

## MCS SPEEDBALL

Speedball is a quick, fast paced sport that combines many aspects of other sports. The goal of the game is to throw, kick, smash, or head the ball (ideally a volleyball) into an indoor soccer goal. It is played with two teams of 5-8 including the goalkeeper.

### RULES

The game commences with a basketball style "**jump ball**" at the center of the court. Players can hold the ball for a maximum of three seconds (**including goalies**) before they shoot, pass, or drop the ball to their feet and play soccer with it. Once the ball hits the floor, the normal rules of soccer apply. The only way to convert it back to European Handball is to kick or strike the ball, without using the hands or arms, into the air to another player. Players may pass it back to their goalkeeper, who can pick it up as long as the ball is inside of the crease. The ball may not go from the ground into a player's hands or arms--incidental contact is allowed--directing the ball is not. No player, on either team, is allowed to break the plane of the crease or go in or through the crease except for a goalkeeper. If the ball is in the crease the defense may enter. If a player breaks the plane of the crease right after a goal is scored; that goal is disallowed and it is considered a crease violation.

- ▶ Defensive side of the court fouls result in loss of possession at the mid-court line
  - ▶ Offensive side of the court fouls result in loss of possession at the spot of the foul
  - ▶ Balls hitting the ceiling result in loss of possession at mid-court (high elements and backboards are not considered the ceiling)
    - Any player hitting the ceiling more than twice in a game must sit-out for the remainder of that game (substitutions for that player are allowed)
  - ▶ Stalling is a foul (deliberate intent to stall for time - 6 seconds)
  - ▶ Fouls and balls that go out-of-bounds result in a "ball-in-hand"
    - Defense must allow 9 ft. of clearance
  - ▶ Crease violations are a "play-on" (continuance play) unless the violating team regains possession or a recognized advantage occurs before a "play-off" is called
  - ▶ "Dangerous play" will result in a warning - 2<sup>nd</sup> offense: ejection from the class
    - Example: Punting shots at close range
  - ▶ Minimal body contact similar to the rules of basketball
- Charging** - When an offensive player runs into a defender who has established position.  
**Pushing** - Impeding the progress or otherwise moving a player by pushing or shoving.  
**Reaching In** - Extending an arm and making body contact in an attempt to steal the ball.  
**Tripping** - Extending a leg or foot and causing an opponent to lose balance or fall.  
**Holding** - Restricting the movement of an opponent.

### PLAYING AREA

Speedball is ideally played in an indoor gymnasium with an 8ft. by 6ft. net 4 ft. deep and a crease dimension of 28ft. across by 20ft. long for grades 9-12.

The crease should be customized for different age levels and abilities.