



GOALBALL



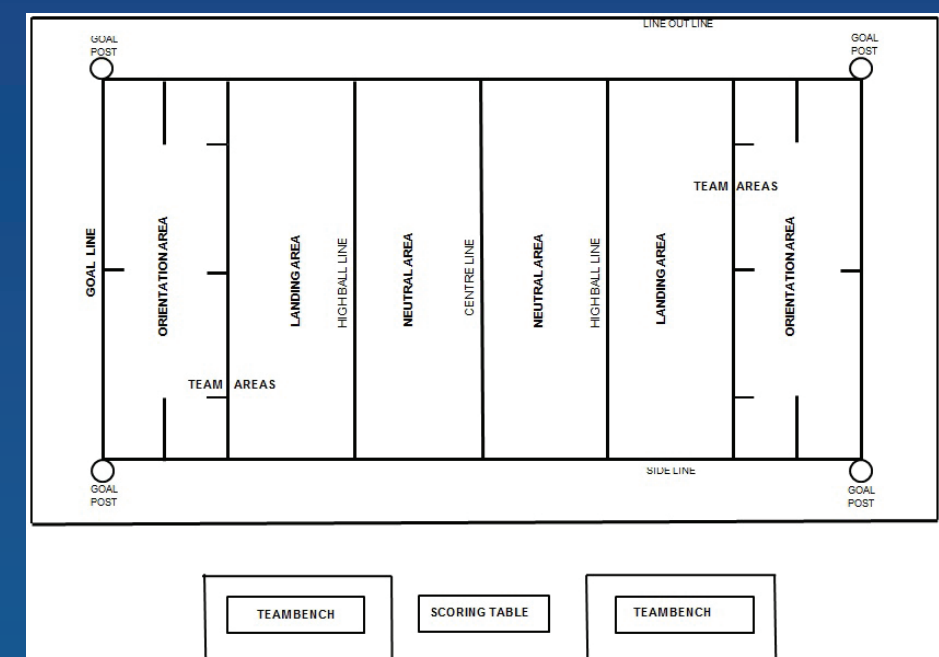
WHO CAN PLAY

Goalball can be played by anybody! It was originally developed for people with visual impairments. The required use of eye shades by all participants allows for fair competition between sighted and visually impaired disabilities.

Certain adaptations can also be made to include individuals with physical disabilities without taking away from the integrity of goalball, and still allowing for fair competition.

GAMEPLAY RULES

- Each team has 3 players on the court at a time.
- Regulation games are comprised of two twelve minute halves.
- When game is in play, spectators and coaches must be silent.
- All 3 players lay on their sides, lined in front of the goal in defensive position.
- When a team blocks the ball, they have ten seconds to return the ball down the court.
- When throwing the ball, The thrower will throw the ball underhand much like a bowling throw.
- The ball must touch the ground on or before a team's "highball line" which is 6 meters from their goal line.
- Defending players use the sound of the approaching ball to position themselves and block the ball.



THE COURT

A goalball court is the size of an international volleyball court and has specific orientation markings. All court markings are tactilely marked with string or cord running underneath tape.

EQUIPMENT

- One goalball
 - Knee and elbow pads for each participant
 - Six sets of eye shades
 - Athletic supporter and chest protectors
 - String/cord and tape for boundaries and orientation lines
 - Goals
- Optional:
- Hip pads (hockey pads or football girdle type)

For the complete manual and more information, visit: www.athleticsforall.org