

# GOALBALL



## WHAT TO EXPECT:

### Interested in a competitive, team-based sport?

Goalball is a dynamic sport of skill, speed, and accuracy. We'll teach you everything you need to know including basic game rules, drills, and techniques to get playing right away. Come meet welcoming peers of all abilities, learn a new skill, and build a community!



## JOIN THE GAME:

Our athletes participate in goalball with various degrees of visual impairments and blindness

- To play, you must be able to independently transition between sitting, laying, and standing positions on the court

## EQUIPMENT

- Sportable will provide all equipment necessary:

- Eyeshades

- Mindfold Masks occlude the player's vision to ensure an even playing field

- Goalballs

- Textured ball with 3 bells in inside to help players hear the ball location and movement

- Elbow and knee pads

- Provided for added comfort during gameplay



## COMMON ADAPTATIONS\*

- Rope and string can be attached between the goal posts as a tactile cue
- Tactile sting or cord is taped throughout the court to enable players to feel their location on the court
- Before the game begins, players may touch and familiarize themselves with the court layout



## HOW TO PLAY

- Goalball is played in two teams of 3 and split into two 12 minute halves
  - Teams have a center, left wing, and right wing
- Players **stay on their hands and knees** to defend their goal, and often use their entire body to dive and block the ball
- The team with the most goals at the end of time is the **winner!**
- The objective of the game is to roll the ball past your opponent's goal line
- The offensive player throwing the ball stands to throw it, but can only throw the ball underhand
- The ball **must** hit the landing zone and anywhere in the neutral zone, and touch the floor before passing over the High Ball Line

### GOALBALL COURT

