



THE GAME®

FooBaSKILL®

SIMPLIFIED RULES (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 and basketball, and is played with the SKILLGoal and the innovative ball - SKILLTheBall - which has a combination of football and basketball textures. The material has the great particularity of being multifunctional.

This option allows you to play FooBaSKILL at schools and clubs that do not have gymnastics boxes. One advantage is that the teacher will save time for the installation of the material!

FOOSKILL	BASKILL
2 Points: Minimum 2 ball touch	2 Points: Inside 2 point area
3 PTS: 1 ball touch	3 PTS: Inside 3 point area

BASIC RULES

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

PLAYING FIELD

Half of the pitch is equipped with two FooBaSKILL goals placed on the ground and with a cone (FooSKILL). Players can score from the front or back of the SKILLGoal. An arc of 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. In the other half, is a basketball hoop (BaSKILL). The center line must be visible by a line or pads placed on the ground. Depending on the organization of the course and the number of players, the teacher chooses one of the two options below for the position of the players on the field:

- **OPTION 1 « USE OF WALLS »:** Two teams of four (or five) players face each other. The back and side walls are an integral part of the playing field, so players can use them to bounce the ball against.
- **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 sides 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 or in their hands for 3 seconds maximum.

MATCH 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.

KICK-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.

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, the player must be in the FooSKILL area or a foul is committed. The same goes for basketball.
- In a football shot intended to cause the cone to fall or the ball go through the FooBaSKILL goal, the ball may not exceed the height of the goals. If this happens, a foul is committed and the ball goes to the defense.
- Inappropriate tackles and physical contact are sanctioned by a penalty or a free throw.
- 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 official foobaskill material, the explanatory manual and the short video summarizing the rules are available on foobaskill.fr.



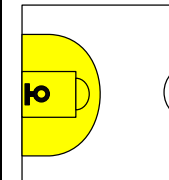
FooSKILL



BaSKILL

2
PTS.

The player controls the ball in several touches and scores in the SKILLGoal or knocks down the cone (**at least 2 ball touch**).

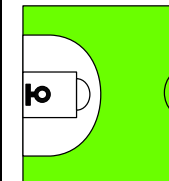


• The basket is scored from inside of the two-point area.

• A dunk (with one or two hands) is performed.

3
PTS.

- The player shoots **directly** and scores in the SKILLGoal or knocks down the cone (**in 1 ball touch**).
- The ball is passed from the foot to the supporting player who kicks directly into the SKILLGoal or knocks down the cone.



The basket is scored behind the three-point line.

0
PT.

- Le ball knocks down the SKILLGoal

In this case, the game stops and the ball goes to the opponent.

NOTE: Any own goal offers only one point to the opponent.

The basic rules are identical to those of basketball (the walking and the double dribbling rule are applied).

AFTER A SCORED POINT: 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. The first pass can't be intercepted, unless the ball goes beyond 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.

