



THE GAME™

FooBaSKILL RULES

March 2017

INTRODUCTION

FooBaSKILL is a new discipline that has been developed by three physical education teachers from Switzerland. It puts into practice the attributes of soccer and basketball, and is played with the innovative ball – SKILLTheBall – which has a combination of soccer and basketball textures.

The rules of the game have been carefully thought out to improve the following aptitudes in children:

- 1) the five coordination abilities (orientation, rhythm, differentiation, reaction and balance)
- 2) the second offensive intention and the defensive organization in soccer
- 3) offensive and defensive rebounds in basketball
- 4) creativity
- 5) the ability to score points
- 6) mental awareness

BASIC RULES

The specificity of FooBaSKILL lies in the interchange of lower body (soccer) and upper body (basketball) work. Players change discipline at the midline of the playing field.

Half of the pitch is equipped with two soccer goals, consisting of two upper parts of a gymnastic box with a cone or the FooBaSKILL goal on top. In the other half is a basketball hoop. The back and side walls are an integral part of the playing field, so players can use them to bounce the ball against.

Two teams of four players face each other. During the first half, a team defends the soccer goals and attacks the basketball hoop. Then in the second half, the teams reverse the roles.

The basic rules are identical to those of soccer and basketball (see Rule 5).

Points are awarded according to Rule 6 of this document.

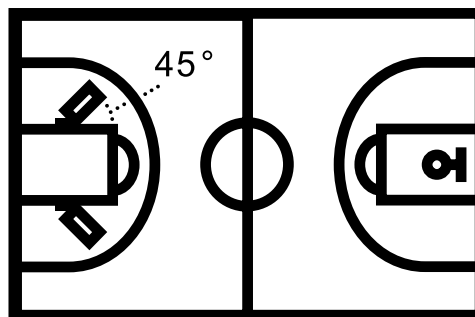
RULE N°1 – PLAYING FIELD

1.1. The FooBaSKILL is played in a gym.

1.2. The median line must be visible.

1.3. The side and back lines are not taken into consideration.

- 1.4. The walls are an integral part of the field. Playing with a wall (or panels) is permitted for soccer and basketball. It is possible to self-pass against the wall, to make a pass against the wall for the partner, and to score a goal using the wall.
- 1.5. The ceiling and all types of suspended gear are considered outside the playing field.
- 1.6. Half of the pitch is equipped with two soccer goals, consisting of two upper parts of a gymnastic box with a cone or the FooBaSKILL goal on top. This facility serves as a goal for the soccer part and should be placed as shown in the figure below. In the other half is a basketball hoop.



RULE N°2 – SKILLTheBall

With the nature of the game being a mixture of soccer and basketball, it is necessary to use a ball adapted from the point of view of its texture, weight and size, quality of the shot, and the bounce. SKILLTheBall has been specifically developed to meet all these criteria. It is composed of both soccer and basketball textures.



Recommendation:

In order for SKILLTheBall to be used optimally, it is important to inflate the ball according to the instructions printed on it: 0.33-0.36 bar/4.8-5.2 psi. See picture above.

RULE N°3 – NUMBER OF PLAYERS

Two teams of four players compete in the field.

Recommendation:

It is possible to increase the number of players to 5, especially for younger children.

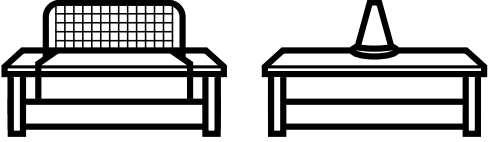

RULE N°4 – DURATION OF A MATCH

- 4.1. The duration of the match is two halves consisting of five minutes each.
- 4.2. During the first half, a team attacks the soccer goals and defends the basketball hoop
Then, during the second half, the teams reverse the roles.

RULE N°5 – FOULS

- 5.1. The rules of indoor soccer apply.
- 5.2. Basketball rules (walking, double dribbling, etc.) apply.
- 5.3. In the event of a foul, the game continues at the place where the foul has been committed.
- 5.4. In the event of a foul, the player puts the ball on the ground with at least one hand and the game restarts instantly with a pass.
- 5.5. In a soccer shot intended to cause the cone to fall or the ball to go through the FooBa-SKILL goal, the ball may not exceed the height of those elements. If this happens, a foul is committed and the ball goes to the defense.
- 5.6. Tackles in FooBaSKILL are prohibited.
- 5.7. A foul is committed if the ball touches the ceiling and any type of suspended gear.
- 5.8. A foul is committed if the ball bounces off the edge of the basketball board.
- 5.9. A foul is committed if the ball bounces off the back of the board, as well as on the structure supporting the basketball hoop.

RULE N° 6 – ALLOCATION OF POINTS

	 FOOTBALL	 BASKETBALL
1 PT.	The ball touches the bottom of all sides of the box. Players can score 360 degrees around the box.	The ball bounces off the board and touches the ground without touching the basketball ring.
2 PT.	<p>The ball touches the box and is stopped (cushioned) with the sole by the scorer or a teammate before it crosses the midline (2nd offensive intention).</p> <p>Only 1 point is scored if a defender stops the ball (cushions) with the sole before a player from the attacking team.</p>	The ball bounces off the board without touching the basketball ring and is grasped and locked with both hands by a teammate before it touches the ground (offensive rebound basketball).
3 PT.	The ball knocks over the cone or goes through the FooBaSKILL goal.	The ball goes into the basket.
0 PT.	<p>NO POINTS ARE GIVEN IF:</p> <ul style="list-style-type: none"> The ball touches the top of the box. The game continues uninterrupted. <p>NOTE:</p> <p>In the case of an own goal, 1 point is attributed to the adversary.</p>	<p>NO POINT IS GIVEN IF:</p> <ul style="list-style-type: none"> The ball touches the ring during a shot. The game continues uninterrupted. The ball bounces off the back of the board, the edge of the board, and the structure supporting the basketball hoop. A foul is committed. The ball is seized and blocked with both hands by the opponent before it touches the ground (defensive rebound basketball). The game continues.
<p>AFTER A SCORED POINT:</p> <p>The kick-off for the following action is made as soon as possible at the place where the ball is recovered by the defender. The player puts the ball on the ground with at least one hand and the game restarts instantly with a pass.</p>		

RULE N°7 – KICK-OFF

- 7.1. The beginnings of the match and the halftime take place in the midfield with the team in the defensive position in basketball, ball in hand. Each team is in its side of the pitch.
- 7.2. After a scored point in soccer or basketball: the kick-off for the next play is made as soon as possible at the place where the ball is recovered by the defender. The player puts the ball on the ground with at least one hand and the game restarts instantly with a pass.

Recommendation:

To make the game easier, the referee can authorize a first «free» pass after a scored point, but without crossing the median line.