

Benowie Speedball Rules for Scouts

Speedball is a fast-paced game that combines elements of soccer, basketball, and handball. The rules can be simplified and adapted for youths to ensure the game is fun, engaging, and easy to understand. Here's a clear structure for youth speedball rules:

1. Game Objective

The goal is to score points by getting the ball into the opposing team's goal or basket, depending on the scoring method.

2. Team Composition

- Each team has **6–10 players** on the field at a time.
- Teams should be balanced in skill level to keep the game fair.

3. Equipment

- A soccer ball or similar-sized ball is used.
- Cones to mark out the field, and goal areas

4. Field Setup

- The game is played on a soccer field, gym court, or any open area.
- Mark boundaries with cones if necessary.
- Designate a goal area for each team.

5. Game Duration

- Play two halves of **10–15 minutes** each.
- Include a short halftime break of **5 minutes**.

6. Starting the Game

- One Goalie starts with the ball (change each half)
- The ball can be played with hands or feet, depending on the situation.

7. Playing the Ball

- Players can pass, run or kick the ball.
- **Hand passes** must go directly to a teammate, as in netball.
 - The ball must be passed or kicked within **3–5 seconds** if held.
 - **Running** with the ball, you can get tagged resulting in a changeover as in oztag
- **Feet dribbling/kicking** is allowed as in soccer.

8. Scoring

- **3 Point:** Kicking the ball into the goal (like soccer).
- **2 Points:** running over the line (like oztag)
- **1 Points:** catching the ball over the base line

9. Defense and Fouls

- No physical contact like pushing, tripping, or grabbing.
- Fouls and changeovers result in a **free throw** for the opposing team.
- Defenders must stand **at least 1 metre away** if you haven't moved while holding the ball (like netball)

10. Special Rules

- A player can catch a ball kicked in the air on the full, converting it to a handball – can't be to yourself
- Once caught, they must either pass, run, or drop the ball to their feet.
- **Goalkeepers** can use hands only in their half

11. Substitutions

- Allow rolling substitutions to keep everyone engaged.
- Ensure equal playtime for all participants.

12. Ending the Game

- The team with the most points at the end wins.
- In case of a tie, consider a short **sudden-death overtime** or a penalty shootout.

Tips for Youth Play

- Emphasize sportsmanship and teamwork.
- Modify rules as needed to match players' age and skill levels.
- Keep the focus on fun and participation.