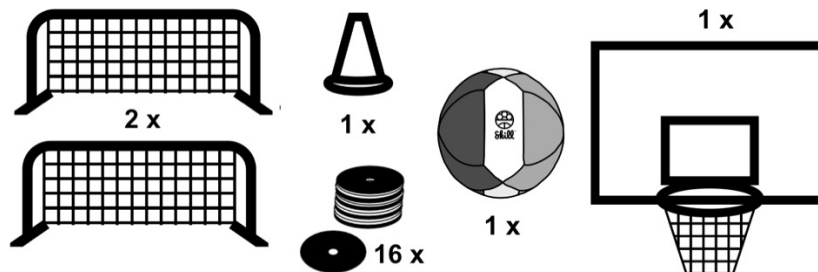




FooBaSKILL® A MODULAR GAME

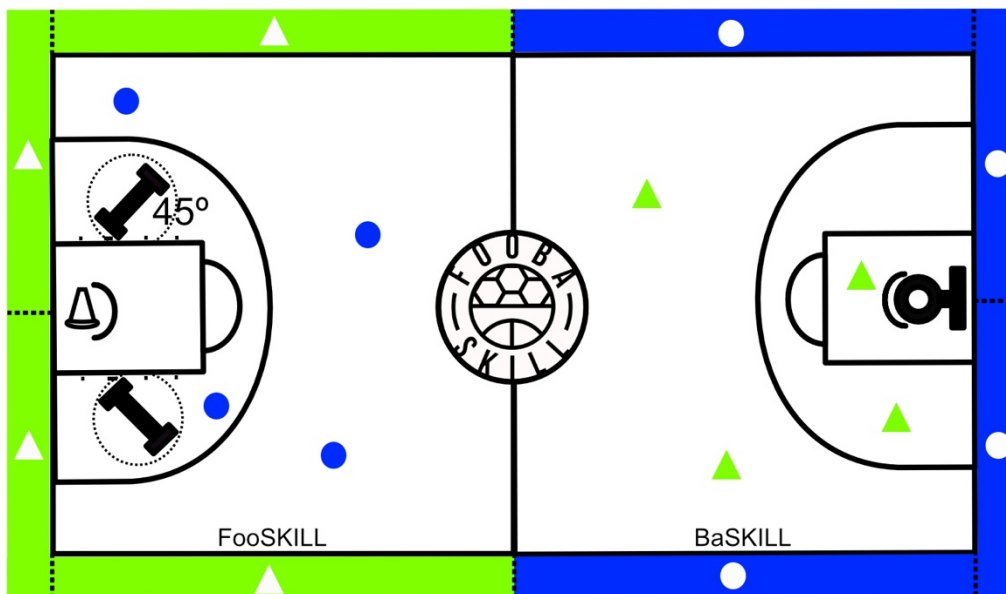
WITH SKILLGOAL FIELD AND ORGANIZATION

MATERIAL



FIELD

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ORGANIZATION

Depending on the organization of the course and the number of players, the teacher chooses one of the two options below for the position of the players on the field:

- **OPTION 1 " USE OF WALLS "**: Two teams of four (or five) players face each other. The back and side walls are an integral part of the playing field, so players can use them to bounce the ball against.
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FooBaSKILL®

Simplified rules
(with SKILLGoal)

Penalty and free-throw

FAULT AND ORGANIZATION

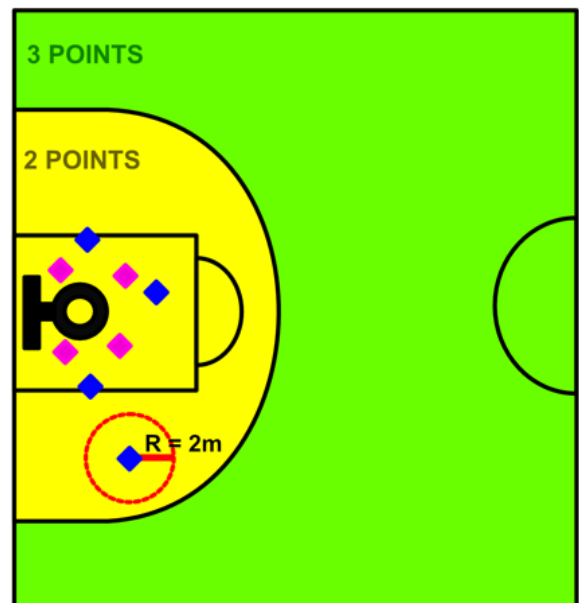
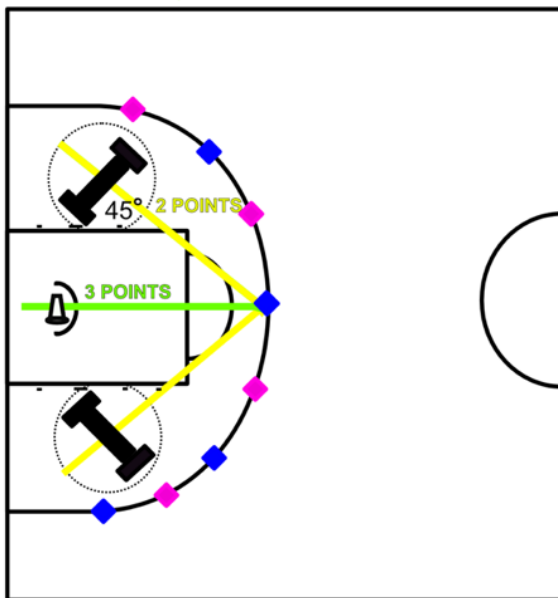
In certain circumstances, a foul is sanctioned by a penalty or a free-throw.

