



THE GAME®

Foobaskill Rules

This document presents the **new 2024 rules**



foobaskill piero

foobaskill.fr

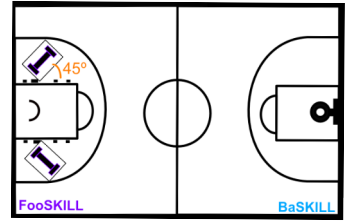
FooBaSKILL®

« Rules »



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 in the same match.

FOOBASKILL MATCH
(1 MINUTE)



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

One half of the pitch is equipped with two FooBaSKILL goals placed on the ground (FooSKILL side). A rectangular area (160 x 110 mm) delimits each goal, and neither the defender nor the attacker has the right to enter into this area, known as the 'prohibited zone'. Players can score from the front or the back of the SKILLGoal. In the other half is a basketball hoop (BaSKILL side). The median line must be visible by a line or pads placed on the ground. Depending on how the course is organised, the coach chooses one of the following options for playing FooBaSKILL :

- **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 « FIELD DELIMITATION »:** Two teams of four players (or five) play against each other in a field marked out by lines.

MATCH TIME:

4 x 8 minutes. During the 1st and 3rd quarters, one team defends the soccer goals and attacks the basketball hoop. Then in the 2nd and 4th quarters, 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.
- In the event of a foul, the opponent must stand at least 2 metres away.
- 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 and 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.
- If the coach chooses to play with option 2 'field delimitation', the throw-in is taken from the place where the ball crossed the line with the feet (FooSKILL side) or with the hands (BaSKILL side).

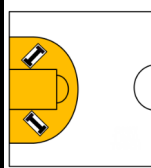


FooSKILL

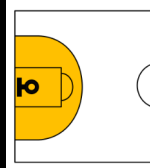


BaSKILL

2
PTS.

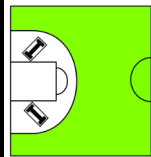


The goal is scored inside of the two-point area.

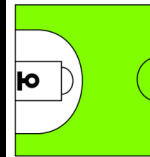


The basket is scored from inside of the two-point area.

3
PTS.



The goal is scored behind the three-point line.



The basket is scored behind the three-point line.

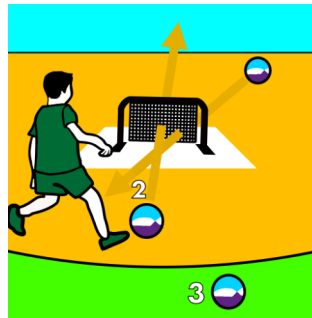
0
PT.

- Le ball knocks down the SKILLGoal. In this case, the game stops and the ball goes to the opponent.
 - If the ball remains in the 'forbidden zone'. In this case, play stops and the ball goes to the defence.
- NOTE:** Any own goal offers only one point to the opponent.

Autogoal = 1 point

If the basket is not scored, play continues.

PICTURE



Watch a short video summarising the rules

INFO: The official FooBaSKILL material and explanatory manual are available on foobaskill.fr

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 opponent must stand at least 2 metres away.

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®

Penalty and free-throw

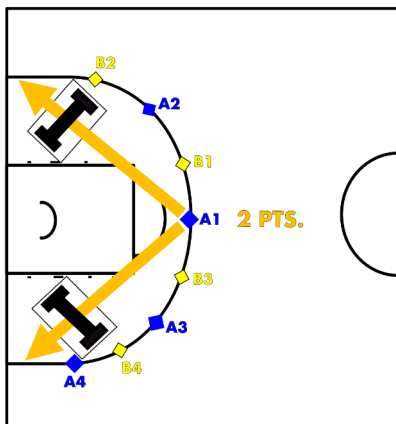
FOULS AND ORGANIZATION

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

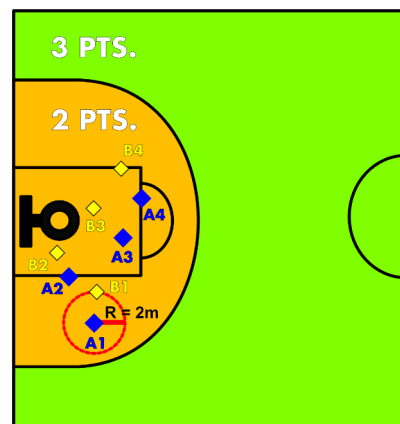
PENALTY (FooSKILL)	FREE-THROW (BaSKILL)
<p>A penalty is granted:</p> <ul style="list-style-type: none"> If a foul is committed in the penalty area (basketball three-point line) <p>Examples: the opponents voluntarily hand touching the ball, dangerous physical contact, the defender puts a knee on the ground to protect the goal.</p> <ul style="list-style-type: none"> In the event of dangerous tackles or a play from the rear in any part of the FooSKILL area. If the defender enters the 'prohibited zone' that delimits the goals. 	<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.

