

Speedball Rules Physical Education

Speedball is played by two teams. Although 11 players constitute a regulation team, the game can be played with fewer members on each team. A wide variety of techniques are employed in speedball, including dribbling the ball such as in basketball, catching and throwing the ball as in basketball, and punting and passing the ball as in football. In as much as speedball combines the elements of basketball and touch football.

The object of the game is for the team in possession of the ball to advance the ball down the field toward the opponent's goal line and attempt to score. The opponents of the team in possession of the ball try to intercept and obtain possession of the ball in order to move it toward the goal line in an attempt to score.

Scoring is as follows:

Touchdown - score past the end lines that is caught in the air = 1 point

Basket - score in basketball basket = 2 points

Drop kick/Field Goal - score above basket backboard = 3 points

Ground Ball

Any ball on the ground is a ground ball and should be brought to the hands by using soccer skills (feet).

Aerial Ball

Any ball in the air is an aerial ball and can be caught and advanced by passing. Once the ball is in the player's hands he/she can take only three steps. The player may dribble the ball, but once the player stops their dribble they cannot dribble again. After a player has performed a dribble he/she may take another three steps.

Free Kick/Free Throw

When a violation is committed by a player, the opponent will receive possession of the ball.

Common violations are: charging, blocking, pushing, tripping, holding, dangerous play, and traveling.