PENATLY (FooSKILL)	Free-throw (BaSKILL)
<p>A penalty is granted:</p> <ul style="list-style-type: none"> If a foul is committed in the penalty area (basketball three-point line) Examples: the opponents voluntarily hand touching the ball, dangerous physical contact, shoulder against shoulder impact. In the event of dangerous tackles or a play from the rear in any part of the FooSKILL area. 	<p>A player receives a free-throw if he is fouled in the following situations:</p> <ul style="list-style-type: none"> During an attempt shot on the basketball hoop.

ORGANIZATION

<ul style="list-style-type: none"> The fouled attacker executes the penalty. The ball is placed in the middle of the three-point line in basketball. The player may attempt a two- or three-point shot at the target of his choice (see figure). All other players line up at a certain point on the three-point line (see figure). 	<ul style="list-style-type: none"> The fouled attacker takes a single free-throw. The ball is thrown from the place where the foul occurred. The points awarded depend on the throwing zone see figure). All players stand at a distance of at least two meters around the player (see figure).
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FIGURE





SCOREBOARDS FooBaSKILL®

foobaskill passion @ f v d

Team A..... VS Team B.....

Date [][][] Timetable [][] Location

1st arbiter..... 2nd arbiter

Team A..... Color :

Time Out
 1st half time [][] Extra time 1) [1][2][3][4][5] 2) [1][2][3][4][5]
 2nd half time [][] [][][][] 3) [1][2][3][4][5] 4) [1][2][3][4][5]

	Players name First name, Surname	N°	in play	Fouls				
				1	2	3	4	5
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
	Coach							
	Assistant coach							

Team A..... Color :

Time Out
 1st half time [][] Extra time 1) [1][2][3][4][5] 2) [1][2][3][4][5]
 2nd half time [][] [][][][] 3) [1][2][3][4][5] 4) [1][2][3][4][5]

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				1	2	3	4	5
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
	Coach							
	Assistant coach							

SCORE

A		B		A		B	
FO	BA	FO	BA	FO	BA	FO	BA
1	1	1	1	56	56	56	56
2	2	2	2	57	57	57	57
3	3	3	3	58	58	58	58
4	4	4	4	59	59	59	59
5	5	5	5	60	60	60	60
6	6	6	6	61	61	61	61
7	7	7	7	62	62	62	62
8	8	8	8	63	63	63	63
9	9	9	9	64	64	64	64
10	10	10	10	65	65	65	65
11	11	11	11	66	66	66	66
12	12	12	12	67	67	67	67
13	13	13	13	68	68	68	68
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16	16	16	16	71	71	71	71
17	17	17	17	72	72	72	72
18	18	18	18	73	73	73	73
19	19	19	19	74	74	74	74
20	20	20	20	75	75	75	75
21	21	21	21	76	76	76	76
22	22	22	22	77	77	77	77
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26	26	26	26	81	81	81	81
27	27	27	27	82	82	82	82
28	28	28	28	83	83	83	83
29	29	29	29	84	84	84	84
30	30	30	30	85	85	85	85
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34	34	34	34	89	89	89	89
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39	39	39	39	94	94	94	94
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52	52	52	52	107	107	107	107
53	53	53	53	108	108	108	108
54	54	54	54	109	109	109	109
55	55	55	55	110	110	110	110

SCORES :

Period
 1) A..... B..... 2) A..... B.....
 3) A..... B..... 4) A..... B.....
 Extra time A..... B.....

FINAL SCORE :

Team A..... Team B.....
 Winner