endline is considered out of bounds.

Sideline – ball is put back into play with a one or two handed throw

Endline – ball is put back into play with a punt, drop kick, place kick or throw-in

GOALIE PRIVILEGES

Goalies may use any body part to block the ball from entering the goal. Goalies may use arms, hands, and feet anywhere within the end zone-penalty area. Once they leave the end zone-penalty area they lose their privileges.