ORAGANIZATION AND PICTURE

- 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 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).



- 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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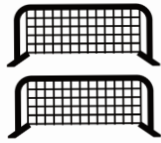
Field

Equipment and organisation

Equipment



2x foobaskill mat



2x SKILLGoals



1x SKILLTheBall



1x basketball hoop

FIELD

FooBaSKILL is played in a sports hall and the median line must be visible by a line. The size of a basketball court is ideal for FooBaSKILL. It can also be easily adapted to any type of playing surface.

One half of the court is equipped with two FooBaSKILL goals placed on the ground (FooSKILL side). A foobaskill mat (160 x 100 mm) delimits each goal, and neither the defender nor the attacker is allowed to enter this area, known as the 'prohibited zone'. It is important to position the goals at a 45° angle and at the distance shown in the illustration below. Players can score from the front or the back of the SKILLGoal. In the other half is a basketball hoop (BaSKILL side).



Prohibited zone



FooSKILL

BaSKILL

Watch a video showing how foobaskill equipment is positioned in the field

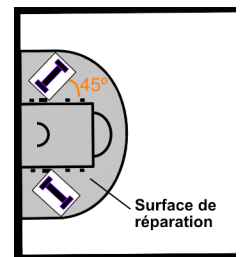
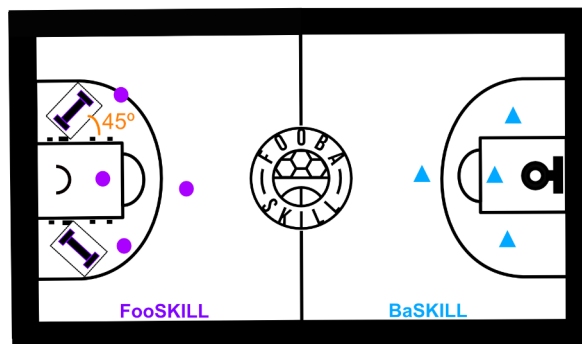


OPTION 1 'USE OF THE WALLS'

Two teams of 4 players (or 5) play against each other. The back and side walls are an integral part of the pitch, so players can use them to bounce the ball. The players can use them to bounce the ball.

Examples: you can pass to yourself using the wall, pass to a partner or score a goal using the wall.

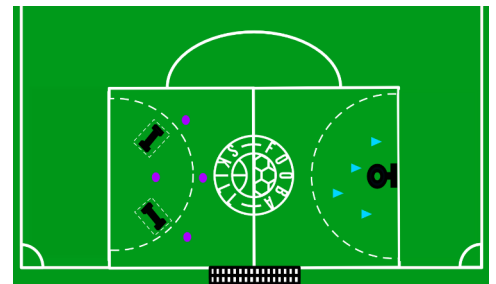
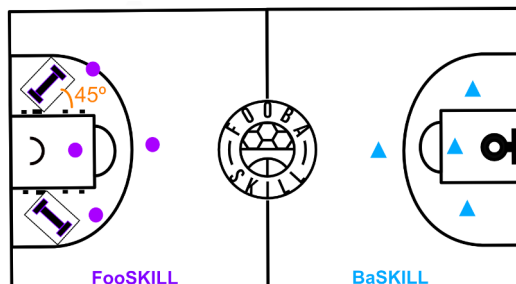
In the FooSKILL zone, the penalty area is represented by the three-point line in basketball (see illustration on the right).



OPTION 2 'FIELD DELIMITATION' by the lines

Two teams of 4 players (or 5) compete in a field delimited by lines.

Example: basketball court or use of the penalty area on a football pitch. FooBaSKILL goals are placed 7 metres apart.





SCOREBOARDS FooBaSKILL®

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

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

1st arbiter..... 2nd arbiter.....

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	
14	14	14	14	69	69	69	69	
15	15	15	15	70	70	70	70	
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	
23	23	23	23	78	78	78	78	
24	24	24	24	79	79	79	79	
25	25	25	25	80	80	80	80	
26	26	26	26	81	81	81	81	
27	27	27	27	82	82	82	82	
28	28	28	28	83	83	83	83	
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37	37	37	37	92	92	92	92	
38	38	38	38	93	93	93	93	
39	39	39	39	94	94	94	94	
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41	41	41	41	96	96	96	96	
42	42	42	42	97	97	97	97	
43	43	43	43	98	98	98	98	
44	44	44	44	99	99	99	99	
45	45	45	45	100	100	100	100	
46	46	46	46	101	101	101	101	
47	47	47	47	102	102	102	102	
48	48	48	48	103	103	103	103	
49	49	49	49	104	104	104	104	
50	50	50	50	105	105	105	105	
51	51	51	51	106	106	106	106	
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	

Team A..... Color :

Time Out
 1st halftime [][] Extra Time 1) [1][2][3][4][5] 2) [1][2][3][4][5]
 2nd halftime [][] [][][] 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 B..... Color :

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

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