

SPEED-A-WAY RULES

THE GAME:

Speed-a-way is a combination of soccer and football. The object of the game is to advance the ball to the opponent's end of the field and score points.

The ball may be advanced down the field as either a ground ball (using soccer skills) or as an aerial ball (using football skills). The specific skills used to move the ball down the field include dribbling, kicking, punting, running, and passing.

SCORING:

3 points for a field goal - when a player kicks the ball so that it passes over the top of the soccer goal.

2 points for a touchdown - when a player runs the ball across the opponent's end line or completes a pass to a teammate across the end line.

1 point for a goal - when a player kicks the ball so that it passes between the goal posts and below the crossbar.

PLAYERS:

The game is played with 11 players with the same positions as in soccer: 5 forwards, 3 midfielders, 2 defenders, and 1 goalie.

KICKOFF:

A kickoff at midfield begins the game as well as follows each score with the scored upon team taking the kickoff. . The opponents must be at least 10 yards away during the kickoff. The ball may be kicked up to a teammate on the kickoff but may not be converted to oneself.

OUT OF BOUNDS:

When the ball goes out of bounds, it is put into play the same as in soccer.

over the sideline - a throw-in is taken

over the end line by the offense - a goal kick is taken

over the end line by the defense - a corner kick is taken

(OVER)

BASIC RULES

1. All players must be at least 5 yards away from the ball during an out of bounds throw in.
2. All players must be at least 10 yards away from the ball during a kickoff, goal kick, corner kick, and a free kick.
3. Once the ball has touched the ground, it may not be picked up with the hands. To convert a ground ball to an aerial ball, the player must kick the ball into the air, and it must be caught on the fly. A second way to convert a ground ball to an aerial ball is to straddle the ball with both feet and then jump the ball into the air and catch it with the hands.
4. When a player is running with the ball and an opposing player tags him, he/she must drop the ball immediately by his/her feet and play it as a ground ball.
5. All players must remain 5 feet away when players are converting the ball to themselves. After converting the ball, the player may not be tagged for 5 seconds unless they start to run with the ball.

PENALTIES:

A free kick is awarded to the opposing team when:

1. A player running with the ball is tagged by an opposing player and he/she does not immediately drop the ball to the ground by his/her feet.
2. A player illegally touches the ball with their hands.
3. A player fouls another player.

A touchdown will result if a foul is committed on a player attempting to catch a touchdown pass and the pass is not caught.

Fitness Concepts Study Guide:

Aerobic activity- nonstop, rhythmic, vigorous activities that increases breathing and heart rate

Cardiovascular endurance- measure of how effectively your heart and lungs work during exercise, and how quickly they return to normal after exercise

F.I.T. formula- exercise variables that you can adjust in order to maximize your personal fitness benefits; includes frequency, intensity, time

Resting heart rate- the number of heart beats in one minute (bpm) when a person is at complete rest

Target heart rate- a desired range of heart rate reached during aerobic exercise which enables one's heart and lungs to receive the most benefit from a workout