

Flickerball Study Guide

History of the Game:

*Flickerball was originated in 1949 at the University of Illinois

*The game is a combination of football and basketball.

*The object of the game is to score a goal with an overhand pass into the end zone.

Skills:

1) **Passing:**

- Stand facing your target
- Use underhand, overhand or side “pitch” passes

2) **Receiving:**

- Stand parallel to the person throwing the ball
- Use over – the – shoulder, or basket catch to receive the ball
- Finger tips up and together to catch with hands

3) **Defense:**

- The team that does not have possession of the ball
- Defenders try to deflect or intercept the ball

4) **Offense:**

- The team that has possession of the ball
- Offensive players try to move the ball down the field using a series of passes.

How to play the game:

- Players are divided into two equal teams.
- Game begins with a jump ball at the center of the field.
- Offensive players scatter throughout the field in an attempt to receive a pass.
- Only passing and catching may advance the football.
- Passes may be over hand, under hand or sidearm (pitch).
- A player must stop immediately after receiving a pass.
- The person with the ball may move side to side, and cannot take any forward steps to advance the ball.
- The ball must be passed to another player within 5 seconds after a successful catch.

- The opponents can defend the passer but must be at least 2 big steps away from the passer at all times.
- If the ball touches the ground or goes out of bounds, possession immediately goes to the defensive team where the ball hit the ground or went out. (turnover)
- If a ball is deflected by the defense and then hits the ground, it is considered a “free ball” and either team may retrieve it.
- After a point is scored, the ball is placed on the ground in the end zone. The other team picks up the ball and may take 3 giant steps into the field from the front of the end zone, play then continues.
- If a ball is deflected in the end zone and hits the ground, possession is automatically turned over to the defensive team.

At that time, they may take 3 giant steps out of the end zone and then begin to advance the ball.

- A score can only be made when an overhand pass is successfully caught in the end zone.
- 1 point is awarded for every score.
- Another way to score points is by making a basket. 3 points for a made basket and 1 point if the ball touches the rim.
- This is a fun, fast-paced game that is best played when short, quick passes are made continuously down the field towards your end zone.

Penalties:

- Unnecessary roughness (pushing, tripping or making any type of contact with your opponent).
- Guarding too closely.