**SPEEDBALL STUDY GUIDE**

1. **Game consists of Basketball, Football, and Soccer.**
2. **The game begins with a jump ball between 2 teams. 1 member from each team will participate in  jump ball (radius) and the rest will match up around the circumference.**
3. **Each team has 5-6 players and a goalie.**
4. **Each team may have a sideline if we are using only half of the gym.**
5. **Each team must throw or kick to a “Buddy” before a score - Period 2 only.**
6. **A team may pass, kick or throw to the sideline players to advance the ball up the court.**
7. **The sideline has 5 seconds to throw, pass or kick the ball into play.**
8. **The sideline may not  enter the court of play unless to toss a jump ball.**
9. **Each player has 5 AIR DRIBBLES per possession – 2 steps per air dribble.**
10. **A player may hold the ball for 5 seconds then must pass to a teammate.**
11. **If the ball hits the floor at anytime the player must use soccer skills.**
12. **If a player touches the ball with his/her hands after the ball hit the floor it’s a handball and the other team gains possession of the ball.**
13. **A player may use 1 of the 3 methods to get the ball from the floor to his/her hands: Free up, roll up or kick up.**
14. **A soccer goal = 3 points, basketball goal = 2 pts, football goal =1 pt**
15. **Players will referee throughout the game.**
16. **If a player throws or kicks the ball past the sideline it is a change of possession to the other team.**
17. **The goalie/sideline are the only players that may pick up the ball off of the floor without it being called a handball.**
18. **Each game is to 5 points or 3 minutes. Whichever comes first.**
19. **Losing team will rotate to mid court line and play sideline.**
20. **After each game, each team will change goalies.**
21. **Each team will play man to man defense or zone defense with NO double teaming.**
22. **A player may steal the ball from another player except on a free up, roll up or kick up.**
23. **If a player runs with the ball it’s called a travel and a change of possession to the other team occurs.**
24. **There are 5 methods of advance the ball up the court:**

**Air Pass Ground passes (Soccer) Sideline**

**Air Dribble Ground Dribble (soccer)**

1. **Sideline may pick the ball up with hands to throw it into play.  Sideline may throw to another player to  score.**
2. **If there is a foul - the Team that has possession of the ball will keep possession.**
3. **Winning team stays on the court  - losing team transitions to sideline.**
4. **The goalie must stay in the goal area. He/she cannot cross the goal line.**
5. **If a player is going to kick the soccer ball to the goal, he/she must be behind the goal line.**
6. **An “Air Dribble” must be tossed above the shoulders to be a legal “Air Dribble”. Change of possession if it’s below the shoulders.**