

# Speedball

## History

Elmer Mitchell, an intramural director at the University of Michigan, developed the game of speedball. Speedball combines the basic skills of soccer, football, and basketball. It is played on an outdoor football field or soccer field.

## Official Team

A regulation speedball team consists of 11 players: 5 forwards, 3 halfbacks, 2 guards, and 1 goalie. The 5 forwards are generally offensive players while the remaining 6 players on defense.

## Scoring

1. A touchdown (end zone catch) 2 pts
2. A kick between the cones 2 pts
3. A ball thrown into the goal 1 pt  
(from outside the end zone)
4. A ball kicked between the cones 1 pt  
(but too high for the goalie to reach)
5. A ball thrown between the cones 1 pt  
(but too high for the goalie to reach)

## Rules

- When the ball is on the ground – soccer rules apply (can not touch the ball with hands or arms.) Advancing the ball with a foot dribble is legal.
- When the ball is in the air – basketball rules apply (you may pass the ball to another player.)
- Players may not run with the ball. You may take one step on a stationary catch, and two steps on a running catch.
- A player may kick or lift the ball up in the air to another player or oneself.
- A ball that goes out over the sidelines must be returned to play by the opposite team by means of a pass only.
- A ball that goes out over the end lines is put back into play by the goalie.

## Length of Game

An official regulation game consists of four 12-minute quarters. We are not able to do this in PE classes. The game starts with a mid-field face-off. Teams may not cross mid-field line until the ball is kicked off the mid-field line.

## Violations

The following violations will cause a change of possession of the ball to the opposite team:

- Traveling with the ball
- Touching a ground ball with arms or hands
- Interfering with a penalty kick (12 yards from goal)
- Unnecessary roughness