

What is goalball?

Goalball is a 3-a-side team game developed for players who have a visual impairment.

The game was invented in 1946 and was introduced in 1976 at the Paralympics.

Who can play?

Goalball is played at the Paralympics by players with a visual impairment, but can be played by anyone at recreational level.

What is the objective of the game?

The objective of the game is to score a goal. This is done by throwing the ball so that it crosses the goal line of the opposing team.

How is it played?

Field of play	Volley ball court size. Tactile markings on the court to help the players determine their position on the court.
Equipment	Ball that contains an internal bell, this is to help players locate the ball. Eyeshades, which means all players can play equally Padding, Hip, elbow and knee padding would be recommended
Players	3-a-side
Length	A game consists of 2 x 7 minute halves

Skills for Goalball

Positioning	Centre and 2 wings (see diagram) <ul style="list-style-type: none"> • The centre covers a larger area in front of the wings • The wings cover a smaller area either side of the centre and just behind
Blocking	Is made from a horizontal position on the floor.
Passing	Passes are made by rolling the ball across the floor to a team mate quietly enough so as not to tip off the new position of the goalball to the opponent
Throwing	Throw is underarm.

Rules for Goalball

Starting

- Coin toss – Choose to throw first or defend a favoured goal

Players

- Must only use their hands, no kicking is allowed.
- Must only throw 2 consecutive times when attacking.
- The ball can be passed to other team mates but the ball must be returned in 8 seconds.

Penalties – 2 types, personal and team

Personal

- High ball- ball cannot be airborne.
- Eyeshades - a player cannot touch or adjust their eyeshades whilst on the court.
- Third time throw – cannot throw a ball more than 2 consecutive times.

Team

- 8 sec – taking longer than 8 seconds to return a ball.

Infractions

- If a ball is passed out of bounds it is awarded to the other team.
- If a ball rolls into the neutral area after a block it is awarded to throwing team.
- If the ball does not contact the neutral area on a throw it is considered a long ball and nullified.

**Contacts; Youth Sport Trust www.youthsporttrust.org,
British Blind Sport www.britishblindsport.org.uk**

Goalball Court

