

**State University of New York at Oswego
Campus Recreation**

Intramural Speedball Rules (3/18/2008)

I. TEAM COMPOSITION

1. Each team consists of 4 players. A team must have 3 players to begin a game. Less than 3 players signed-in at game time will result in a forfeit. 10 players are allowed per team roster.

Team composition in co-rec can be 2 men and 2 women, 1 man and 3 women, 1 man and 2 women, or 2 men and 1 woman.

2. Unlimited substitutions are permitted. Players entering and leaving the court must do so at midcourt. Substitutions may only occur at any dead ball.

II. GAME TIME

1. Each game will be divided into two (2) halves of fifteen (15) minutes each. Time runs continuously except for injuries or unexpected dead balls. At the conclusion of each half, the teams reverse ends. There shall be approximately two (2) minutes between halves. There are no time outs. Game times are subject to change by the tournament coordinator.

III. THE FIELD & EQUIPMENT

1. Speedball boundaries are approximately ½ of Lee gym. Specific boundaries will be reviewed with teams before each game. Play the ball off anything. If the ball becomes stuck or lodged, possession is awarded to the other team.

2. The goals are indoor floor hockey nets and basketball hoops.

3. Pinnies will be worn by both teams unless teams have matching shirts with numbers.

4. The game ball will be supplied by intramurals and recreation.

5. Jewelry of any kind (earrings, studs, etc) is strictly prohibited and may not be worn during the game. Taping of jewelry is not permitted. Jewelry must be removed or the player will not be permitted to play. Casts or any items deemed dangerous by the referee may not be worn during the game. A player is subject to ejection for failure to comply after first warning.

IV. GAME DESCRIPTION

The object of Speedball is for the team in possession of the ball to advance the ball toward their basket or goal and score with a kick, throw or shot. The opponents try to intercept and obtain possession of the ball in order to do the same to score. In general, the soccer rules apply when the ball is on the ground; ultimate frisbee and basketball rules apply when playing the ball in the air. Any time an aerial pass is incomplete or knocked down inbounds, play continues as a grounded ball.

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1. The game starts with a coin toss for possession. The winning team gets first ball in front of their goal and must throw it in from the designated spot. The defending team must be past the midcourt line.
2. When the ball is on the ground, soccer rules apply. You may kick the ball into the hands of a teammate, but may not bend over and pick it up off the ground. You may kick the ball off the wall into your hands, but may not lift the ball to your hands with your feet. For a legal catch, the ball must be above the waist.
3. When a player has possession of the ball, they may only take 3 steps with the ball. They may then shoot, pass or drop it to the floor and continue to dribble.
4. Speedball is a non contact sport. You may not contact a ball carrier to steal the ball. You may only intercept a pass or block a shot once it leaves the player's hands.
5. No offensive or defensive players may enter the goal crease. If a defensive player makes contact with the ball while it's in the crease, a goal will be awarded for the other team. If any offensive player is in the crease while their team scores, the goal or basket will be waived.

V. SCORING

1. Throw-in: 2 point
2. Kick-in: 3 points
3. Basket: 1 point

After a goal is scored, possession goes to the defending team and they get the ball in front of their goal and must throw it in from the designated spot. The team that just scored must be past the midcourt line.

VI. RULE INFRACTIONS

There are three categories of rule infractions are: Violations, Personal Fouls and Technical Fouls.

1. Violations: Simple rule infractions are called violations and include:
 - A. Traveling with the ball – Over 3 steps.
 - B. Illegal use of the hands - Touching a ground ball with the hands or arms.
 - C. Dangerous play - In the opinion of the official, all high kicks above the waist in a dangerous manner will be prohibited.
 - D. Obstruction - Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.

Violation Penalty: The penalty for a violation is that the opponents are awarded possession of the ball for an aerial throw at the designated spot. The defense must take a position at least 3 yards (9 feet) from the thrower. Violations may result in a goal if the team was violated during a scoring opportunity.

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2. Personal Fouls: Personal fouls are rule infractions that involve unnecessary roughness and include actions like pushing, holding, kicking, tripping, charging, or blocking an opponent.

A. Kicking or striking an opponent - A player shall not intentionally attempt to kick or strike an opponent.

B. Jumping at or tripping an opponent - A player shall not intentionally jump at nor intentionally trip an opponent.

C. Charging a player in possession of the ball - A player shall not intentionally charge an opponent unfairly. Offenses include violently and/or dangerously charging a player or charging from behind.

D. Intentional use of the hands or arms below the waist on a kicked ball near the goal.

E. Holding, pushing, or impeding an opponent - A player shall not use his/her hands or arms to hold, push, or impede an opponent.

F. Illegally contacting a ball in player possession - A player shall not attempt to strip or dislodge a ball in the possession of an opponent.

Personal Foul Penalty: The penalty for a personal foul is that the opponents are awarded possession of the ball for an aerial throw at the designated spot. The defense must take a position at least 3 yards (9 feet) from the thrower. The player committing the foul must sit out for 1 minute and their team plays down a player. Violations may result in a goal if the team was violated during a scoring opportunity. If a goal is awarded, the team whose player committed the foul still plays down a man, but gets possession.

3. Technical Fouls: The following infractions are considered technical fouls:

A. Slide tackling (May result in an immediate ejection).

B. Unsportsmanlike conduct.

C. Any personal fouls committed during an obvious scoring opportunity.

D. Unnecessary delay of game.

E. Illegal substitution.

Technical Foul Penalty: The penalty for a technical foul is that the opponents are awarded possession of the ball for an aerial throw at the designated spot. The defense must take a position at least 3 yards (9 feet) from the thrower. The player committing the foul must sit out for 3 minutes and their team plays down a player. Violations may result in a goal if the team was violated during a scoring opportunity. If a goal is awarded, the team whose player committed the foul still plays down a man, but gets possession. If one player receives two technical fouls they will be ejected from the game.

OVERTIME AND SHOOTOUT

1. Overtime will consist of a 10-minute “sudden death” period. The first team to score will win the game. Possession goes to the team that won the coin flip at the start of the game. Tie breaking rules are subject to change by the tournament coordinator.

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