SPEEDBALL

Speedball contains skills from soccer, rugby, and football.

If the ball hits the ground, a player may kick it up to their teammate to catch it, but cannot bend down and pick it up off the ground.

The game begins with a tip-off.

In order to score in speedball, you may kick, throw, or head the ball into the goal.

A player is allowed 3 steps after catching the ball.

If a player is playing defense on the opponent they are not allowed to make contact with that opposing player.

Throwing the ball up in the air and running forward to catch it is a violation.

The person in possession of the ball is allowed to keep it for five seconds before passing it.

If the ball has rolled to a stop outside of the goal area, the goalie cannot go out to get it.

In team Speedball, as in basketball, the player has an unlimited ability to use the pivot step.