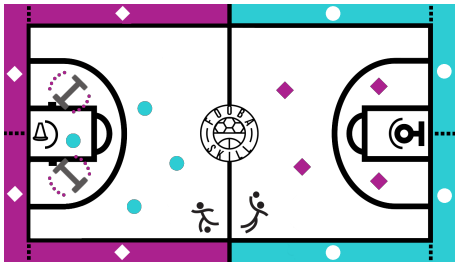
FooBaSKILL®

THE GAME®

BEGINNER LEVEL WITH SKILLGoal



FooBaSKILL is a new discipline that has been developed by three physical education teachers from Switzerland. It puts into practice the attributes of football/soccer and basketball. It's played with two **SKILLGoals** and the innovative ball, **SKILLTheBall**, which is characterized by its hybrid combination of football/soccer and basketball textures. The material has the great particularity of being multifunctional and is also suitable for other sports.

FooBaSKILL with SKILLGoal allows you to play at your school, with your team and outside, without any vaulting boxes. The main advantage is that you will save time to prepare the playing field.

BASIC RULES

The specificity of FooBaSKILL lies in the interchange of lower body (football/soccer) and upper body (basketball) work. Players change discipline at the midline of the field. The points scored in football/soccer and basketball vary according to the difficulty of scoring. The basic rules are identical to those of futsal and basketball (travelling and the double dribbling rules are applied).

PLAYING FIELD (see the picture on the top right corner)
Half of the field is equipped with two FooBaSKILL goals placed on the ground and a cone (FooSKILL). Players can score from the front or back of the SKILLGoal. A circle delimits each goal as shown in the image in the FooSKILL area. Neither the defender, nor the attacker has the right to enter into this area **to stop or score a goal.** On the other half court, there's a basketball hoop (BaSKILL). The midline must be visible by a line or markers placed on the ground. Depending on the number of players available, the teacher chooses one of the two options below to position them on the field:

- **OPTION 1 « USE OF THE WALLS»** : Two teams of four (or five) players face each other. The walls are an integral part of the playing field, so players can use them to play with (a pass e.g.).
- **OPTION 2 « SUPPORTING PLAYERS»** : Two teams of 8 players compete against each other: 4 players position themselves on the field, and 4 players on the side and baselines, in the attacking zone. They serve as a support to their teammates (role of passing and/or shooting). The support players move in their lane without anyone being able to enter it. They can keep the ball in their feet (FooSKILL) or in their hands (BaSKILL) for 3 seconds maximum.

GAME TIME: 2 x 5 minutes**.** 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.

TIP-OFF
The tip-off at the beginning of the game and at half-time is initiated by a jump ball, as in basketball. Each team is free to place itself on the field outside the middle circle.

FOULS
- In the event of a foul, the game continues at the place where the foul has been committed.
- 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.
- To score in football/soccer, the player must be in the FooSKILL area or a foul is committed. The same goes for basketball.
- In a futsal shot intended to score a goal, the ball may not exceed the height of the goal. If this happens, a foul is committed and the ball goes to the defense.
- Inappropriate tackles and physical contact are sanctioned by a penalty.
- A foul is committed if the ball touches the ceiling and any type of suspended gear.
- A foul is committed if the ball bounces off the edge or the back of the basketball board, as well as on the structure supporting the basketball hoop.
- The Goal is moved or knocked down. In this case the game stops, put the goal back and the ball goes to the opponent.

	FooSKILL	BaSKILL
1 PT.	The ball knocks down the cone.	The ball bounces off the board and falls on the ground, without touching the basket (hoop).
2 PTS.	A goal from the front or back of a SKILLGoal. Players can score from the front or back.	The ball bounces off the board, without touching the basket (hoop), and is grabbed and blocked with both hands by a teammate before it falls on the ground (offensive basketball rebound).
3 PTS.	Goal from the front or back, and the ball is stopped with the sole by a teammate before it touches a wall or crosses the half court line. **NOTE:** Only two points are awarded if a defender stops the ball with the sole before the attacker.	The ball enters the basket.
0 PT.	• The ball moves or knocks down the SKILLGoal In this case, the game stops, put the goal back and the ball goes to the opponent. **NOTE**: Any own goal offers only one point to the opponent.	• The ball touches the basket (hoop). • The ball is grabbed with both hands by the opponent before it touches the ground (defensive rebound). • The ball is caught by the player who throws against the board. In all cases the game continues.

AFTER A SCORED POINT: The kick-off/hand-off is made as quickly as possible at the place where the ball is picked up by the defender. The player puts the ball on the ground with one hand or two hands and passes it to a teammate. **The first pass can't be intercepted, only if it crosses the midline.**

CONDITIONS OF USE: The SKILLTheBall must be inflated according to the instructions printed on it: 0.33 -0.36 bar / 4.8 - 5.2 psi. See also illustration on the right.

INFO: The official FooBaSKILL material, the explanatory manual and the short video summarizing the rules are available on **foobaskill.com**.