



### YOU MISS 100% OF THE SHOTS YOU DON'T TAKE

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#### Goal Ball:

**G**ROWTH

**O**RIENTATION

**A**UDITORY

**L**EARNING

**B**ALANCE

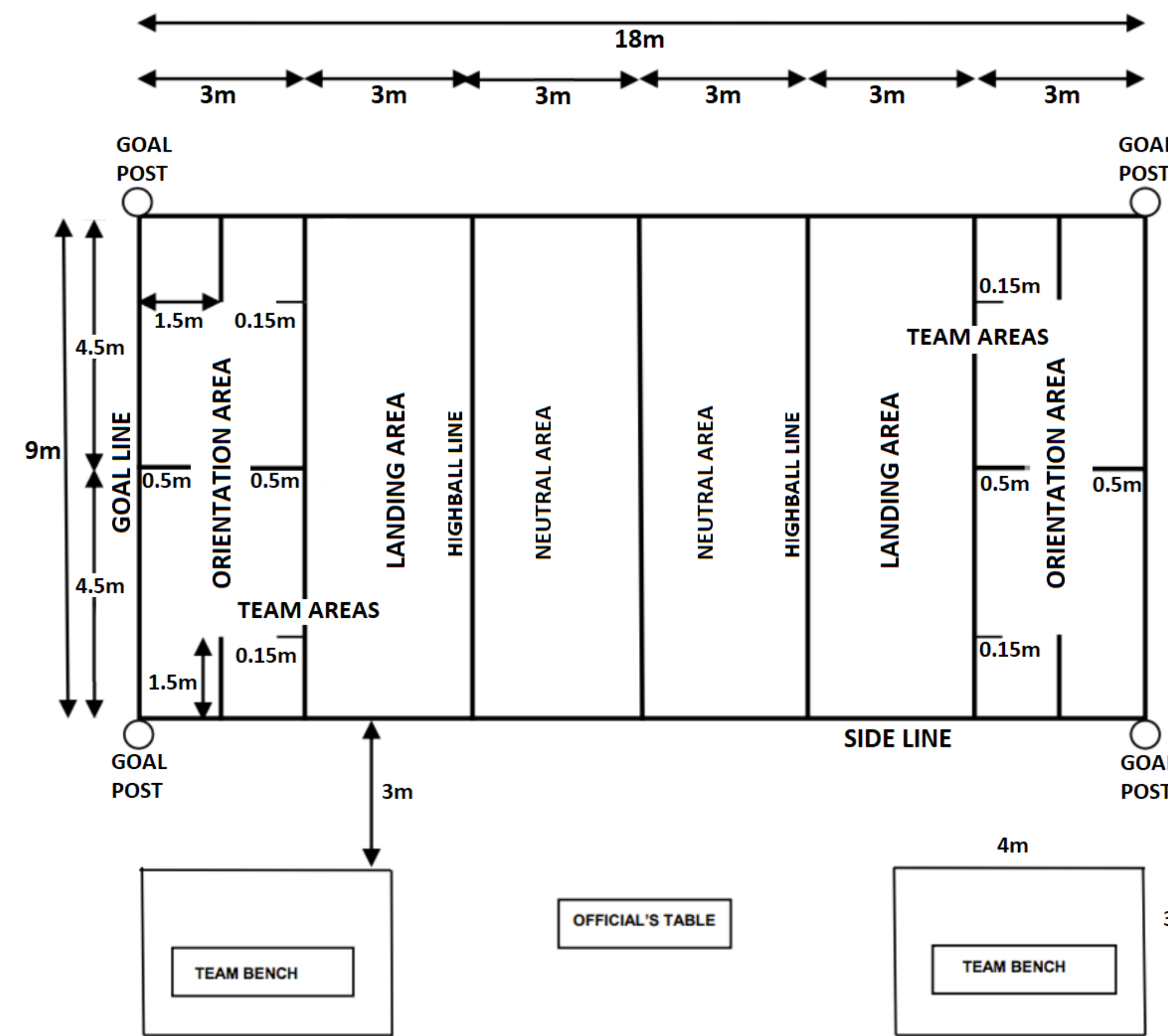
**A**CTIVE

**L**EADERSHIP

**L**IVING



#### Court Layout:



Goalball Court Diagram, Image Taken from IBSA's 2018 to 2021 Rules & Regulations

#### Game Play:

- The game consists of two 12-minute halves and takes about an hour to play a full game.
- Players must wear eyeshades during gameplay. Players will rely entirely on their auditory senses during gameplay. Players must raise their arm for permission to adjust their eyeshade without penalty.
- The game ball is designed with bells inside, so participants can hear the ball and anticipate its location. For this reason, the viewing area must be silent during gameplay.
- The beginning team is decided by a coin toss. The winner of the toss receives the first ball.
- To start or restart of the game an audible command of "PLAY" must be called by the referee. Whistles are used to signal timeouts, goals, penalties, etc.
- The throwing team must roll or bowl the ball along the court. The ball must hit the ground before the highball line to remain in play and avoid a "high ball" penalty situation.
- Once a player has received the ball, they have 10 seconds to throw or pass it to avoid a "10 second" penalty
- Defending players must stay in the Team Area and when blocking a ball must have at least one part of their body touching the Team Area to avoid an "illegal defense" penalty.
- When a penalty occurs the offending player must guard the goal all by themselves.

#### History:

Goal ball was initially created in 1946 by Hanz Lorenzen and Sepp Reindle to aid in rehabilitating visually impaired World War II Veterans.

The game began to evolve into a competitive sport during the 50's and 60's. The sport gradually gained traction and was introduced as a demonstration sport in the 1972 Paralympic games in Heidelberg, West Germany.

With ever-increasing popularity, Goal ball was adopted as a Paralympic games sport in the 1976 summer games in Toronto, Canada. The sport's first world championships were held in Austria in 1978.

Since then the sport has continued to grow immensely. According to the United States Association of Blind Athletes (USABA), the sport is currently played competitively in 112 countries employing over 270 international referees.

#### Player Positions:



The Goalball court is the same size as a standard volleyball court, measuring 9m x 18m

- The game is played in two teams of three players. Both teams have of two wing players and a center player. Official games consist of six referees.
- There are tactile player orientation markers inside the Team Areas. They consist of two 1.5m wing lines and one 0.50m center line.

#### References:

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