

# Speedball

## OLV Middle School Phys. Ed

Speedball is combination of soccer, and handball played by two teams.

### General Rules:

- The game starts with a jump ball and after each goal is made
- The team with more goals wins the game
- The ball may be passed, thrown by hands or dribbled with the feet
- The player with the ball in their hands is the thrower, they have 5 seconds to pass the ball
- The only foot movement the thrower can do is pivot
- The player guarding the thrower must be one giant step away from the thrower, and may not touch the ball or interfere with the throw
- The defense can only have one guard on the thrower
- When the ball is on the ground it must be dribble with the feet to move it down field
- A player may lift the ball to the hands by kicking it off the wall, lift to oneself or catching a pass
- Any team may intercept the ball during game play
- A free throw is awarded for playing the ball illegally: Example: grabbing it out the thrower's hand

### Scoring:

- The offense must be behind the white line to score a goal
- Goals are scored by either throwing (1 point), kicking (2 points) or heading (3 points) the ball in the goal

### Goalies:

- May block shot on goal with any body part
- May take as many steps behind the white line with the ball in their hands
- Is the only player allowed to defend against a shot on goal