

Speedball Study Guide

Rules:

1. No Contact, basketball style defense
2. There is a jump ball to start the game, after each goal, and to start the second half.
3. If the ball goes out of bounds anywhere on the field it's the other teams ball.
For example: If RED kicks the ball out of bounds, then WHITE gets the ball.
4. Four (4) ways to move the ball down the field:
 - a. soccer dribble with your feet
 - b. basketball dribble
 - c. throwing
 - d. punting/kicking
5. Three ways to score and their point values:
 - a. Kick or punt the ball through the uprights above the bar - **3 points**
 - b. Kick or punt the ball through the uprights below the bar - **2 points**
 - c. Complete a throwing pass (like football) to a person standing in the endzone - **1 point**